

ANXIETY

R . E . L . I . E . F .

Anxiety attacks usually peak within 10 minutes, and they rarely last more than 30 minutes. But during that short time, you may experience terror so severe that you feel as if you're about to die or totally lose control. When I am feeling anxious, I *Stop Myself* from going into *emotional overdrive* and I get

R.E.L.I.E.F.

By Robin T. Farber, LCSW
Executive Coach and Psychotherapist
Founder of Peak Performance and
Behavioral Health Solutions.
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R **REMEMBER** *that anxiety is not happening TO YOU but is yours to control. You are your captain.*

E **ELIMINATE** *your negative thinking by visualizing a blackboard in your brain with the thoughts in your mind written down.*

L **LOWER** *anxiety by slowing your breathing by blowing out to the count of 4, breathe in deeply for 4 & repeat for 3, 6, or 9 minutes.*

I **IMAGINE** *that you are in your happy place and are feeling powerful, serene, clear and capable.*

E **EVALUATE** *what thoughts you can & can't control on your brains blackboard & erase uncontrollable thoughts.*

F **FORMULATE** *a plan of action of thoughts you can control in incremental, easy to manage steps.*

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