



Anxiety Unlocked:

What's Really Going On?

A Guide To Making Anxiety Your Superpower

By: Aziza Binti, ACC, CMPS

Copyright & Disclaimers

© 2024 by Aziza Binti

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Disclaimer:

The information contained in this e-book is for general informational purposes only. The author, Aziza Binti, and **Choose Your Own Adventure Coaching LLC**, DBA “**CYOA Coaching LLC**,” assume no responsibility for errors or omissions in the contents of the e-book.

The information provided in this e-book is not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this e-book.

The author and publisher of this e-book are not liable for any losses, injuries, or damages arising from the use of the information contained in this e-book. By reading this e-book, you agree to indemnify and hold harmless the author, Aziza Binti, and CYOA Coaching (**Choose Your Own Adventure Coaching LLC**) from any and all claims, damages, or liabilities arising from your use of the information provided in this e-book.

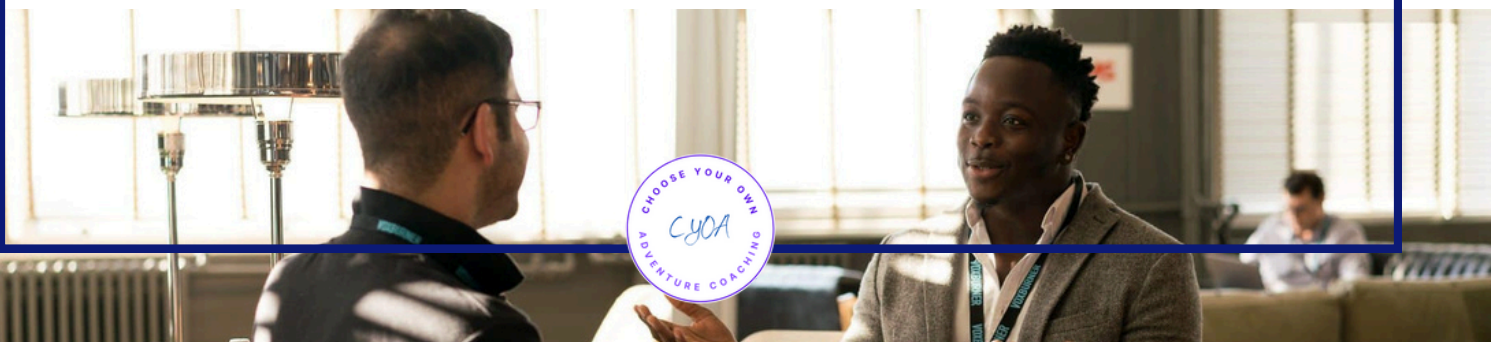
For permissions or inquiries, please contact CYOA Coaching at
[Coaching@AzizaBinti.com].





Table of contents

- 01 Meet Coach Aziza
- 02 Understanding Anxiety
- 03 The Impact of Anxiety
- 04 How We Cope
- 05 Healthy Ways to Address Anxiety
- 06 Building Resilience
- 07 AAVIA™ Model For Anxiety Recovery
- 08 AAVIA™ Model Cont.
- 09 Conclusion



01

Meet Coach Aziza



As an ICF Certified Success Coach specializing in anxiety recovery and Certified Missouri Peer Specialist, it's been my passion to help others find the superpowers hidden in their anxiety.

Following my recovery from spine surgery in 2015, where I was left paralyzed, the world looked and felt very different. I realized that not only did I need to regain my ability to walk and hold objects without shaking furiously, but I also needed to heal the emotional paralysis I experienced due to childhood emotional neglect and abuse. These manifested in the form of severe social anxiety, depression, and generalized anxiety disorder.

My recovery journey has helped me to empower and coach individuals experiencing homelessness, substance use disorders, young adults and C-suite executives.

This e-book serves as an opportunity for you to become aware of the ways anxiety may be causing challenges. You'll also discover how those challenges can point the way towards your recovery as it has for hundreds of people I've coached, worked with as a peer, and mentored.



02 Understanding Anxiety

Anxiety is a normal human emotion that everyone experiences from time to time. However, when anxiety becomes overwhelming and interferes with daily life, it can be a sign of an anxiety disorder.

Common symptoms of anxiety include excessive worrying, restlessness, difficulty concentrating, and physical symptoms like rapid heartbeat, sweating, controlling behaviors and even excessive moodiness and procrastination.





The Impact of Anxiety

Anxiety can affect various aspects of our lives, including:

- **Mental Health:** Anxiety can lead to depression, low self-esteem, and difficulty coping with stress.
- **Relationships:** It can strain relationships with friends, family, and romantic partners due to communication issues and withdrawal.
- **Work/School Performance:** Anxiety can impair concentration, productivity, and decision-making abilities, leading to underperformance and absenteeism.
- **Physical Health:** Chronic anxiety can manifest in physical symptoms such as headaches, muscle tension, digestive problems and reoccurrence of pain from previous injuries.



umî-
vâr.

“
Ümitvâr görülmeye çalışarak, içimde bir
mahşer kabarıırken bir taş sükûneti takınıp
onu uyutmaya çalıştım.
Halide Edib Adıvar
Handan



04

How We Cope

Many individuals turn to unhealthy coping mechanisms to manage their anxiety, such as:

- **Avoidance:** Avoiding triggers or situations that provoke anxiety can provide temporary relief but ultimately perpetuates the cycle of anxiety.
- **Substance Use:** Alcohol, drugs, and other substances may be used as a way to self-medicate and numb anxiety symptoms.
- **Overworking:** Some individuals bury themselves in work or activities to distract themselves from anxiety.
- **Overeating:** Mindless snacking, carb loading, eating extra fatty or salty foods can provide a temporary distraction from anxiety.
- **Procrastination:** Putting off tasks until the last minute often in hopes that we'll feel a rush of energy to complete them in the 11th hour.



05

Healthy Ways to Address Anxiety

Instead of relying on unhealthy coping mechanisms, consider implementing the following strategies to manage anxiety effectively:

- **Mindfulness and Meditation:** Practice mindfulness and meditation techniques to cultivate present-moment awareness and reduce stress. But don't just do them once a day or at the start and end of a day. Use mindfulness throughout the day for a couple minutes each time. Tune into the **Aziza Binti Live Podcast** for guided audios to help get you started.
- **Time outdoors:** This can be challenging if social anxiety keeps you from being out. If you can, step outside for a few minutes a couple of times a day, this can build up your ability to be out for longer periods of time. Consider taking walks and inviting a trusted friend or family member with you.
- **Seek Support:** Often those with anxiety grew up with a neglectful amount of support, so this one can seem tough. Healing happens in a community with the assistance of **healthy people**. Reach out to healthy friends, family, a therapist, or a coach for emotional support with managing anxiety. You deserve it!





Building Resilience

Building resilience is essential for effectively coping with anxiety and life's challenges. Here are some tips for cultivating resilience:

- **Develop a Support Network:** Seeking support is crucial. If you don't have close friends or family, consider support groups online or contacting a Warm Line. You can get details via Google by searching "Warm lines near me" or contacting 988 in the US.
- **Cultivate Self-Compassion:** Use the AAVIA™ Model | **Awareness** | **Acknowledgement** | **Validation** | **Inspired Action**, to increase self compassion and patience.
- **Embrace Flexibility:** Adapt to change and setbacks by maintaining a flexible mindset and focusing on compassion rather than obstacles.





07

The AAVIA™ Model for Anxiety Recovery

Often the approach to managing anxiety is rooted in pushing through and/or ignoring the emotional pain associated with feeling anxious. This approach is beneficial only in emergencies such as needing to exit a burning building or rescuing a person or ourselves from an imminent threat or attack.

Based on our upbringing and/or trauma history, our brains may misinterpret danger queues as more of a threat than they might be. This can cause us to have a trauma response rather than a healthy and appropriate response. We may respond frantically or completely shut down, which can endanger us further if there is an actual threat.

Ever felt like you were about to pass out during or before a speech? Did you feel intense chest pain at the thought of working with a particular group, project, or upcoming event? Did these feelings cause you to procrastinate, withdraw, ruminate, become irritable, or shut down emotionally? If so, these are happening because our brain has been taught that this is the best way to keep us from moving forward toward a thing that could cause us harm and/or death.

The AAVIA™ Model I created in 2020, provides a framework for offering ourselves compassion during times of anxiety. Partnered with breathwork, therapy, and/or coaching, this can reduce feeling overwhelmed and help retrain our brains to seek healthy responses and thoughts.





The AAVIA™ Model for Anxiety Recovery Cont.

Awareness

While focusing on your breath, verbally or in written form with yourself or a safe person, express what experience you're having.

Ex: **"I am so angry right now!"** or **"I just feel something I don't like."**

Acknowledgement

Continue with verbal or written expression that centers on what impact the emotions are having. Ex: **"This makes me feel tired of dealing with this."** or **"This is making me rush through the day."**

Validation

All our feelings are valid. We must take time to acknowledge the validity of our feelings especially if we grew up in homes where that did not happen frequently or at all. Complete this sentence: **"It makes sense that I feel this way because..."**

Inspired Action

These actions can be as simple as taking a walk, a nap, painting, working on a project we procrastinated on, or even saying positive things to ourselves. Skipping to this stage before fully being ready can cause us to only feel better temporarily or not at all. Take your time and breathe through each stage as needed.





09

Conclusion



Experiencing anxiety is a common feeling, but it's important to remember that you are not alone in this. I spent many years feeling isolated, frustrated, and confused. However, with time and support, I've learned not only to help myself but also to inspire others to view anxiety as a superpower rather than an enemy.

Understanding the impact anxiety has on us and adopting healthy coping and recovery strategies, can empower you to take charge and lead a more fulfilling life.

If you're ready to explore the tools discussed in this book for long-term anxiety recovery, visit **AzizaBinti.com** to book a one-on-one session or sign up for group coaching **TODAY!**



www.AzizaBinti.com



@CYOA_Coaching

