

Capstone Hypnosis

OVERCOME ANXIETY

6 Steps to Recenter During Moments of
Overwhelm, High Stress and Anxiety

with Ellen Folley



3 WAYS TO GET THE MOST FROM THIS WORKSHOP

1. PRINT this workbook and use it during our workshop to stay fully engaged and record your personal responses to stress and overwhelm.
2. Find a quiet space where you won't be interrupted for about 2 hours so that you can get the full benefit from our time together.
3. To maximize your time in this workshop, think of just one area of your life where you would like to FOCUS and take action. Acting right away will give you instant momentum to start seeing positive results.

Before we get started, here's what I want you to know:

- It's never too late to make a change in your life.
- Change takes time so be patient and kind with yourself.
- I'm here for you 100% of the way!

Let's get started!



Why is this important?

This exercise is going to help you become more in tune with yourself. It will help you notice the feelings in your body and connect those feelings with the thoughts in your mind, so you can gain an understanding of what's happening in the moment. It will allow you to gain control over the emotions as you recognize what the feelings and thoughts really are, which will give you power over them.

Do the Work

Begin by closing your eyes and taking a few breaths. Notice the sensations in your body. Take a few more breaths and just observe. Think about a time in the past when you became stressed or overwhelmed. Notice how you felt, physically. Notice what you were thinking. Now answer the questions below.

Noticing your Overwhelm Response

Where do you feel the sensation? Notice it in your body.

Example: I feel a swirling in my chest that sometimes moves to my cheeks and lips.



What happens in your mind when you feel anxiety? Do you notice negative thinking, thinking the worst, anticipatory anxiety, or remembering a past event? Explain your experience.

Example: I don't think I will be okay. I feel as if I will never have enough. I'm frightened of being alone and not having what I need. Negative thinking; thinking the worst; anticipatory anxiety

What emotions arise when you believe what you're thinking?

Example: Honestly, sheer terror. I feel helpless and alone. I feel like I can't make it on my own. I don't even know where to begin to set things right and make my way in the world.



What images (past or future) do you see when you believe what you're thinking?

Example: I see myself alone and not having enough. I see myself in a place of scarcity. It feels like a lack of security and that I haven't properly planned for my future.

How do you treat yourself and others when you believe what you're thinking?

Example: I'm mad at myself for not trusting myself in relationships. Now that the relationship has ended, I tend to isolate myself and push other people away. I'm very noncommittal with my friends and family.



How does it impact your life?

Example: I live in a scarcity mindset. I doubt myself. I seek out the opinion of others because I don't trust my own. I want someone else to tell me what to do to make this better. This must be exhausting for my friends and family who have to answer the same question over and over again.

It's Time to Reframe

Are you looking for what's right or for what's wrong?

Example: In this scarcity mindset, I am looking for what's wrong. I do not see the positive because the fear is blinding.



How can you look for the positive?

Example: I ask myself how I've gotten this far in life...the answer is my hard work. I look at all that I've accomplished, big and small. I appreciate the small successes every day. I encourage myself with an affirmation that I believe and that encourages me.

How can you turn that experience into a lesson? What did you learn?

Example: All things in life change and it's important to let myself flow with life. A relationship ended but it is the beginning of a bright, new future. The relationship ended because we, ultimately, were not right for each other even though it was comfortable. I know that I did everything I could to make it work.



What are you're 3 greatest strengths?

Example: I am kind. I am a hard worker. I am empathetic.

What do you most like about yourself?

Example: I love my ability to accomplish what I want to achieve. If I set my mind to something, I can get it done. I love that the thing that I treasure most in life is my ability to choose.

How would you support a friend or loved one?

Example: I would support a friend with a sympathetic ear. I would listen and offer words of kindness and encouragement and let them know that I'm in their corner.

Future Self

What will your life be like when you learn a new response to stress, anxiety and overwhelm? How do you see yourself?

Example: I will be thriving as an entrepreneur. I will have a network of like-minded friends and colleagues. I will feel comfortable attending events on my own. I will schedule family outings and enjoy being with others, in groups, not just one-on-one.

How will it feel?

Example: I will feel strong, confident and fulfilled. I'll feel energized and want to pop out of bed each morning. I will love life and all that it holds. I'll be curious and want to go on trips.