

THE 3 STEPS TO A CALM MIND CHECKLIST

The 3 Steps People Suffering From
Anxiety Need to Know



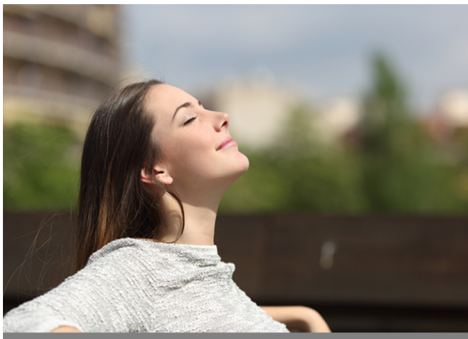
**COMPLETE THE CHECKLIST BELOW TO SEE IF YOU HAVE THE
TOOLS NEEDED TO TAKE CONTROL OF YOUR ANXIETY.**

- 1. You have an understanding of the fight or flight response
- 2. You know how to breathe from your belly (not your chest)
- 3. You've taken up regular Mindfulness practice



1. UNDERSTAND THE FIGHT OR FLIGHT RESPONSE.

Have an understanding of our natural survival process and how this is triggered when you become anxious. This awareness will put you in a much better position to reduce your anxiety when it is triggered.



2. BREATHE FROM YOUR BELLY.

Breathing from your belly is one of the most effective tools for calming the physical symptoms of anxiety down, helping you to relax, and keeping you out of the fight or flight response. We were designed to breathe from our belly (observe a newborn baby the next time you get a chance), however, many of us have developed nasty habits over the years and now breathe heavily from our chest. This puts you at a higher risk for your anxiety to be triggered and may even lead to panic.



3. LEARN MINDFULNESS.

Practicing Mindfulness can help you to turn down the volume of your anxious thoughts. Mindfulness assists with grounding you in the present moment, as well as giving you the skills to better manage stressful thoughts and feelings.

YOUR NEXT STEP...

This guide will help get you started with managing your anxiety more effectively. Assisting people with anxiety management is something we do really well.

WANT SOME HELP TO DO THAT?

Easy, we've got your back. Give us a call on **5437 7100** and chat to our friendly reception staff, or book an appointment **online** with one of our experienced psychologists.



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