

LITTLE MISS ANXIETY



Meet Little Miss Anxiety. I know her, many people I know are familiar with her as well, and she seems to be impacting many more people since the pandemic.

If you have little miss anxiety in your life, (or her friends, little miss panic and little miss sadness), you should really take some time to get to know her.

Understand when she comes around, how she makes you feel (body sensations and emotions), and what she makes you think. Understand why she shows up and what her purpose is. Remember, little miss anxiety is not all bad, sometimes she is protecting you or warning you to keep you on alert, but yes, sometimes she is a plain nuisance.

The better you get to know her, and acknowledge her presence, the more control you have over her impact on your daily functioning.

Also, by gaining control over her patterns of showing up (who, what, where, when, why, and how), you can learn how to quiet her.

By following these steps, focused on regulating your nervous system, you can make Miss Anxiety (and her friends) so small and powerless, that you barely know she is there. Getting rid of her (or her friends) completely is NOT the goal, as she can be helpful in protecting you, and she can teach you a lot. She can be the reason you learn self-care, self-compassion and be the best version of your resilient self. She can even propel you into healing and growth.

Steps for quieting her and her friends include:

- going for short walks (regulates nervous system because walking is rhythmic and repetitive)
- moving your body (yoga, dance, stretching)
- listening to rhythmic, repetitive music
- moving your focus away from your thoughts about her, and into your body

- slowing your breathing
- squeezing and releasing each muscle group in your body (called progressive muscle relaxation)
- putting cold water on your face and the front and back of your neck
- having a cold drink and something to eat
- changing the environment you are in when she comes around (immediately going outside works best)
- reaching out for support

These simple activities have a powerful impact on quieting little miss anxiety (and her friends) when she is not welcome. The more you practice these activities, and gain control over little miss anxiety, the less noisy she becomes and the less she impacts your life and makes you leave places unexpectedly. This even allows you to do things you were avoiding, in fear of her presence.

This is a combo of #mbsr #narrative therapy, #solutionfocused #psychotherapy #selfcompassion #emotionalregulation #dbtskills and basic self care to get more of what you want out of life, when this little miss anxiety is exercising poor boundaries and coming around too often, being too loud! #neurosequentialmodel