



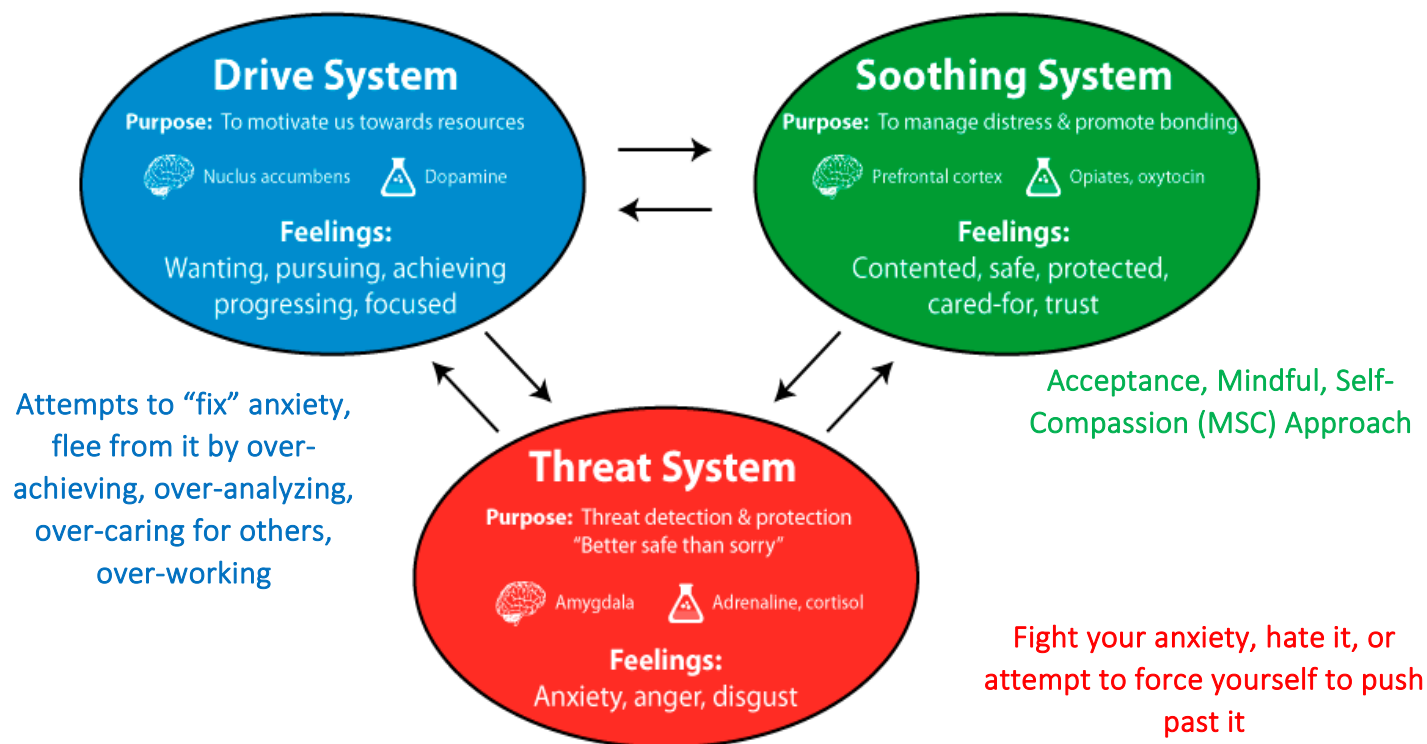
"Though we all have the seeds of fear within us, we must learn not to water those seeds and instead nourish our positive qualities – those of compassion, understanding, and loving-kindness"
Thich Nhat Hahn

ANXIETY+COMPASSION=FREEDOM

ACCEPTANCE & COMMITMENT THERAPY + MINDFUL SELF-COMPASSION THERAPY

MAKE YOUR MIND A KIND, COMPASSIONATE HOME, INSTEAD OF A HOSTILE BOXING RING

To find freedom from the confines of anxiety and unresolved fear, you will need to cultivate a new relationship with your mind and inner emotional states, as no amount of willpower, brute strength, or distractions will free you. Attempting to combat anxiety or any emotion, for that matter, ignites the limbic system within our system that responds with a Fight or Flight response.



Adapted from: Gilbert, P. (ed) (2005). Compassion: Conceptualisations, Research and Use in Psychotherapy. Routledge.



Attempts to fight your anxiety, “fix” it, or flee from it, automatically results in higher cortisol and other stress chemicals, thus these attempts result in more anxiety and even anger. It becomes a downward spiral.



Moreover, if you continue to ignore Fight or Flight mode, you may end up in Freeze mode (a depressive state with feelings of isolation, helplessness, powerlessness, lethargy, disassociation, and emotional anguish).

Self-leadership and Mindful Self-compassion (MSC) practices provide tangible exercises to process anxiety in each moment. The more you practice, the more you build neuroplasticity so it becomes more of an automatic process, rather than a conscious approach.



MSC stands on a growing research base, hundreds of studies to date, showing that leaning into anxiety with kindness and curiosity is one of, if not the single most powerful antidote to suffering with anxiety, PTSD, depressive symptoms, and other forms of emotional pain.



Studies report that people with anxiety are very hard on themselves. When anxiety and depression symptoms rear their heads, they become even more self-berating, making matters exponentially worse.

“Why can’t I snap out of it?” “I know it’s all in my head... I need to let it go,” “I hate my anxiety... make it go away,” “I have to figure out how to make this pain and anxiety stop.” This approach leads to more triggered limbic system responses Fight (anger), Flight (more anxiety), or Freeze (shut-down into depression).



Compassion and kindness are not feelings. They are ACTIONS!

Rather than be a whipping post for yourself and others. Begin providing self-compassion which can be hard at first, it takes practice and commitment to practice. Practicing daily meditations that work with your subconscious mind and programming are proven to be highly effective. Dedicate a mere 30 minutes a day to practice mindful meditation and daily practices. The goal is to allow yourself more moments of CALM so you have more of a foundation to build more self-trust, begin facing your inner critic with stronger legs to stand on, combined with emotional health skills to feel the empowered sense of ‘Self’ needed to experience and clean through anxiety in each moment. <https://www.creatingyourbalance.com/clients>

