



3: Get Curious

Anxiety and fear are perfectly normal and necessary emotions, but if they run away with you, they can become life-limiting, no two ways about it - or even paralyzing. The simple practice of engaging your curiosity and asking questions can really help lower anxiety to a more manageable level, and help you figure out what to do next.

Take yourself to a quiet corner. Maybe take pen and paper with you.

1.

Allow your breathing to slow down and deepen.

2.

Start with the question: what precisely are you feeling? And speak or write down whatever fits best. Naming feelings can help decrease their intensity quite quickly.

3.

Next, ask the cause or causes of concern: "what is making me feel this way?" Is it the current situation? Something I've forgotten to do? Or, is it to do with an ongoing or past situation that was re-triggered by something just now?" Again, speaking or writing it down may help.

4.

Ask what (if anything) do you need to do - right now, or in the medium or long-term. Will you need to enlist someone's help? Who would that be? What will you need?

5.

Ask what one thing you could do right now. It could be small; it could be the only thing that needs doing.

6.

Have you missed anything? Yes? What? No? Then that's it.

Well done. Thank yourself for looking after yourself.