

breathe, the why can wait.



SOUL WORK SESSIONS, SESSION #002

asking yourself WHY in the moment would be one of the most counterintuitive things you can do. INSTEAD – relax, soothe, and calm yourself down then come back and try to make sense of it all.

If your brain can't find an answer to the "why" it actually heightens your anxiety because your brain thinks the worse is coming.

Anxiety disorder develops when our internal alarm system stays on - whether a dangerous situation is real or imagined.

your soul work:

If you find yourself or a loved one experiencing a panic or anxiety attack or just going through a really upsetting situation... **Try saying these phrases:**

I'm sorry you're going through this.
I'm here for you.
I love you.
I know this is a difficult time for you.
You are not alone.
I believe in you.
It's okay to feel this way, it makes sense to me.
I can understand.
You can count on me.
Gentle, Gentle

soothe first and question later.

pro tip: the clutch time to try self-soothing techniques is outside of highly anxious moments and using them on life's small irritants.

When we experience an anxiety or panic attack - there are 3 parts of our brains involved.

anxiety is a healthy and necessary response to a threat!

- ### 8 Self-Soothing Techniques for Emotional Regulation:
1. Give yourself a regulating hug.
 2. Wrap up in a heated blanket.
 3. Take a warm shower or bubble bath.
 4. Light scented candles.
 5. Play soothing music.
 6. Apply a cool washcloth to your face add lavender oil for calming boost.
 7. Read an inspirational quote or bible verse.
 8. say a coping statement " I can handle this" etc.

the brain stem
the limbic system
the frontal lobe