

A person is sitting on a white, fluffy rug. They are wearing grey leggings and a light pink sweater. They are holding a white cup of coffee. In the background, there is a notebook with a pink cover and a pair of glasses. The notebook has the word "NOTEBOOK" written on it.

*new year,
same me.*

BUT BETTER!

7 Days To Less Anxiety and Brain Chatter.
Because you don't need to be a 'new me' every year.

*"Girl, get a hold of your life.
Stop medicating, stop hiding out, stop
being afraid, stop giving pieces of
yourself, stop staying you can't do it.
Stop the negative talk, stop abusing your
body, stop putting it off for tomorrow or
next year. Stop crying about what
happened and take control of what
happens next.*

*Get up, right now. Rise up for where
you've been, scrub away the tears and the
pain of yesterday, and start again...
Girl, wash your face!"*

Rachel Hollis

Welcome, Friend

OKAY...It's Time!



It's YOUR Time! Time to feel the way you really want. To manifest the year you really want!

This will be an opportunity for you to take 7 days for you to reflect on how to lessen your anxiety and brain chatter.

I get it..life is busy. There's barely any time for the other people and things in your life, let alone yourself.

There's a reason you're ready this.

You have clicked through this guide because you are ready!

This is your chance to take 7 days to think about you and lessen your anxiety. 2020 is your year!

Every day for 7 days there will be easy activities for you to read through and take action.

I hope you feel excited about your week but also your year ahead. Imagine the year you can create just by putting in the work for 7 days.

Come and join us in the private Facebook group, Anxiety Loves Company and let's get started!

It's Time To Get Your Sparkle Back!

Notes

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A white mug filled with coffee sits on a pink surface. In the background, a white keyboard and a white mouse are visible. A small sprig of red and blue dried flowers is placed on the pink surface. The text 'TABLE OF CONTENTS' is overlaid on the image in a large, bold, black font.

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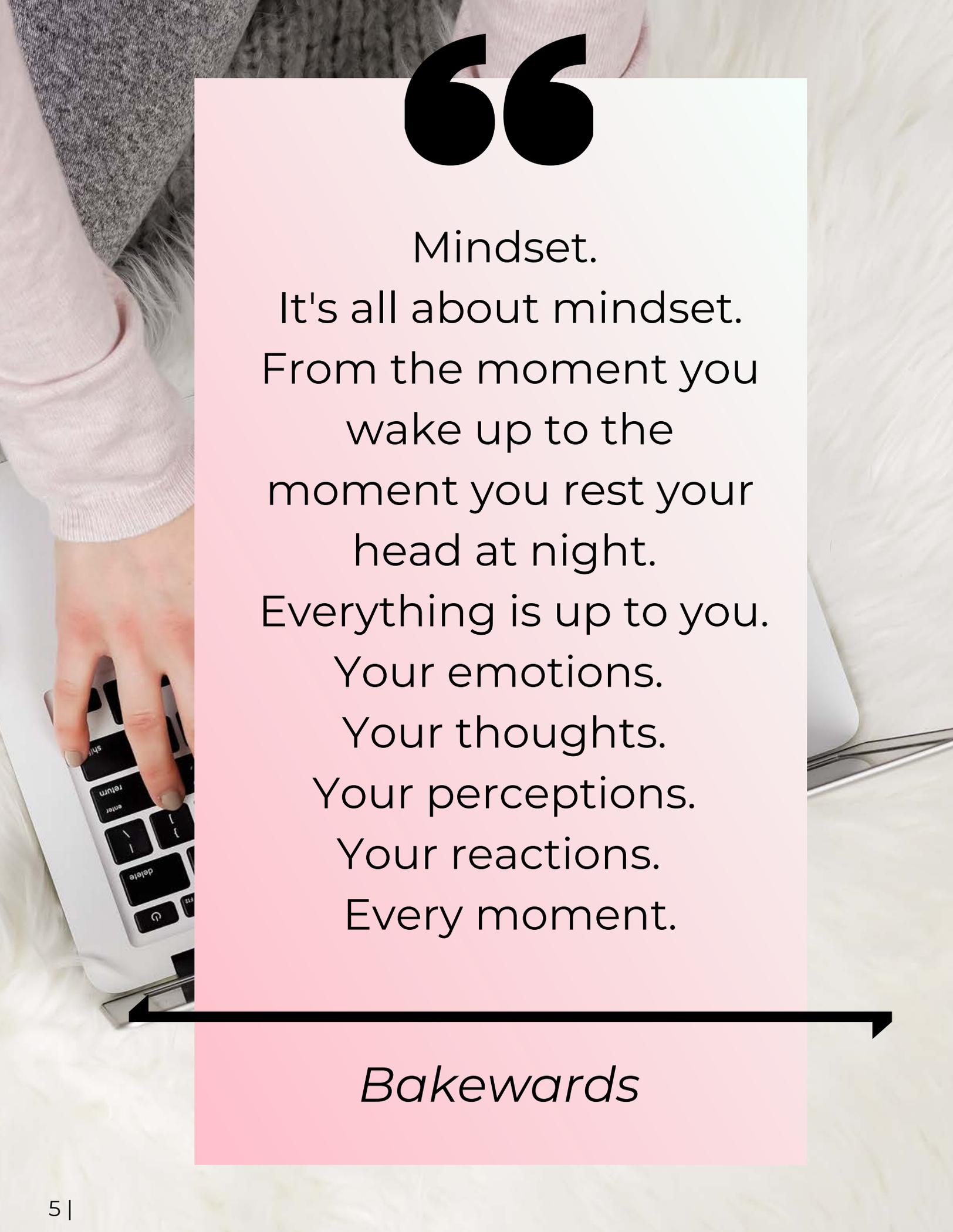
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“

Mindset.

It's all about mindset.
From the moment you
wake up to the
moment you rest your
head at night.
Everything is up to you.
Your emotions.
Your thoughts.
Your perceptions.
Your reactions.
Every moment.

Bakewards



Day 1....(and every day) Get Some Sleep

Sleep and worry are dance partners in a cruel do-si-do: Anxious thoughts can make it hard to sleep, but sleep deprivation actually amplifies activity in the parts of the brain associated with anxiety.

If you're worrying into your pillow at 3:45am, try countering it by putting attention on your body. Start by flexing your soles of your feet and focusing your attention on how the sheet and blanket feel against them.

Take a few breaths. Then move up your body, focusing on your calves, stomach, neck, the muscles of your face. Each time you release your muscles, imagine more tension leaving your body. If you find your mind wandering, don't beat yourself up.

When thoughts come up, notice them and then let them go.



1. WHAT ARE 3 THINGS THAT I KNOW THAT MAKE ME FEEL GOOD?

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2. WHAT ARE 3 EXCUSES/REASONS THAT PREVENT ME FROM DOING THESE THINGS?

Blank response area for question 2.

3. WHAT ARE THE BENEFITS OF ADDING THESE INTO MY DAY?

Blank response area for question 3.



Day 2....(and every day) Find a Sponge and Sit On It

An anxious thought puts even the most rested body a little bit on high alert.

That fight-or-flight response can cause the next thought to feel even more worrisome. Defuse this escalation by calming your body throughout the day. One visualization that successfully tells the sympathetic nervous system to chill, imagine the surface you're sitting or standing on is a giant sponge.

Take a breath in; then, as you exhale, imagine the tension draining away and getting absorbed into the sponge. Set reminders to do this over the course of the day.

A good night's sleep puts a day peppered with tension relievers? You're practically the Dalai Lama already!



THINK OF A TIME WHEN YOU WERE ANXIOUS. WHAT IS THE BEST, WORST, AND MOST REALISTIC SCENARIO THAT IS MOST LIKELY TO PLAY OUT.

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5 Daily Reminders

I am amazing.
I can do anything.
How I feel is a choice.
I celebrate myself.
Even on busy days, I can be calm.



Day 3....(and every day) Walkitate

You probably already know that regular meditation reduces anxiety, per a ton of research. You also know that walking is awesome for body and mind.

So...combining the two is pretty much the pill-free version of Xanax. Find 10 minutes to stroll, minus the phone. Take an inventory of each of your senses: What do you smell? What do you see? How does the wind feel against your arms? When humans take a walk through the park or take a stroll along the beach, the part of the brain associated with fretting became significantly calmer and had less blood flow.



1. WHILE ON YOUR WALK, WHAT DID YOU SEE? DESCRIBE IN
DETAIL.

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2. WHILE ON YOUR WALK, WHAT DID YOU HEAR? DESCRIBE IN
DETAIL.

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3. WHILE ON YOUR WALK, WHAT DID YOU FEEL? DESCRIBE IN
DETAIL.

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Day 4.... Get So Bored

Now that you're working on the daily physiological stuff (sleep, relaxation, exercise), let's try managing the actual thoughts. It's not hard to rob a worrying notion of its gut-wrenching grip.

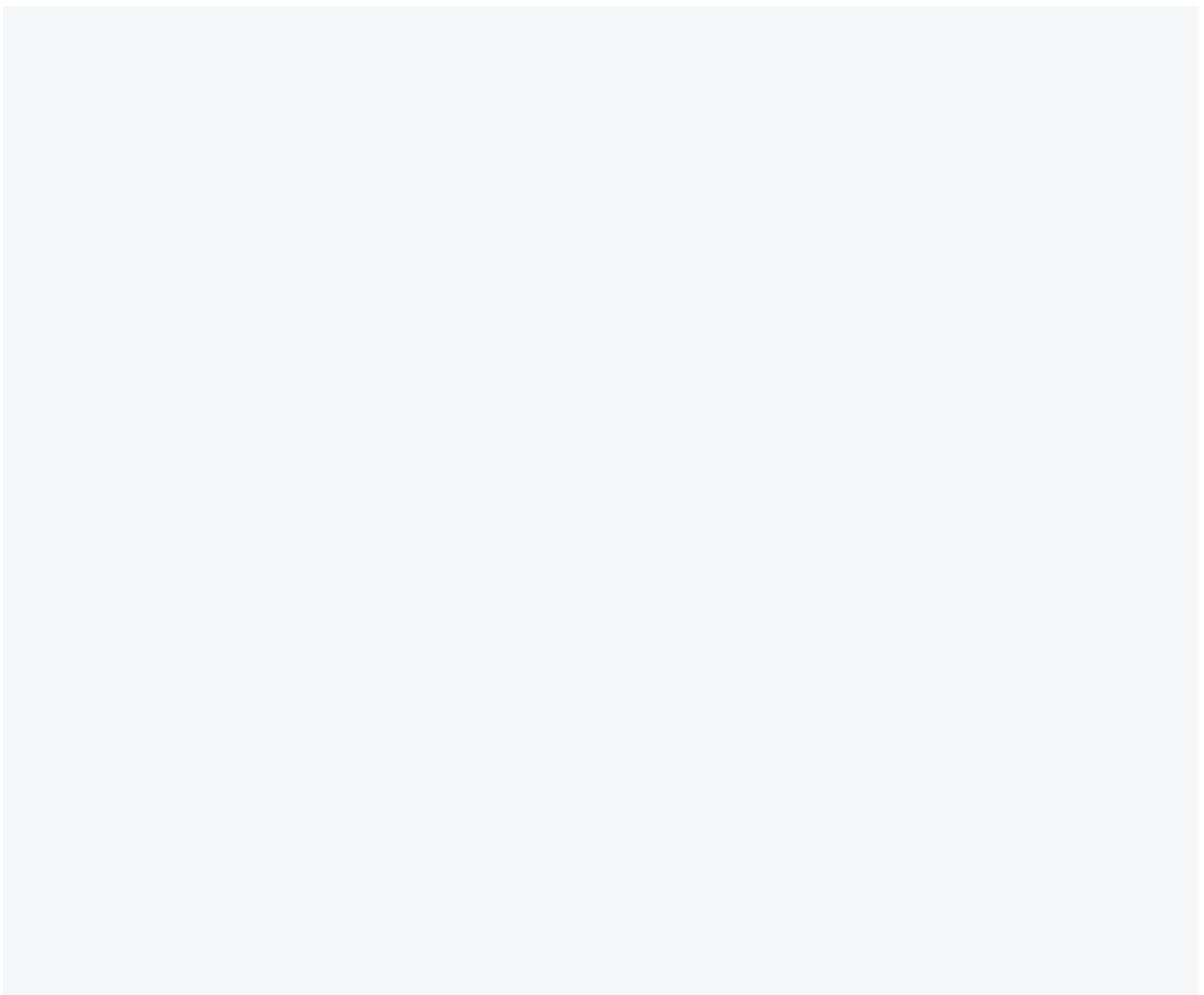
The trick is to treat it like an obnoxious toddler. Give it your full attention for a limited time. Find a 15-minute window when you can sit alone, without interruption. Then voice your anxious thoughts aloud.

Maybe the thought is *It's possible I have or cancer* or *It's possible I'm going to lose my job*.

Whatever it is, repeat it slowly, imagining it vividly. After hundreds of repetitions, the thought turns utterly boring. Around the 15-minute mark, many people experience a big emotional shift. Intense worries may need 20 to 30 minutes. You start to realize the worry is just a thought, and you can begin to disregard it.



FIND A 15-MINUTE WINDOW WHEN YOU CAN SIT ALONE, WITHOUT INTERRUPTION. THEN WRITE AND VOICE YOUR ANXIOUS THOUGHTS ALOUD.



WHATEVER IT IS, REPEAT IT SLOWLY, IMAGINING IT VIVIDLY. AFTER HUNDREDS OF REPETITIONS, THE THOUGHT TURNS UTTERLY BORING.



Day 5.... Book a Worryfest

Now go further and plan a 30-minute session to deal with all your worries. Then, when anxious thoughts come up, try jotting them down to deal with the appointed hour. Most people think they won't be able to postpone that long but find that it works.

A thought might feel urgent at noon, but then 4PM comes and you're not as concerned.



JOT DOWN YOUR THOUGHTS FOR 30 MINUTES.

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Day 6.... Be Glad You're a Worrier

Research shows that people who are really good at solving problems when they actually arise. The trick, though, is not pre-solving every possible emergency, only those you can deal with now.

Some worry is productive -- you want to finish presentation slides before a conference or double-check flight details. Most anxieties are about things that we can't control.

If you do something now to stave off the future, you're worried about, do it. If not, give yourself a simple pep talk - I'll be great at tackling that if it actually happens and leave the worry behind.



1. WHEN YOU ARE WORRYING, WHAT IS THE STORY YOU ARE CREATING?

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2. AM I WORRYING JUST TO WORRY? WHY?

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You are
totally
badass





Day 7.... Fire Dr. Google & Mr. "You Look Fine"

Worriers think reassurance will calm them, but it doesn't.

Commit to not seeking it: Don't consult Google able symptoms; don't ask your mate to OK your outfit. Initially your anxiety will go up. Then it will drop much more than if you sought reassurance.

There. Doesn't that sound like a nice break for your brain?



WHAT HAVE YOU LEARNED ABOUT YOURSELF DURING THE PAST 7 DAYS? WHAT ARE YOU WILLING TO CHANGE?

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1. THINKING ABOUT EVERYTHING YOU HAVE LEARNED OVER THE LAST 6 DAYS, WHAT IS YOUR GOAL?

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2. WHAT DO YOU WANT TO ACHIEVE?

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WHY IS THIS IMPORTANT TO YOU?

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5. WHEN YOU HAVE ACHIEVED THAT, HOW WILL YOU FEEL?

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6. WHY IS IT IMPORTANT TO YOU TO WORK TOWARDS THIS FEELING THIS YEAR?

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Your Next Steps

When people finish 7 days of less anxiety and brain chatter they are often thinking, "What happens if I want to continue to learn more about myself and/or how to manage my anxiety?"

What if you feel you have gained a lot of insight over the last 7 days, or you've had interesting realizations and you want to know what to do with this knowledge?

I have an option for you!

A 1 on 1 Live Anxiety Free Breakthrough Session with Me (Free)

If you're feeling lost, overwhelmed or stuck then this is the option for you. This is your opportunity for a 60 minute 1 on 1 Coaching session with me. We will identify your limiting beliefs and what's holding you back to live a purposeful, peaceful life.

By the end of your Complimentary Breakthrough Session you will have clarity over which 3 changes will make the biggest impact in our life and we will talk about how you can effectively start moving towards those changes.

Schedule Here



Let's Connect

I would like to take a moment to say thank you.

Thank you for putting yourself first for 7 days. Thank you for allowing yourself to go deeper. Thank you for the vulnerability you have showed to yourself (and maybe even shared in the facebook group) in the past week. And most importantly to me, thank you for your support. This is my first ebook. Hours of work have gone into this. There have been 5am starts, 1am finishes and a rollercoaster of emotions. I am so passionate about helping women like you.

I appreciate you.

I would love nothing more to connect with you. You can follow on
Instagram @anxiety.loves.company

You can read blog articles on my website at
www.bellacoachingservices.com

And you can diver deeper into your wellbeing with 1:1 Coaching.