

Taking Yourself Through Anxiety

My God /The Universe grant me
the serenity,
To accept the things I cannot
change,
The courage to change the things
I can,
And the wisdom to know the
difference

Is there a piece of this situation that you can control? Is there a baby step you can take?

Talk to yourself with the same compassion you would use with a friend. Telling yourself that you're an idiot for being scared makes you more scared, not less.

Remember that avoidance feels like your friend but it makes small problems grow into big scary monsters.

Breathing: Deep is good, slow is better. Breathe slowly and deeply while you imagine yourself doing the things that scare you, baby step by baby step.

Which pieces of the situation do I NOT have power over? I can allow myself to be sad about things I cannot change, but I can't take responsibility for what I can't control.

Repeat that mantra: "I can't take responsibility for what I can't control", and turn your attention back to things that you can control, even if they scare you.

Through all of this: Be kind to yourself. Be kind to yourself. Be kind to yourself.