



### Reduce Your Anxiety Handout

Hi there!

Thank you for attending today's session! I'm Jules Hobbs of Hobbs Holistic Health and wanted to create this handout to support what we covered today and provide you with some activities, personal recommendations and resources to continue your self-development and mindfulness journey.



You can contact me @hobbsholstichealth on Instagram or email [juleshobbshealth@gmail.com](mailto:juleshobbshealth@gmail.com) if you have any questions or would like to find out more about what I could offer to your wellbeing journey or even for your office or local community.

Today's session focused on reducing your anxiety through a mix of journal questions, tools to help you to manage and a mindfulness meditation at the end.

#### **Journal Questions**

Here are all the journal questions from the session along with some further prompts using the tips and tools to help you delve deeper and come up with some action points to manage your anxiety.

How are you feeling right now? No, really! "I'm fine" is not allowed 😊

What stressful or anxious thoughts have you had lately?

On a scale of 1-10, 1 being completely frazzled and stressed and 10 being amazing without a care in the world, how do you feel right now?

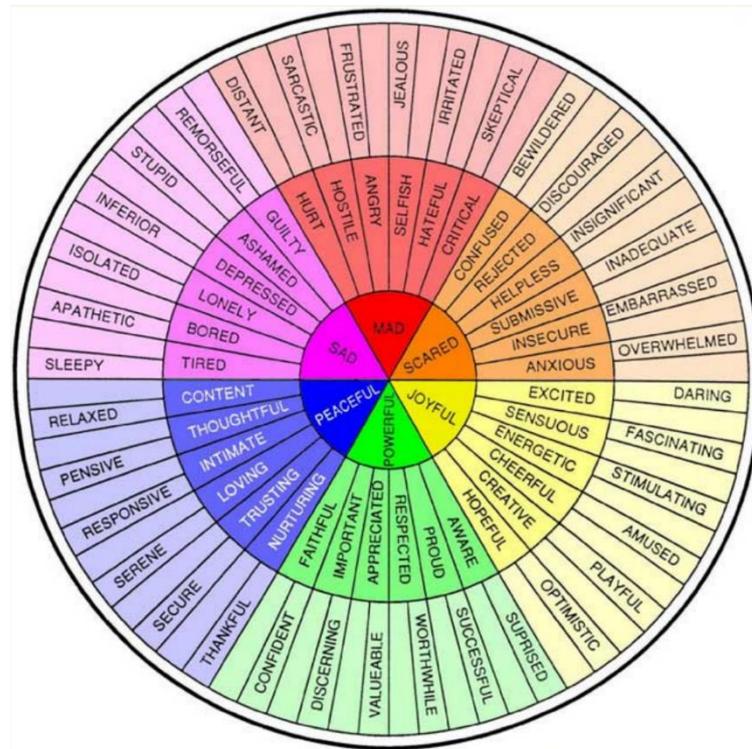
What would you rate 1-10 for the following and why? Paying particular attention to any low scores, you could ask yourself "why" several times to probe where your anxiety is higher:

- WORK
- HOME & FAMILY
- FRIENDS
- HEALTH
- SLEEP
- NUTRITION
- EXERCISE
- COVID19

What has your inner critic said to you lately? What could you say back to your inner mean girl/ guy as a challenge/ rebuttal? What would you say if your best friend said this about themselves, how would you reassure them that it's not true or doesn't matter?

Remember, there's no such thing as perfect! You are perfectly imperfect.

Which emotions on the below feelings wheel resonate with you the most right now?  
(Source: Dr. Gloria Wilcox).



Look back through your notes, which of your worries are you in control of? What can you do to manage your anxiety? Who could you turn to for support? What type of support do you need?

What's the best possible outcome or are there any silver linings in the situations you've described?

What are you grateful for?

Are there any areas of anxiety that you could reframe as excitement using "anxiety reappraisal?" If you're unsure what this is check out the article in sources and Rob Dial's podcast episode.

### Tips & Tools

Here are my top 14 tips and tools for managing anxiety. You don't have to do all of them, maybe pick and choose a few at a time to try:

- Voice your fears (journal)
- Challenge your thoughts
- Focus on what you can control
- Start now (ignore perfection)
- Forgive yourself & show self-compassion
- Challenge your inner critic

Exclusive content to accompany Community Online Academy sessions, July 2020  
Jules Hobbs, Hobbs Holistic Health

- Shelf it & walk away (mental box)
- Set healthy boundaries
- Take time for you (Mental Health days)
- Break your worries down into chunks
- Find purpose & silver linings
- Practice gratitude
- Reframe – “Anxiety Reappraisal”
- Practice mindfulness

### Sources

<https://www.stylist.co.uk/life/easing-lockdown-anxiety-set-boundaries-adapt/408819>

<https://www.theguardian.com/society/2020/jul/12/young-people-overeating-as-they-battle-lockdown-anxiety-says-uk-study>

<https://www.theguardian.com/global/2020/jun/21/im-broken-how-anxiety-and-stress-hit-millions-in-uk-covid-19-lockdown>

[Rob Dial - How to Change Your Anxiety – Spotify podcast episode](#)

Anxiety reappraisal study: <https://pha.berkeley.edu/2018/12/01/getting-excited-over-anxiety/>

Is there an upside to anxiety? BBC radio interview - <https://www.bbc.co.uk/sounds/play/p07j56pk>

[How to cope with Anxiety, Olivia Remes, Ted Talks](#)

[Self Help Anxiety Strategies for Those of Us Who Don't Like Asking for Help, Deborah Riegel, COA](#)

[The Magic of Not Giving a F\\*\\*\\* \(How to say no\), Sarah Knight, Ted Talks](#)

[Jay Shetty, Self Esteem/ Inner Critic video, Facebook](#)

Mindfulness, A Practical Guide to Finding Peace in A Frantic World, Mark Williams & Danny Penman (Book)

A Mindfulness-Based Stress Reduction Workbook, Bob Stahl, PHD & Elisha Goldstein, PHD (Book)

Good Vibes, Good Life, Vex King (Book)

Here are links to the “how to journal” article that I wrote in case you need some guidance:

<https://www.linkedin.com/pulse/how-journal-jules-hobbs>

<https://www.instagram.com/hobbsholistichealth/>

[https://www.facebook.com/hobbsholistichealth/posts/716162692558530?\\_tn\\_ =K-R](https://www.facebook.com/hobbsholistichealth/posts/716162692558530?_tn_ =K-R)

### **Book, Podcast & Application Recommendations**

Here are a number of books, podcasts and apps that have really helped me over the years in my journey with managing stress and anxiety through mindfulness. These recommendations are based purely on my own experience.

The Mindset Mentor, Rob Dial (Podcast)

Mindfulness, A Practical Guide to Finding Peace in A Frantic World, Mark Williams & Danny Penman (Book)

A Mindfulness-Based Stress Reduction Workbook, Bob Stahl, PHD & Elisha Goldstein, PHD (Book)

How to Fail, Elizabeth Day (Podcast & Book) – reflecting on how failures make us who we are and helps to build resilience

Happy Place, Fern Cotton (Podcast & Book)

Mastering Your Mean Girl, Melissa Ambrosini (Book)

The Melissa Ambrosini Show (Podcast)

Good Vibes, Good Life, Vex King (Book)

Insight Timer (app) – meditation and mindfulness

Headspace (app) – meditation and mindfulness

Blinkist (app) – Summaries of self-development books in “blinks” that you can read or listen to. Mindfulness, A Practical Guide to Finding Peace in a Frantic World and Resilience, Eric Greitens and Option B by Sheryl Sandberg are featured on here.

### **Support**

Emotions can be overwhelming and I’m very aware that a short session with so many people in attendance could spotlight some intense feelings.

Remember, that it is OK to feel down or to have a good cry. These emotions will usually pass. If you’re still feeling down or uneasy, please contact the person who’s name you wrote down at the start of the session to talk through. Journaling and getting it all onto paper can also help!

Should you still be feeling uneasy there are people who can help, please reach out to a professional, i.e. your GP (General Practitioner). There are also dedicated websites available such as this one to help you during this tumultuous times: <https://www.mentalhealth.org.uk/coronavirus>.