

# PRESS REWIND

## 3 STEPS I TAKE TO EASE MY ANXIETY

I still feel strong anxiety often. What I share below is the difference some days, between me having ever spinning thoughts while hiding inside my house, and taking baby steps to get my day started, and love my life.

I AM AUTHENTIC ABOUT WHAT WORKS FOR ME AND MY HEALING JOURNEY IN THE SPIRIT OF SHOWING OTHERS IMPERFECTION IN ACTION, AND SO YOU CAN SEE HOW SIMPLE IT CAN BE TO MAKE THE SAME TOOLS WORK IN YOUR LIFE.

My “press rewind” tool helps me because I remind myself that we create our own emotional reactions from our thoughts, which are sometimes flawed.

The cycle starts when we think something (our own personal interpretation of events, filtered through our fears) and then our bodies react to that thought as though it happened according to our worst fears.

THINK ► FEEL ► ACT

For example, if the thought is “I am going to fail”, our body reacts not just as though we have already failed, but adds in our fear of failing. Our bodies ‘brace for impact’, something terrible is about to happen as a result of our having failed.

The truth as of that moment is that we didn’t fail yet, we may not, and it may not turn out to be such a bad thing if we did.

The good news is, since we create anxiety from our flawed thoughts, we can also rewind to the original thought, and change it, to create a different feeling based on truth.

## STEP ONE:

### ACKNOWLEDGE YOUR ANXIETY

"I am experiencing anxiety right now. I feel it in my chest and belly"

Naming it and drawing your attention to the part of our body where you are holding your anxiety takes you out of the 'panic' that exists while resisting the experience.

## STEP TWO:

### CENTER AND RECONNECT TO YOURSELF

"Right now, in this moment, I am safe. I am in my bedroom. I hear birds singing outside. I smell laundry. I feel my soft blanket."

Using an affirmation and prompting yourself to use your senses focuses your mind into the "right now" because you can't use your senses in the future or past.

Letting go of future and past thoughts, if only for a few minutes, provides physical relief as our bodies are not designed to live in several paradigms at once.

## STEP THREE:



"WHAT THOUGHT DID I HAVE THAT  
TRIGGERED MY ANXIETY?"  
THEN CHECK THE FACTS.

## REWRITING THOUGHTS THAT AREN'T TRUTH

Fortunetelling, imagining a worst-case scenario then 'bracing for impact' -

**Replace thought with fact:** I do not know the future. It could also turn out better than I can imagine.

Looping in energy of "It's hard/impossible" -

**Replace thought with fact:** I can do hard things. I am capable and brave. I can take the next step.

I don't know how it's all going to come together!" -

**Replace thought with fact:** I only need to know the next step and have faith. It's okay to not know.

Mind-reading others – "I made a mistake; she thinks I'm stupid." -

**Replace thought with fact:** I can't read minds. She probably isn't thinking of me at all. I forgive myself for being human.

## IT'S REAL AND IT SUCKS!

Be a good friend to yourself.

"I'm so sorry you are going through this!" (to yourself). This is freaking hard and you don't deserve this!".

Allow yourself the space to cry and scream into a pillow. Be gentle with yourself and honor all the very valid emotions you are feeling.

Gently remind yourself that it sucks whether you stay in bed or take a tiny step towards moving through it.

Watch out for thoughts that speak against how strong and capable you are, and 'rewind' if necessary. You can do hard things.

If the biggest step you can take right now is to get yourself into the shower and put a bra on – congratulate yourself sister! You are moving through it.

*THIS TOO SHALL PASS.*

I truly hope you found this helpful! For additional resources, be sure to visit [www.joannapeters.com](http://www.joannapeters.com)

