

How do you know you are being anxious?

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To thrive and lead a fulfilling life, I believe we need to nurture the most important relationship in our life - the one we have with our Self! Thus, my intention here is to share with you matters I hope you'll find useful to guide you on your journey to create a loving relationship with yourself and others, and to build a life you desire.

Hello April. Hello Spring. 🌻

Let's begin...

It has been quite an interesting month of March seeing, hearing and feeling the slow transition of the winter silence into the awakening of the spring.

As the season changed, I noticed changes with my clients - many of them complained about having low levels of energy and



increased levels of anxiety. This got me curious, are spring lethargy and anxiety somehow connected? Has the word "anxiety" become so popular that we just randomly use it to label unpleasant feelings? If so, does this label have a self-hypnotising effect on us? Are we aware of what we label as anxiety?

So, I started asking: **how do you know you are being anxious?**

In her book [The Anatomy of Anxiety](#), Ellen Vora MD writes about two types of anxiety: false and purposeful - and in both cases it is a signal that something is out of balance.

False anxiety is body-based anxiety that manifests as a result of imbalances in the body, and it can be easily treated. The two main "physiological processes that provoke anxiety are the stress response - our nervous system's reaction to a perceived threat - and gut-related systemic inflammation".

When our body perceives that something in our environment is not safe it releases stress hormones, that in turn manifests as feelings or symptoms of anxiety.

Now, this can be a real threat, but often these are stressors in our daily modern life that provoke stress-like reactions in our body, such as: sugar, caffeine, sleep deprivation, chronic inflammation from eating foods you don't tolerate or the comment section here on LinkedIn.

Below you can see a checklist of triggers that Ellen created to help her patients identify if they are experiencing a false anxiety and proposed activities to help them regulate in the moment. I hope you'll find it useful.

She suggests to print it out and keep it on the fridge at home.

I AM ANXIOUS AND I AM NOT SURE WHY. AM I...



Hungry?

Eat Something

Sugar crushing or having a chemical comedown?

Did I just eat something sweet, processed or laden with food colouring or preservatives? Have a snack and focus on making different food choices next time.



Overcaffeinated?

Maybe this anxiety is caffeine sensitivity; tomorrow, drink less caffeine.



Undercaffeinated?

Maybe I drank less caffeine today than usual; dose up and aim for consistent daily caffeine consumption.

Dehydrated?

Drink some water.



Tired?

Take a nap; prioritize an earlier bedtime tonight.

Feeling sluggish?

Take a quick walk outside; dance.



Dysregulated?

Did I just engage in an internet rabbit hole or social media binge? Dance or go outside to reset the nervous system.

Drunk or hungover?

File this away to help inform future choices around alcohol.



Due for a dose of psychiatric medication?

Right before the next dose, I'm at the pharmacological nadir - or the point where the level of medication in my bloodstream is at its lowest - and this can affect mood. Time to take meds.

I suggest you also begin labelling the sensations you feel in your body.

- Where in your body specifically you feel this feeling that you describe as anxiety?
- How do you know it is anxiety?
- These sensations that you describe as anxiety, in which direction do they move?
- Is there a specific order of appearance of the sensations? What comes first, second, next?
- Once they reach a certain intensity, what happens next?

Become really aware of what you label as "anxiety". Because once we become aware, we can easily change.

Notice, what happens inside as you begin to use different words for the sensations you experience. If you constantly repeat "I am anxious", usually you end up hypnotising yourself and feel exactly that.

"Psychiatry can offer lifesaving interventions and useful support, but, frankly the person who knows the most about your mental health is you. You are your own most powerful healer. This is a lot of responsibility, but it's also a relief."

Once the needs of the body are met and addressed, we might be left with this true or purposeful anxiety. This type of anxiety is a signal that something else is out of balance inside or outside of us - in our lives, relationships or the world. Usually this is the feeling we get when we are not aligned to our values, when we are not living congruently. This inner discomfort is trying to tell us something important, but we often ignore, fight and avoid it. How about silencing the inner noise and begin listening to what it has to say to us. This is our inner compass, allow the sensations to wash over you and ask:

What is my anxiety telling me?

With my clients we explore such questions and methods that help them tune in and connect with the Self at a deeper level. The weekly Self-Expedition questions also help in exploring and learning about our deepest values, needs, desires, longings...

To continue...

Therapy vs. Coaching when you are feeling stuck

Recently I had a conversation with someone who felt stuck in their career for some time and therefore decided to go to therapy. I know a lot of people that go to therapy and I appreciate the work of therapists. To some of my clients I recommend therapy and I have trained many therapists on NLP. I believe we all need to heal our wounds from the past. Therapy is about the past and its relation to the present. It is about asking: **Why?**

When I asked this person how is therapy helping them to get unstuck and move towards what they desire, the response was not positive. I was not surprised with the outcome, because it's difficult to drive towards a destination by constantly looking at the rearview mirror, right? Your focus needs to be ahead in front of you and use the rearview mirror to gather information. This is coaching, and its focus is on the the present and building the future. It is about asking: **How?**



Let's say you are about to climb a peak. For your expedition would you hire an expert guide (coach) or a doctor (therapist)? If you are not really healthy, then you might be in a

physical danger and you will need a doctor to help you get back into shape before taking on the challenge, right? But, if you are already healthy you need someone else. A coach will help you with a climbing strategy, they will carry the load of supplies and will help you find alternative routes and the best path. They will cheer along the way and help you overcome the limiting beliefs of why you think you can't. The coach will walk with you.

Therefore, an announcement...

Two coaching slots have opened as of April - do you want to get unstuck, create and implement the future you desire for yourself? Book [here](#) your discovery call and let's see if we are a fit.

"Simply put, Coaching is where you work with someone to connect with yourself - and what really matters. You redesign your environment, your career and/or your life and then your coach supports and challenges you as you take bold action to make it happen!" Emma-Louise Elsey

To finish,

My message for the month of April is:

Re-create yourself and blossom ♥



Conversation starters:

(Inspiration and Information Sources)

I'm reading:

- [The Tipping Point](#): How Little Things Can Make a Big Difference, by Malcolm Gladwell
- [Should a coach be part of a tech company?](#) Insights from Estonian unicorn Pipedrive