



# stress and anxiety MANAGEMENT

IN FOUR STEPS



Anxiety is a **full body** experience.

In addition to emotional and mental distress, anxiety can spark physiological responses from shortness of breath and increased heart rate to muscle tension and activation of the fight or flight hormones.

All of this can impact our ability to think clearly, make decisions, and take action. Learning to manage anxiety takes practice, but it is possible. And I'm going to show you how.

You can live with more ease, peace, and confidence. You can breathe easier and rest more deeply. You can take fearless action in service of your goals.

I've laid out a

## *Four Step Process*

to get your anxiety under control and make more space for the more important stuff.

So let's get to it.



# Step One: Identify the Pattern

Recognition is the first step. Anxious thoughts often present in the form of extremes, or what I like to call Kitchen Sink Thinking: “I’m going to be homeless and broke if I quit my job.” or “If I move to a new city, I’ll have no friends, I’ll hate it, and I’ll be alone.” The more awareness you create around how and when anxiety shows up in your life, the more you can readily identify its presence, decouple its voice from your own, and set the stage to reduce the negative impacts on your well being.

1

## **Pinpoint the pattern.**

What are your mental and physical indicators that you’re anxious or stressed? Do your shoulders tighten? Are your palms sweaty? What kind of thoughts show up? What’s the inner dialogue saying? How does it make you feel? Get curious!

2

## **Write it down!**

This is crucial because it gives you concrete documentation for your experiences that you can refer back to. Think of it like a fitness tracker for your mind.



# Step Two: Challenge your Perspective

Now that you are starting to get curious about your patterns, you can begin to call them out for what they are: one way of looking at things.. It takes practice to build this muscle, so be gentle and remember that each time you look for another perspective, you are taking the power back from anxiety little by little. Here are some ways to cultivate a new view and relationship with anxiety.

## **Personify it**

1

Seeing anxiety as a character instead of an absolute internal truth can be incredibly empowering. Can you create a persona for it? What does anxiety sound like? Who does it remind you of? Does it have a color or a sensation? Speak to anxiety as if it were another person.

2

## **Acknowledge it**

What is anxiety really trying to tell you? Often, it's an overdose of fight or flight that's trying to protect in it's own twisted way. The next time your anxiety pops up, try addressing it: "Thanks, anxiety. I hear you. I understand you're trying to protect me. But I'm going to try something else out. "



# Step Three: Get into your Body

Our bodies have a tremendous ability to unlock what the mind cannot. In addition to regular exercise, use these tools to welcome physical ease and intentionally tap into your body's experience to quiet the mental chatter of anxiety.

1

## **Scan your body**

Starting with your toes all the way up to the top of your head, notice where you're holding onto tightness. When you reach a sticky spot, place your hands over it and breathe for 30 seconds with eyes closed. Press down into the floor with your feet to remind yourself that you are always grounded and supported.

2

## **Breathe**

Practice 5-7-9 breathing. Breathe in for 5 seconds, hold for 7 and breathe out for 9. Do this for a few rounds to help reset your nervous system. 4 square breathing (in 4, hold 4, out 4) is also effective.



# Step Four: Make a Plan

Stress and anxiety are part of life. So why not get prepared for when they inevitably pop up? Make a plan and get ahead of any curve balls coming your way by falling back on these tips.

1

## **Get organized**

Use tools like a calendar, spreadsheets, or a to-do list to help you stay on top of things and manage your time to reduce stress. Give yourself runway to prepare in advance whenever possible. AND, organize your space! Get rid of clutter and curate your environment to bring more harmony and ease into your day to day.

2

## **Have a back up plan**

When you know you're heading into an anxiety inducing situation, have a tool handy. Practice breathing, step outside and take a quick walk or do some jumping jax. Do a power pose. Carry around some lavender oil. Call a friend. Whatever your go-to is, have it on hand as a safety set for when times get tough so you can navigate with grace.



*Anxiety is a tough beast...*  
**BUT YOU'RE TOUGHER**

Want to dive deeper?

**Schedule a chemistry call at**  
**[marniemclaincoaching.com](http://marniemclaincoaching.com)**  
to learn about 1:1 Life Coaching, get unstuck,  
and get moving in the right direction with  
purpose, authority, and clarity.



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