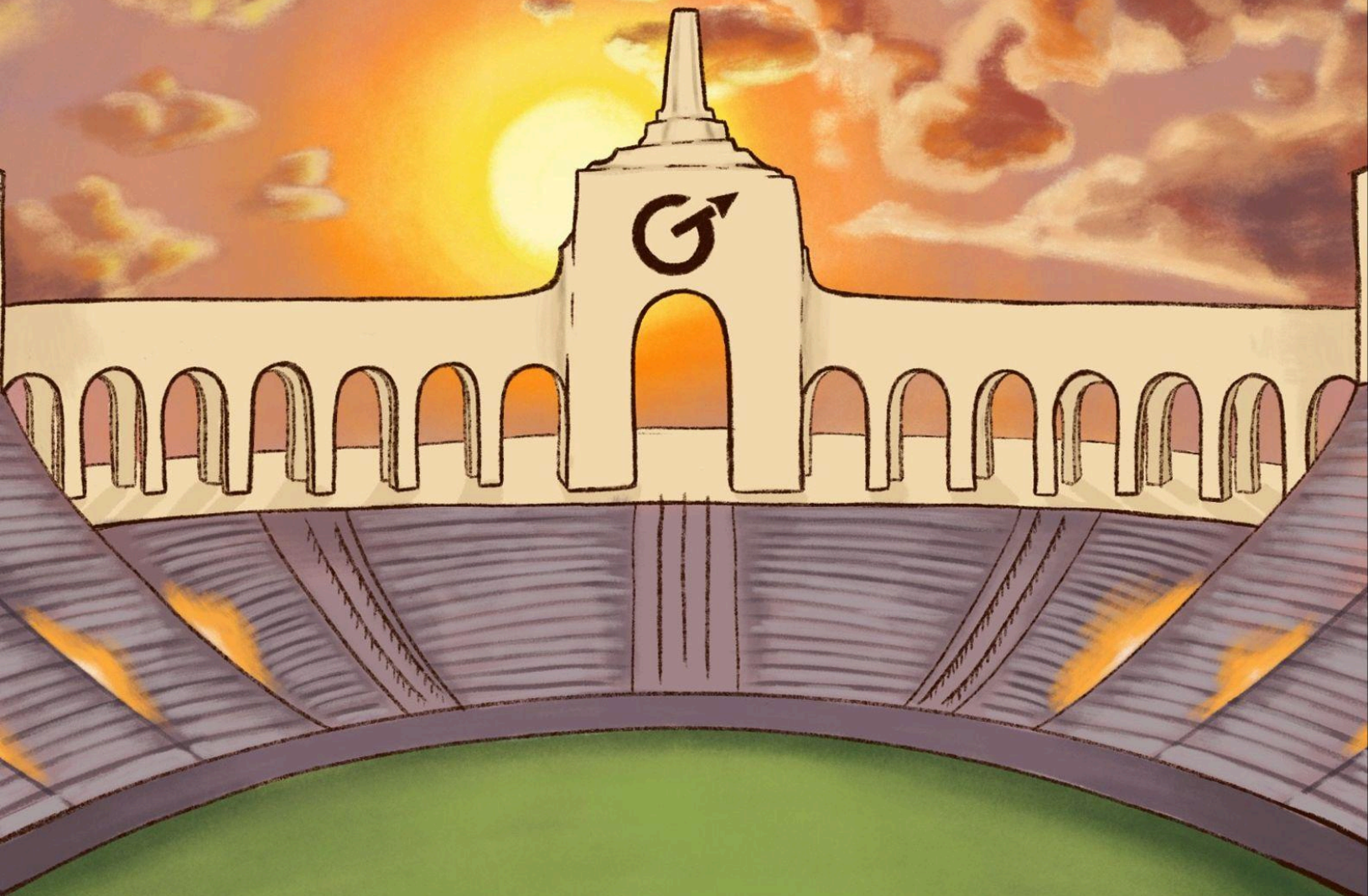


# MANAGING ANXIETY WHILE CHASING YOUR DREAMS



TRAINING CAMP INSTRUCTOR

**DR. JENNA FLOWERS**

# TRAINING CAMP 1 / INTRODUCTION TO TYPES OF ANXIETY

**W** EVERYONE, WHEN IT COMES TO ANXIETY, HAS A CERTAIN JAG WHERE THEIR OWN BRAIN GETS STUCK OR HYPER-FOCUSES ON ONE AREA."

**W** STAYING RECEPTIVE AND OPEN TO CHANGE IS A MAJOR GOAL FOR REDUCING YOUR ANXIETY."

ANXIETY IS A NORMAL THING. WE ALL HAVE IT. BUT FOR SOME OF US, ANXIETY CAN INCREASE TO A LEVEL THAT PREVENTS US FROM LIVING OUR BEST LIFE. IT CAN AFFECT OUR RELATIONSHIPS, OUR PERFORMANCE AT SCHOOL OR WORK, AND IN REACHING OUR GOALS.

IF YOU STRUGGLE WITH ANXIETY, YOU'RE NOT ALONE. OVER 40 MILLION AMERICANS SUFFER FROM ANXIETY AND 44% OF HIGH SCHOOL STUDENTS SUFFER FROM ANXIETY OR DEPRESSION. HERE'S THE GOOD NEWS: THERE ARE MANY THINGS WE CAN DO THAT EMPOWER US TO REDUCE ANXIETY AND LIVE A MORE JOYFUL AND PRODUCTIVE LIFE.

GAMECHANGE "MANAGING ANXIETY" TRAINING CAMP INSTRUCTOR DR. JENNA FLOWERS IS A LICENSED THERAPIST WHO HAS SEEN THOUSANDS OF PATIENTS STRUGGLING WITH DEPRESSION, ANXIETY, ADDICTION, AND MANY OTHER CHALLENGES. DR. FLOWERS HAS A PARTICULAR EXPERTISE IN HELPING TEENS.

IN HER GAMECHANGE TRAINING CAMP, DR. JENNA PROVIDES REAL LIFE CASE STUDIES TO ILLUSTRATE CHALLENGES THAT MANY YOUNG PEOPLE FACE AND THE TOOLS THAT CAN HELP THEM GET BETTER. THE FIRST STEP IS TO IDENTIFY AND UNDERSTAND THE ANXIETY THAT YOU MIGHT BE EXPERIENCING.

**GENERALIZED ANXIETY DISORDER SYMPTOMS**  
PERSISTENT AND EXCESSIVE WORRY | SLEEP CHALLENGES  
EATING DISORDERS | NEGATIVE OR ANXIOUS THOUGHTS  
SWEATY PALMS AND/OR STOMACH ACHES

**PANIC DISORDER**  
CAN FEEL LIKE A HEART ATTACK | TROUBLE BREATHING  
SWEATY PALMS | ROOM FEELS SMALL

**SOCIAL ANXIETY**  
WORRY WHAT OTHER PEOPLE THINK OF YOU | FEAR OF LARGE CROWDS  
FEAR OF GOING TO SOCIAL EVENTS

**SPECIFIC PHOBIAS**  
PERFORMANCE PHOBIA/FEAR OF PUBLIC SPEAKING  
FEAR OF LEAVING THE HOUSE

**SEPARATION ANXIETY**  
FEAR OF SEPARATION FROM AN ATTACHMENT FIGURE

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## SIMPLE DAILY TIPS TO REDUCE ANXIETY

- IDENTIFY NEGATIVE THOUGHTS AND INCREASE POSITIVE SELF TALK
- SET GOOD BOUNDARIES WITH FAMILY AND/OR FRIENDS
- ENJOY VARIOUS MOMENTS OF STILLNESS, TAKING DEEP BREATHS

## REFLECT/WRITE/READ GUIDE TO EFFECTIVE JOURNALING

REFLECT AND WRITE DOWN THE POSITIVE THINGS THAT HAPPENED DURING THE DAY AND THE THINGS YOU CAN IMPROVE WHERE YOU FELL SHORT. READING THE LIST OUT LOUD CREATES POSITIVE AFFIRMATIONS FOR THE DAY'S WINS AND A DO-ABLE FUTURE ACTION PLAN FOR THE PLACES WHERE YOU CAN IMPROVE.

# TRAINING CAMP 2 / WHY DO I FEEL THIS WAY?

**W** THE FIRST STEP IN OVERCOMING YOUR ANXIETY IS UNDERSTANDING, 'WHY DO I FEEL SO ANXIOUS?'"

**W** HAVING A PLAN OF ACTION WHEN SOMEONE FEELS ANXIOUS IS LIKE MANNA FROM HEAVEN. IT JUST REALLY MAKES YOU FEEL MUCH BETTER ABOUT THIS SITUATION."

FOR THOSE OF US WHO HAVE REOCCURRING ANXIETY IT CAN SOMETIMES FEEL LIKE IT WILL NEVER GO AWAY AND WE OFTEN WONDER, "WHY DO I FEEL THIS WAY?" ASKING THAT QUESTION IS ACTUALLY A GOOD FIRST STEP TO OVERCOMING AND MANAGING YOUR ANXIETY BECAUSE TO SOLVE THE CHALLENGE, WE FIRST HAVE TO UNDERSTAND IT.

DR. JENNA FLOWERS DIVIDES PEOPLE WITH ANXIETY INTO TWO CAMPS. THE FIRST CAMP REALIZES THAT THEY ARE HIGHLY ANXIOUS. THEY ARE OVERWHELMED AND SEE ALL THE SYMPTOMS, BUT DON'T KNOW WHAT TO DO ABOUT IT. THE SECOND CAMP DISPLACES THEIR CONCERNS ONTO SOMETHING THAT FEELS A LITTLE MORE IN THEIR CONTROL AND SO THEY FIXATE ON AN ISSUE THAT IS NOT ACTUALLY THE ROOT CAUSE OF THEIR ANXIETY. HERE ARE SOME VARIOUS THINGS THAT CAN CONTRIBUTE TO ANXIETY:

### BIOLOGICAL OR GENETIC DISPOSITION

DO YOU HAVE PARENTS OR GRANDPARENTS THAT ALSO STRUGGLE WITH ANXIETY? YOU MIGHT BE PREDISPOSED TO BE MORE ANXIOUS.

### A PERSON'S TEMPERAMENT

SOME PEOPLE ARE JUST NATURALLY INCLINED TO WORRY MORE. WHEN STRESSORS OCCUR, YOUR FIRST INCLINATION IS TO WORRY AND NOT PROBLEM SOLVE.

### ENVIRONMENTAL FACTORS: SOCIAL MEDIA, TRAUMA, STRESS

• **SOCIAL MEDIA:** ARE YOU CONSTANTLY COMPARING YOURSELF TO OTHERS AND FEEL LIKE YOU CAN'T KEEP UP WITH PEOPLE? TAKING A BREAK FROM SOCIAL MEDIA COULD BE THE BEST SOLUTION FOR STRESS CAUSED BY CONSTANTLY COMPARING OUR LIVES TO OTHERS.

• **TRAUMA:** DO YOU HAVE HYPERVIGILANCE, WHERE YOU CONSTANTLY ASSESS YOUR ENVIRONMENT FOR BEING TAKEN ADVANTAGE OF OR BEING HURT? THIS IS OFTEN A SYMPTOM OF POST-TRAUMATIC STRESS DISORDER. CONSIDER SEEKING PROFESSIONAL HELP IF YOU HAVE EXPERIENCED TRAUMA THAT IS CAUSING ANXIETY.

• **STRESS:** DO YOU HAVE A LOT OF THINGS PILING UP ALL AT ONCE (FINANCIAL, SCHOOL, WORK, RELATIONSHIPS) THAT ARE OVERWHELMING YOU AND CAUSING ANXIETY? TRY WRITING A JOURNAL TO CREATE A PLAN.

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## HOW TO JOURNAL

THERE IS RESEARCH THAT HAS SHOWN THAT JUST VENTING WHEN JOURNALING IS UNPRODUCTIVE. INSIGHT JOURNALING IS A MUCH MORE EFFECTIVE TOOL TO FEEL BETTER. HERE'S HOW TO DO IT:

- 1) WRITE DOWN THE CURRENT SITUATION OF WHAT IS HAPPENING.
- 2) ASK OPEN-ENDED QUESTIONS: HOW DID I FEEL ABOUT WHAT HAPPENED? WHAT WOULD I LIKE TO SEE HAPPEN DIFFERENTLY? DRILL DOWN ON THE SITUATION BY STAYING CURIOUS WITH YOURSELF.
- 3) CREATE THE STEPS FOR AN ACTION PLAN THAT CAN POSITIVELY CHANGE THE STRESSFUL SITUATION. HAVING A PLAN MAKES YOU FEEL MUCH BETTER ABOUT THE THINGS CAUSING YOU ANXIETY.

# MANAGING ANXIETY WHILE CHASING YOUR DREAMS

## TRAINING CAMP 3 / CALMING TOOLS

**W** YOUR BODY NEEDS TO MOVE. THAT'S A GREAT WAY TO GET MORE CALM GOING BECAUSE THE CENTRAL NERVOUS SYSTEM NEEDS TO RELEASE THE ANXIETY IN A POSITIVE WAY."

**W** TAKE SOME TIME TO FIND OUT WHAT WORKS FOR YOU. WHAT KIND OF CALMING EXERCISES DO YOU RESONATE WITH? WHAT KIND OF EXERCISE FEELS REALLY GOOD TO YOU? IT DOESN'T MATTER AS LONG AS YOU DO IT!"

UNFORTUNATELY, DEALING WITH ANXIOUSNESS CAN CREATE A NATURAL SKEPTICISM IN MANY OF US, WHICH MAKES US DOUBT THAT THERE ARE TOOLS THAT CAN EASE OUR ANXIETY SYMPTOMS. BUT DR. JENNA ASSURES US THAT THERE ARE VARIOUS TECHNIQUES THAT CAN REALLY HELP. HOWEVER, THEY DO REQUIRE PRACTICE AND CONSISTENCY.

### CALMING TOOLS AND TECHNIQUES

#### ESSENTIAL OILS AND CANDLES

THE AROMA FROM CANDLES AND ESSENTIAL OILS LIKE EUCALYPTUS, LAVENDER, AND ORANGE PEEL CAN CALM YOU AND IT SETS THE INTENTION TO RELAX.

#### STRESS BALL

RELEASE A LITTLE ANXIOUS ENERGY BY SQUEEZING A STRESS BALL. FOCUSING ON THE REPETITIVE MOTION OF SQUEEZING THE BALL CAN CLEAR THE MIND AND DISTRACT YOUR MIND FROM YOUR STRESSORS.

#### MEDICINE BALL

SITTING ON A MEDICINE BALL WHEN DOING WORK, SUCH AS WRITING A PAPER, CAN CAUSE YOUR VESTIBULAR SYSTEM TO ACTIVATE. THIS HELPS YOU STAY FOCUSED AND REDUCE ANXIETY.

#### SNOW GLOBE

SIT DOWN, SHAKE A SNOW GLOBE AND FULLY CONCENTRATE ON WATCHING THE TINY PIECES OF SNOW AS THEY SLOWLY FALL. TAKING SLOW, DEEP BREATHS AND JUST FOCUSING ON ONE OR TWO IS INCREDIBLY RELAXING AND REGULATING.

#### 5, 4, 3, 2, 1 GROUNDING EXERCISE

SIT WITH THE BOTTOMS OF YOUR FEET ON THE FLOOR: SEE FIVE ITEMS IN THE ROOM. THEN NOTICE FOUR THINGS YOU ARE TOUCHING, THREE THINGS THAT YOU HEAR, TWO THINGS THAT YOU SMELL, AND ONE THING THAT YOU CAN TASTE. THIS HELPS YOU HAVE DEEP CONCENTRATION AND REDUCES ANY ANXIETY YOU'RE FEELING.

#### PHYSICAL EXERCISE

GET IN A GOOD CARDIO WORKOUT, FOR 30 MINUTES OR MORE, AT LEAST THREE TIMES A WEEK. IDEAS FOR GOOD WORKOUTS INCLUDE: RIDE YOUR BIKE, GO FOR A JOG, PLAY PICK-UP BASKETBALL OR SOCCER, JUST MOVE! THE EXERCISE ALLOWS YOUR CENTRAL NERVOUS SYSTEM TO RELEASE ANXIOUS ENERGY.

#### ENJOYABLE ACTIVITIES

SIMPLE ENJOYABLE ACTIVITIES LIKE READING A GOOD BOOK OR MAKING A PLAYLIST OF MUSIC THAT IS UPLIFTING TO YOU CAN BE VERY REGULATING AND HELP REDUCE ANXIETY.

# MANAGING ANXIETY WHILE CHASING YOUR DREAMS TRAINING CAMP 4 / LIFESTYLE AUDIT

**W** (IDENTIFYING) WHERE YOUR STRESS IS COMING FROM IS ALSO ANOTHER CENTRAL COMPONENT TO REDUCING ANXIETY."

**W** (ASK YOURSELF), IS WHERE I'M SPENDING MY TIME CUP FILLING OR CUP DEPLETING? WHAT KIND OF RELATIONSHIPS... MAKE YOU FEEL BETTER...AND WHAT'S CUP DEPLETING?"

**W** EVALUATING YOUR RELATIONSHIPS, KIND OF BEING CAREFUL OF THE COMPANY YOU KEEP, REALLY HELPS YOU TO DISCERN, LIKE 'I ACTUALLY FEEL BETTER AROUND THIS KIND OF PERSON.'"

AN IMPORTANT TOOL IN REDUCING YOUR ANXIETY IS TO DO PERIODIC LIFESTYLE AUDITS WHERE YOU TAKE THE TIME TO EVALUATE THE AREAS OF YOUR LIFE THAT ARE CREATING STRESS.

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## LIFESTYLE AUDIT LIST

MAKE A LIFESTYLE EVALUATION LIST OF ALL OF THE THINGS YOU DO OR PEOPLE YOU SEE ON A REGULAR BASIS.

- 1) IS THERE A PARTICULAR AREA OF YOUR LIFE THAT IS CREATING ANXIETY?
- 2) WHAT IS HELPING AND SERVING YOUR LIFE AND/OR WHAT IS CAUSING ANXIETY?
- 3) HOW MUCH OR HOW LITTLE TIME ARE YOU PUTTING INTO THESE AREAS THAT ARE CONTRIBUTING TO YOUR ANXIETY?
- 4) IS THERE A PERSONAL RELATIONSHIP THAT CREATES ANXIETY? AND WHY DOES IT?
- 5) IS THERE SOMEONE AT WORK/SCHOOL/YOUR TEAM THAT IS CAUSING YOU STRESS AND WHY?
- 6) IS THERE SOMETHING THAT YOU ARE REQUIRED TO DO AT YOUR JOB/SCHOOL/TEAM THAT STRESSES YOU OUT AND WHY? ARE THE CHALLENGES HELPING YOU TO GROW OR IS IT A TOXIC ENVIRONMENT?

## POST-EVALUATION ACTION STEPS

AFTER YOU EVALUATE THE ISSUES CAUSING YOU ANXIETY AND ACCEPTING THAT THEY ARE A PROBLEM, YOU HAVE SEVERAL CHOICES ON HOW TO RESPOND.

- 1) SOLVE THE PROBLEM. IF IT IS A PROBLEM THAT CAN BE SOLVED, TAKE THE ACTION STEPS TO DO SO.
- 2) FOR A LOT OF PEOPLE, HOW YOU FEEL ABOUT THE ISSUE IS THE ISSUE. IN THIS CASE, A VALID RESPONSE CAN BE TO WORK ON YOUR ATTITUDE ABOUT THE ISSUE.
- 3) CAN YOU TOLERATE THE PROBLEM? SOME THINGS ARE JUST OUT OF YOUR CONTROL SO CAN YOU JUST ACCEPT THE CIRCUMSTANCES THAT YOU CAN'T CHANGE?
- 4) YOU CAN CHOOSE TO NOT ACCEPT YOUR REALITY AND MAKE IT WORSE FOR YOURSELF (TRY TO AVOID THIS CHOICE!)

# MANAGING ANXIETY WHILE CHASING YOUR DREAMS TRAINING CAMP 5 / MINDSET AUDIT

**W** IN ORDER TO REALLY REDUCE ANY KIND OF ANXIETY, WE HAVE TO REGULATE OUR NEGATIVE SELF-TALK."

**W** THESE ARE (NEGATIVE) BELIEFS THAT ARE JUST FILLING YOUR HEAD AND THEY'RE NOT HELPFUL. THEY DON'T GIVE YOU ANY HOPE ABOUT YOURSELF AND THEY'RE NOT TRUE. YOU ACTUALLY HAVE A LOT TO OFFER."

**NEGATIVE SELF-TALK IS SOMETHING THAT ALL OF US EXPERIENCE IN LIFE, SOME MORE, OTHERS LESS. FOR THOSE OF US WHO STRUGGLE WITH LOTS OF NEGATIVE THOUGHTS, IT CAN PLAY A DEBILITATING ROLE WHERE WE SEE LESS OF THE OPPORTUNITIES AVAILABLE TO US AND A DECREASED ABILITY TO TAKE ADVANTAGE OF THE ONES THAT ARE IN FRONT OF US. IN THIS TRAINING CAMP, DR. JENNA PROVIDES SEVERAL TOOLS FOR ANALYZING AND COMBATING NEGATIVE SELF-TALK.**

## **NEGATIVE SELF-TALK ANALYSIS**

**IF YOU HAVE NEGATIVE SELF-TALK, WHAT IS THE EVIDENCE TO VALIDATE THE NEGATIVE THOUGHT? YOU WILL OFTEN FIND THAT ONE NEGATIVE THING IN YOUR LIFE MAKES YOU THINK EVERYTHING IS NEGATIVE, BUT UPON FURTHER REFLECTION, YOU LEARN THAT MUCH OF YOUR NEGATIVE SELF-TALK IS FALSE. THINK ABOUT THE THINGS THAT YOU LIKE AND ARE GOOD AT AND FOCUS ON DOING THOSE.**

## **REDIRECTION CARDS**

**A GOOD TOOL TO CHALLENGE NEGATIVE SELF-TALK IS TO WRITE OUT A SET OF INDEX CARDS THAT ON ONE SIDE INCLUDE NEGATIVE THOUGHTS YOU HAVE AND, ON THE FLIPSIDE, REMINDERS THAT CHALLENGE THEM.**

**1) NEGATIVE: I SUCK SO BAD AT XYZ. POSITIVE: JUST BECAUSE I'M NOT GOOD AT XYZ DOESN'T MEAN I'M WORTHLESS. FOR EXAMPLE, I'M REALLY GOOD AT ABC.**

**2) NEGATIVE: I'M REALLY WORRIED THAT I'M GOING TO GET CUT DURING TRYOUTS. POSITIVE: IT'S NOT THE END OF THE WORLD IF I DON'T MAKE THE TEAM. I HAVE FAMILY AND FRIENDS THAT LOVE ME - AND THERE ARE OTHER WAYS TO PLAY THE SPORTS I ENJOY.**

**3) NEGATIVE: I FIND MYSELF ANXIOUS BEFORE A BIG TEST. POSITIVE: EATING HEALTHY FOODS, AVOIDING CAFFEINE, AND DOING BREATHING EXERCISES WILL HELP CALM ME.**

**4) NEGATIVE: I FIND MYSELF STUCK THINKING NEGATIVE THOUGHTS, ESPECIALLY DURING A HARD TIME. POSITIVE: TOUGH TIMES ALWAYS SEEMS ENDLESS WHEN YOU'RE IN THE MIDDLE OF THEM, BUT THIS TOO SHALL PASS.**

## **GRATITUDE JOURNAL AND POSITIVE AFFIRMATIONS**

**EVERYBODY NEEDS A REMINDER ABOUT THE POSITIVE THINGS IN THEIR LIFE. INSTEAD OF WAITING FOR OTHERS TO PROVIDE THESE REMINDERS, YOU CAN DO THEM FOR YOURSELF. WRITE DOWN THE GOOD THINGS THAT HAPPENED DURING THE DAY (BIG AND SMALL) THAT YOU ARE GRATEFUL FOR AS A REMINDER OF THE POSITIVE THINGS IN YOUR LIFE. IN ADDITION, SAY OUT LOUD POSITIVE THINGS THAT ARE HAPPENING IN YOUR LIFE. FOR EXAMPLE, I'M WORKING REALLY HARD IN SCHOOL AND ESPECIALLY LOVING MY XYZ CLASS, WHICH IS PREPARING ME TO GO TO COLLEGE.**

# TRAINING CAMP 6 / ONE STEP AT A TIME

**W** THERE'S BEEN ACTUAL RESEARCH TO SHOW THAT THE MORE YOU BREAK THINGS DOWN INTO A 20-MINUTE MOMENT FOR YOURSELF TO WORK ON A PROJECT, YOU'RE GOING TO STAY MORE CONCENTRATED. THE BRAIN WANTS TO ACTUALLY TAKE A BREAK AFTER 20 MINUTES."

**W** PRIORITIZING WHAT NEEDS TO HAPPEN FOR YOURSELF REALLY HELPS YOU REDUCE ANXIETY BECAUSE YOU FEEL LIKE EVERYDAY YOU'RE DOING SOMETHING TOWARDS YOUR GOAL."

**PROCRASTINATING IS A VERY NORMAL RESPONSE TO FEELING ANXIOUS AND OVERWHELMED. IT'S PRETTY SIMPLE: SOMETHING CAUSES ANXIETY, SO WE AVOID DOING IT. HOWEVER, WE ALL KNOW THAT THE LONGER WE PUT OFF DOING NECESSARY TASKS, THE BIGGER THE WORKLOAD GETS AND THE MORE ANXIOUS WE BECOME. IT'S A VICIOUS CYCLE THAT IS BEST BROKEN BY JUST TAKING THINGS ONE STEP AT A TIME. DR. JENNA PROVIDES SEVERAL METHODS THAT HELP US GET PAST PROCRASTINATION AND TO COMPLETE TASKS THAT ARE CAUSING ANXIETY.**

## CHUNKING

CREATE A LIST OF EVERYTHING THAT NEEDS TO BE DONE. BREAK DOWN THE LIST INTO A SERIES OF STEPS (CHUNKS) THAT CAN EACH BE COMPLETED IN 20 MINUTES AND THAT ALLOW FOR A FIVE-MINUTE BREAK BETWEEN EACH CHUNK TO REST YOUR MIND. FOR EXAMPLE, IF YOU HAVE A LOT OF READING TO DO FOR A CLASS YOU MIGHT WANT TO CREATE A 75-MINUTE CHUNK OF TIME THAT ALLOWS FOR THREE 20-MINUTE PERIODS OF READING WITH FIVE-MINUTE BREAKS AFTER EACH READING TIME. CONCENTRATING A TASK TOGETHER IN ONE CHUNK RATHER THAN DOING IT SPORADICALLY THROUGHOUT THE DAY ALLOWS YOU TO FEEL A SENSE OF ACCOMPLISHMENT FOR GETTING A SIGNIFICANT CHUNK OF THE TASK COMPLETED.

## THREE FOOT TOSS

DR. JENNA LIKES TO CALL A TASK THAT CAN BE COMPLETED WITH 100% ACCURACY A "THREE-FOOT TOSS." SHE RECOMMENDS THAT WHEN CREATING YOUR CHUNKING SCHEDULE THAT YOU ARE SURE TO INCLUDE THINGS ON THE LIST THAT YOU KNOW WITH FULL CERTAINTY THAT YOU CAN COMPLETE. BREAKING BIGGER TASKS INTO SMALL, DOABLE STEPS IS A GREAT MOTIVATOR TO GET PAST YOUR PROCRASTINATION.

## PRIORITIZING

MANY OF US DO THE STUFF WE LIKE DOING FIRST AND LEAVE LESS FAVORABLE TASKS FOR LATER. IT IS IMPORTANT TO SCHEDULE YOUR WORK SCHEDULE SO THAT YOU ARE COMPLETING THE TASKS IN ORDER OF THEIR UPMOST PRIORITY. AVOID PUTTING YOURSELF IN THE UNENVIABLE POSITION OF REQUIRING AN ALL-NIGHT WORK SESSION TO COMPLETE AN ASSIGNMENT BECAUSE YOU ONLY FOCUSED ON DOING THE TASKS YOU ENJOY.

## STAYING PRESENT

ONE OF THE ADVANTAGES OF DOING TASKS IN 20-MINUTE CHUNKS IS THAT IT ALLOWS YOU TO STAY FULLY PRESENT FOR THAT SHORT TIME PERIOD AND NOT LET YOUR MIND WANDER. DR. JENNA ALSO RECOMMENDS DOING LITTLE BRAIN GYMS LIKE BACK AND FORTH BODY TAPPING TO HELP YOU CONCENTRATE AND STAY PRESENT.

**W** THERE WAS A STUDY OUT OF THE UNIVERSITY OF WASHINGTON THAT SAID THAT STUDENTS WHO SLEEP 34 MORE MINUTES PER EVENING ACTUALLY PERFORM BETTER OVERALL DURING THEIR NEXT DAY."

**W** THE IMMUNE SYSTEM ACTUALLY WORKS BETWEEN 9 TO 3 TO REPLENISH ITSELF, SO GETTING YOUR REST BETWEEN 9 IN THE EVENING TO 3 IN THE MORNING IS REALLY IMPORTANT FOR THAT ACTUAL REPLENISHMENT TO TAKE PLACE."

**SLEEP IS A CORNERSTONE FOR PHYSICAL AND MENTAL HEALTH. THE NATIONAL SLEEP FOUNDATION SAYS THAT ADOLESCENTS NEED TO SLEEP BETWEEN 8 TO 10 HOURS A NIGHT. DO YOU GET THIS MUCH SLEEP?**

### THREE TYPES OF SLEEPERS

- 1) **WOLVES** STAY UP LATE AND WAKE UP VERY LATE. MORE PRONE TO DEPRESSION.
- 2) **BEARS** ARE THE MAJORITY. THEY WAKE UP AROUND SEVEN OR EIGHT, GET A LOT DONE DURING THE DAY, AND GO TO BED BETWEEN 10PM OR 11PM.
- 3) **LIONS** NATURALLY WAKE UP EARLY IN THE MORNING, AROUND FIVE OR SIX, AND THEN THEY GET A LOT ACCOMPLISHED. BY LATE AFTERNOON THEY START TO GET TIRED AND GO TO BED AT AROUND 8PM OR 9PM. LIONS ACHIEVE THE MOST IN THE WORLD.

### SLEEP DISORDERS

- 1) **INSOMNIA:** PEOPLE WITH INSOMNIA OFTEN LIE IN BED WITH LOTS SPINNING IN THEIR MIND AND THEY CAN'T FALL ASLEEP.
- 2) **NIGHTMARES:** PEOPLE WITH NIGHTMARES HAVE DREAMS THAT SEEM VERY REAL AND ARE UPSETTING. NIGHTMARES CAN BE CAUSED BY THINGS THAT MAKE YOU ANXIOUS DURING THE DAY AND ARE STILL PROCESSING DURING SLEEP.
- 3) **NIGHT TERRORS:** THESE ARE NIGHTMARES THAT CAUSE PEOPLE TO WAKE UP SCREAMING OR CRYING, NOT KNOWING WHAT HAPPENED OR WHY THEY ARE TERRIFIED.

### PROFESSIONAL HELP

PEOPLE EXPERIENCING NIGHT TERRORS OR THOSE WITH CHRONIC INSOMNIA SHOULD CONSIDER SEEKING PROFESSIONAL HELP FROM A SLEEP SPECIALIST.

### TIPS FOR AVERTING NIGHTMARES

THE ANXIETY CAUSING NIGHTMARES MIGHT BE A RESULT OF NOT FEELING IN CONTROL OF YOUR LIFE. IF YOU EXPERIENCE REGULAR NIGHTMARES, CONSIDER FOCUSING ON CONTROLLING THE DREAM'S OUTCOME. THIS TAKES PRACTICE, BUT IF YOU ARE AWARE OF IT BEFORE YOU SLEEP, SET AN INTENTION TO CHANGE THE OUTCOME OF THE RECURRENT NIGHTMARE WITH THE END RESULT YOU DESIRE.

### TIPS FOR REDUCING INSOMNIA

- 1) WRITE AN INSIGHT-DRIVEN JOURNAL THAT DESCRIBES WHAT HAPPENED, HOW YOU FELT, AND HOW TO APPROACH IT THE NEXT TIME. DOING THIS RELEASES NEGATIVE THOUGHTS SO YOU DON'T HAVE TO THINK ABOUT THEM WHILE SLEEPING.
- 2) TAKE A HOT BATH, SHOWER, AND/OR PUT ESSENTIAL OILS ON YOUR PILLOW
- 3) PLAY SOOTHING MUSIC OR USE MEDITATION APPS
- 4) COUNT BACKWARDS FROM 100, FOCUSING ON EVERY NUMBER
- 5) TAKE SUPPLEMENTS OR HOT TEAS THAT INCLUDE MELATONIN, MAGNESIUM, AND L-THEANINE
- 6) REDUCE THE CLUTTER IN YOUR ROOM

**W** FOR THOUSANDS OF YEARS, CULTURES HAVE BEEN PRACTICING MINDFULNESS TECHNIQUES IN ORDER TO CREATE MORE CALM IN THEIR LIVES, TO REDUCE ANXIETY."

**W** IF YOU ARE REALLY PRONE TO PANIC, YOU CAN USE BREATH WORK TO ACTUALLY REDUCE PANIC. A LOT OF TIMES PEOPLE THINK THEY NEED TO HAVE MEDICATION FOR THE PANIC ATTACK, BUT ACTUALLY BREATH WORK CAN WORK JUST AS WELL, IF NOT BETTER."

**MEDITATION AND MINDFULNESS TECHNIQUES CAN PLAY A MASSIVE ROLE IN REDUCING YOUR ANXIETY. DR. JENNA PROVIDES A LIST OF VARIOUS THINGS THAT YOU CAN TRY.**

## MINDFULNESS TECHNIQUES

### BREATHING

CLOSE YOUR EYES. INHALE A LONG, SLOW BREATH THROUGH YOUR NOSE, HOLD, AND SLOWLY EXHALE THROUGH YOUR MOUTH. HEAR AND FEEL THE BREATH, ON THE WAY IN AND OUT, AS YOU IMAGINE ALL THE STRESS LEAVING YOUR BODY. REPEAT.

### BILATERAL TAPPING

BACK AND FORTH, GENTLY TAP YOUR RIGHT BICEP WITH YOUR LEFT HAND AND YOUR LEFT BICEP WITH YOUR RIGHT HAND IN AN EASY, STEADY RHYTHM. DO THIS WHILE TAKING DEEP BREATHS AND THINKING OF A CALM LOCATION. THE BILATERAL INTEGRATION HELPS THE LOGICAL PART OF YOUR BRAIN TALK TO YOUR EMOTIONAL PART OF THE BRAIN AND REGULATE.

### VISUALIZATION

IMAGINE ACCOMPLISHING A DESIRED OUTCOME FOR A PROJECT, EVENT, OR TASK THAT YOU HAVE COMING UP. TAKE YOUR TIME TO ACTUALLY FEEL THE EMOTIONS OF WHAT THE ACCOMPLISHMENT WOULD FEEL LIKE SO THAT YOU HAVE A VERY PHYSICAL, INTERNAL EXPERIENCE OF THE OUTCOME.

### TEA CEREMONY

A GROUP MEDITATION WHERE EVERYONE SITS TOGETHER IN SILENCE WATCHING THE RITUAL CEREMONY OF SOMEONE POURING TEA INTO DIFFERENT CUPS. FULLY FOCUSING ON TAKING IN THE RITUAL BRINGS ON A SENSE OF CALM TRANQUILITY.

### GARDENING

THE SIMPLE PROCESS OF PLANTING FLOWERS, WATERING, AND TAKING CARE OF THE PLANTS CAN VIRTUALLY TRANSPORT THE GARDENER TO AN EMOTIONALLY SERENE PLACE.

### MUSIC

JUST LIKE GARDENING, THE PROCESS OF STRUMMING A GUITAR, PLAYING THE PIANO, OR ANOTHER INSTRUMENT, ALLOWS THE PERSON TO ACHIEVE CALM THROUGH FOCUSING ON A SINGULAR, PLEASURABLE TASK.

### PRAYER

IF YOU HAVE A PERSONAL FAITH WHERE YOU DO A CONTEMPLATIVE PRAYER, YOU CAN USE THAT TIME TO RELEASE ANY OF THE TENSIONS OR ANXIETIES THAT YOU HAVE FROM THE DAY TO A HIGHER POWER.

**W** THERE ARE CERTAIN FOODS THAT YOU'RE EATING THAT CAN ACTUALLY INCREASE MORE ANXIETY. IN FACT, THERE WAS A RESEARCH STUDY THAT CAME OUT THAT SAID IF YOU HAVE A HIGH FAT DIET WITH HIGH SUGAR ALSO IN YOUR INTAKE, IT'S GOING TO INCREASE MORE ANXIOUS SYMPTOMS."

**W** A LOT OF TIMES PEOPLE THINK, OKAY, IF I USE GUMMIES OR IF I SMOKE, THAT WILL HELP ME WITH ANXIETY. IT'S ACTUALLY NOT TRUE. THE THC LEVELS ARE SO HIGH IN MARIJUANA THAT THE BYPRODUCT AFTER SOMEBODY HAS THEIR HIGH IS ACTUALLY DEPRESSION AND ANXIETY."

**WHEN PUTTING TOGETHER STRATEGIES ON REDUCING ANXIETY, IT IS IMPERATIVE THAT YOU CAN CONSIDER YOUR DIET AND THE AMOUNT OF EXERCISE THAT YOU DO. DR. JENNA PROVIDES VARIOUS SIMPLE NUTRITION AND EXERCISE TIPS TO HELP REDUCE YOUR ANXIETY.**

**NUTRITION, EXERCISE AND SUPPLEMENT TIPS**

**CAFFEINE**

DRINKING LARGE AMOUNTS OF CAFFEINE WILL AFFECT YOUR ANXIETY SYMPTOMS AND HARM YOUR SLEEP. LIMIT THE AMOUNT OF CAFFEINE AND TRY AVOIDING ANY CAFFEINE IN THE AFTERNOON OR EVENING. A GOOD SUBSTITUTE FOR COFFEE IS GREEN TEA.

**WATER**

DEHYDRATION CAN INCREASE DEPRESSION AND ANXIETY, SO DRINK PLENTY OF WATER. A GOOD RULE OF THUMB IS TO DRINK AT LEAST HALF THE OUNCES OF YOUR BODY WEIGHT. SO IF YOU WEIGH 160 POUNDS, TRY TO DRINK 80 OUNCES OF WATER EVERY DAY.

**PROTEIN**

MAKE SURE TO INCLUDE PROTEIN IN YOUR DIET. HAVING AN ADEQUATE AMOUNT OF PROTEIN HELPS WITH THE FUNCTIONING OF YOUR BRAIN.

**REGULAR MEALS**

A LOT OF PEOPLE EXPERIENCING ANXIETY ARE NOT EATING ENOUGH. REGULARLY TIMED MEALS; BREAKFAST, LUNCH, AFTERNOON SNACK, AND DINNER GIVE YOU PROPER ENERGY AND HELP KEEP YOUR BLOOD SUGAR LEVELS REGULATED. THIS HELPS YOU TO AVOID ANXIETY SPIKES THROUGHOUT THE DAY.

**CARDIO WORKOUT**

ALL PEOPLE, ESPECIALLY THOSE EXPERIENCING ANXIETY, SHOULD HAVE SOME TYPE OF CARDIOVASCULAR WORKOUT THAT LASTS AT LEAST 30 MINUTES, AT LEAST THREE TIMES A WEEK. ANXIETY IS ENERGY THAT HAS TO BE BURNED AND THIS CAN BE ACCOMPLISHED WITH CARDIO EXERCISE.

**WORKOUT TYPES**

JOG, WALK, HIKE, PLAY PICK-UP SPORTS LIKE SOCCER OR BASKETBALL, LIFT WEIGHTS. MAKING IT FUN WILL MAKE IT EASIER, SO DO WHAT YOU ENJOY!

**SUPPLEMENTS**

L-THEANINE (FOUND IN GREEN TEA), TRYPTOPHAN (FOUND IN TURKEY), SRM-E, VITAMIN B12, AND SUPER B COMPLEX VITAMINS CAN ALL HELP REDUCE ANXIETY SYMPTOMS.

**W** IF YOU'RE AROUND OTHER REALLY HIGHLY CRITICAL PEOPLE, THEN YOU'RE JUST CONTINUING TO CREATE MORE OF THAT ENERGY IN YOUR LIFE. SURROUND YOURSELF WITH PEOPLE THAT ARE VERY POSITIVE AND ENCOURAGING AND THAT YOU ARE DOING THE SAME FOR THEM."

**W** ARE YOU GOING TO COMMIT? THAT'S WHAT PREVENTING ANXIETY IN YOUR LIFE OR DOING SOMETHING TO REDUCE YOUR SYMPTOMS IS ALL ABOUT. YOU HAVE TO COMMIT TO A PLAN."

**WE ALL NEED HELP.** NOBODY HAS MADE IT TO THE MOUNTAINTOP WITHOUT THE HELP OF OTHERS. THIS IS ESPECIALLY TRUE WHEN YOU ARE STRUGGLING AND JUST NEED SOMEONE TO TALK TO. DO NOT TRY AND POWER THROUGH YOUR PERIODS OF ANXIETY ALONE. FIND PEOPLE THAT YOU CAN TALK TO.

## TIPS FOR LIVING A LIFE OF COMMUNITY

### FRIENDS AND FAMILY

YOU WANT TO MAKE SURE YOU HAVE ONE OR TWO PEOPLE THAT REALLY UNDERSTAND WHAT YOU'RE STRUGGLING WITH AND ARE ENCOURAGING TO YOU.

### CUP FILLING OR CUP DEPLETING?

SOMETIMES PEOPLE THAT ARE PRONE TO ANXIOUSNESS HANG AROUND OTHER PEOPLE THAT ARE ALSO REALLY ANXIOUS. ARE THE PEOPLE IN YOUR INNER CIRCLE HELPING YOU TO BECOME A BETTER PERSON OR ARE THEY DRAGGING YOU DOWN? TRY AND FIND PEOPLE WHO WILL PLAY A POSITIVE ROLE IN YOUR LIFE.

### HELP OTHERS

MAKE A HABIT OF REACHING OUT TO YOUR CLOSE FRIENDS TO CHECK IN ON HOW THEY'RE DOING. BE SUPPORTIVE AND ENCOURAGING OF THEM THROUGH THEIR UPS AND DOWNS. IT'S NOT ALWAYS ABOUT YOU AND, BY THE WAY, HELPING OTHERS IS ONE OF THE BEST WAYS TO MAKE YOU FEEL BETTER ABOUT YOURSELF. THIS CAN ALSO BE EXTENDED INTO VOLUNTEERING FOR NON-PROFITS IN YOUR COMMUNITY.

### SET BOUNDARIES

HELPING OTHERS IS A WONDERFUL AND NECESSARY PART OF BEING HUMAN, BUT THERE ARE LIMITS TO WHAT WE CAN ALL DO. WHEN HELPING OTHERS, BE AWARE IF HELPING THEM TO NAVIGATE THEIR CHALLENGES IS BECOMING TOO MUCH OF AN EMOTIONAL DRAIN ON YOU. THERE ARE OTHER WAYS TO HELP. FOR EXAMPLE, DR. JENNA TOLD THE STORY OF GETTING A GROUP OF FRIENDS TOGETHER TO ALL TAKE TURNS IN HELPING A FRIEND THAT WAS GOING THROUGH A DIFFICULT TIME.

### IF NEEDED, SEEK PROFESSIONAL HELP

SOMETIMES YOUR FRIENDS AND FAMILY AREN'T ENOUGH TO REALLY UNDERSTAND WHAT'S HAPPENING WITH YOUR ANXIETY SO SEEKING PROFESSIONAL HELP IS REALLY IMPORTANT. YOU WANT TO LOOK FOR SOMEBODY THAT'S A LICENSED THERAPIST, SOCIAL WORKER, OR PSYCHOLOGIST THAT YOU CAN TALK WITH TO DETERMINE WHAT'S CAUSING YOU TO FEEL SO ANXIOUS AND COME UP WITH A TREATMENT PLAN THAT WILL HELP YOU.