



Conscious Life presents

Webinar: The Three Types of Anxiety

Guest: Alex Howard

Disclaimer: The contents of this interview are for informational purposes only and are not intended to be a substitute for professional medical or psychological advice, diagnosis, or treatment. This interview does not provide medical or psychological advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical or psychological condition.

[00:00:08] Alex Howard

Hi, I'm Alex Howard, welcome to this webinar and welcome to the Anxiety Super Conference. I'm super excited in this session to give you a little bit of a flavor of some of the key principles and key ideas that Meagen, Jaï, and I are going to be talking to our wonderful panel of experts about, as part of the Anxiety Super Conference.

I see this webinar as being a way to get some core foundational principles, to not just make sense of your own experience, but also to have a bit of an orienting framework to figure out what's going to be most helpful for you on your anxiety healing journey.

We're going to talk about three different types of anxiety, and how different types of anxiety will tend to respond to different types of intervention.

To give you a bit more of a taste of what we're going to talk about, I'll briefly introduce myself and some of my background in this area, including a bit about some of my own personal experience with having, at times, having had debilitating anxiety in my life.

I'll talk about what anxiety is. I think sometimes part of what in and of itself can be anxiety-inducing is having this experience, not knowing what's happening, why it's happening, and whether it is always going to be this way.

We'll talk about what the three different types of anxiety are. Most importantly, we'll talk about some practical guidance to work with each type of anxiety. You see when we recognize the type of anxiety we're experiencing, that allows us then to be effective in terms of the interventions that we choose, to be able to work with it.

I'll also introduce you, towards the end, to the Reset framework for understanding anxiety. This is a five-step model that allows you then to be effective in terms of transforming and working with your anxiety.

[00:02:23] Alex Howard

Just briefly, a little bit about myself and how I get to be sitting here talking to you about anxiety. I've been deep diving in this area for 20 plus years, actually more like 25 years, partly because I had my own experience, I'll talk briefly about this in a moment, with a chronic illness as a teenager, which in and of itself was incredibly anxiety-inducing.

For the last 20 years, I have been working as a practitioner, working with people with a range of different conditions, many of which have had anxiety as a key element, either sometimes as a causal element, but often also as a resulting element of the issues that they have been struggling with.

I've been leading the Optimum Health Clinic now for over 18 years. We've worked with well over 10,000 patients in 50-plus countries. We have a team of 25 full-time practitioners who work from here in the UK but with patients in 50 countries around the world.

I've published research in the British Medical Journal Open, Psychology and Health, Journal of Integral Theory and Practice. I've written several books, including my book, *Decode Your Fatigue*.

I created the 12-week Reset program, which has been a phenomenally successful online coaching program, that many thousands of people now have been through, that teaches you a very well clinically tested protocol for learning to calm and reset our nervous system.

What I'm going to talk about in today's session is a few of the key ideas from that much more in-depth training program. I've also, for the last 15 years, been training practitioners in a methodology called Therapeutic Coaching, which I co-created with Anna Duschinsky, who I've been working with now for almost 20 years.

I want to say a bit about some of my own experiences with anxiety, because I think sometimes one of the most isolating and difficult things when we have anxiety, is we think we're the only one that's having the experience that we're having. It's almost by definition of anxiety, our mind has all these thoughts and ideas about what's happening, what isn't happening, what should be happening, and that feels very lonely.

I want you to know that although I may not have had the same experiences as you, I may not know what it's like to be in your mind, your heart, and your body. I've certainly had some challenges over the years in this area.

Around the time I turned 16 years old, I was diagnosed with ME, otherwise known as Chronic Fatigue Syndrome. I'm not going to go into the details of that story here, I've talked about that in many places, and it's an in-depth story to go into. But the headline, I will say, is certainly the fact that I'd had some difficult childhood experiences, meant that I already was experiencing a level of anxiety before I had my chronic illness experience.

The experience of suffering from a medically unexplained illness, when no one seems to be able to tell you what's wrong with you, why it's wrong with you, what you should do about it, will I ever recover, will I ever have a normal life again? In and of itself was incredibly anxiety-inducing.

[00:06:01] Alex Howard

What I found very frustrating was I would go and see medical professionals and they would see the anxiety, and they would therefore assume that that was the problem, that there was nothing going on physically, that I was just anxious, which just made me more anxious because I knew they were wrong.

Over that journey, 7 years I was ill, and the last 5 years of that was on a very proactive healing journey. I saw dozens and dozens of different health practitioners. I took, at one point, I think 70 supplements a day. I did learn meditation and yoga and went through many different therapeutic journeys. I didn't find one miracle answer.

In fact, a big part of my professional work over the last 20 years, has been trying to help drive home the point that we're all unique in our experience. There are maps, there are methodologies, and there are frameworks, but we have to treat each person as an individual.

Along that journey I found a way to recover, certainly, that had an impact in calming some of the anxiety. In effect, partly calming the anxiety has been a factor in helping that healing journey.

Then I found myself in my mid-20s, a few years after my recovery, starting to realize the impacts of some of my childhood trauma. Also realizing the impacts of not being in touch with myself emotionally. I'm going to come more into this in this webinar, about how important this can be. I went through another period of very debilitating panic attacks and anxiety. Along the way, I figured some things out, and that's part of what I want to share with you in today's session.

Today's session is informed by this methodology of Therapeutic Coaching. Therapeutic Coaching is a methodology and framework that integrates key elements of traditional psychotherapeutic models with solution-focused coaching-based models. The tagline we have for Therapeutic Coaching is that we have to learn how to heal the past, how to live in the now, but also to create the future that ultimately we want.

Traditional psychotherapeutic approaches can focus a lot on the past, but they don't help us live in the now, or create the future the way we want it. Coaching-based frameworks can be very future-focused, but not understand the traumas and the impacts of the past. Then mindfulness-based approaches can help us be more present here, but what stops us from being present here is the impacts of the past, and perhaps some of the concerns we may have about the future.

This methodology brings together the best of these different frameworks and ways of working in a very well-clinically-tested approach. That's what I'm going to draw upon in today's session. If you want to find out more about training in Therapeutic Coaching, it's a two-year part-time training which you can join from anywhere in the world. You can find details at therapeuticcoaching.com.

To get into anxiety, first, we need to understand, what are we talking about. What is anxiety? As we'll get to in a few moments, there are different types of anxiety. Then in a sense you can have a different definition for each, we will get into that. But as a general definition to start with, anxiety is a feeling of over-activation in our nervous system, which is, by the way, unnecessary for the current circumstance.

[00:09:50] Alex Howard

What wouldn't be described as anxiety is you and I are walking down the street here in London, and we don't see the big double-decker London bus thundering towards us. Suddenly, last minute, we recognize it and we leap onto the pavement or leap onto the sidewalk, and we just survive. We needed a hit of adrenaline, of cortisol, of the stress hormones that allow us to respond to that immediate danger in our environment.

What would be anxiety, would be living in a state of fear of that happening when there's no real danger of it happening. Another example of anxiety would be anticipating and worrying about something in the future, or replaying something in the past, which is unhelpful and unnecessary and stops us from being in the now, in the present in this moment.

Anxiety can be experienced in our minds, anxiety can be experienced in our emotions, and anxiety can be experienced in our bodies. We're going to come to that, a little clue there for the three types of anxiety.

Just to recap, it's a feeling of over-activation in our nervous system, which is unnecessary, it's unhelpful, it's not needed for the current circumstance. We can experience it in our minds, we can experience it in our hearts, in our emotions, and we can experience it in our bodies.

Now, when we're in a state of anxiety, almost by definition of being in a state of anxiety, certainly within this definition of anxiety, it's not a useful or helpful response to the environment within which we find ourselves.

Often what it does is it makes us less resourceful, not more resourceful, to respond to potential threats or dangers that might be there. Taking the London bus example, that hit of adrenaline and cortisol keeps us safe, it's what allows you and I to leap away, to flight, to get away from the danger.

But when we're experiencing anxiety, what's happening is we're wasting energy, it takes a significant amount of resources in our body to fuel that state of anxiety. If we can learn to calm that anxiety, if we can learn ultimately to reset our nervous system, what we're then doing is we're freeing up a great deal of energy and resources, that can then allow us to deal with the challenges or the difficulties that we might be facing in our lives.

I want to talk a little bit about how we will typically have learned to respond to anxiety. We're going to talk later in this session about some of the more helpful, and more effective ways that we can learn to respond to anxiety. But let's look at how we will typically respond to anxiety in the first place.

Most of us will try to think our way to a feeling of safety. Another way of thinking about anxiety is it's a place where we don't feel safe, so our mind, our emotions, our nervous system, our body speeds up to try and think, If this happens, I'm going to do that, I said this thing, I wish I hadn't said that thing, because when I said that thing, it led to that. Why am I having this symptom? It's a way of thinking, and that's much of the experience of anxiety is this over-activation of our mind.

[00:13:41] Alex Howard

But what we're trying to get... We're trying to get a feeling of safety. You see, we can't have a co-existing of anxiety when we feel safe. When we're in a place where we feel our feet on the ground, our breath is calm, we feel emotionally warm and settled, and our mind is running at an appropriate level of speed. When we feel safe in that way, we don't have anxiety.

But when we're in a state of anxiety, we try to think our way to that feeling. The problem is you can't think your way to a feeling, we have to feel our way to a feeling. Much of what we need when we're in a state of anxiety is to calm our mind, settle our nervous system, and drop into our feeling center, which then ultimately gives us the state that we're trying to get towards.

Now, this may sound like the hardest thing to do in the world when we're in a state of anxiety, but that's what we'll talk about a bit later. What are some of the practices and tools that will help us do that?

I also want to say something about the relationship between our minds and our emotions. As I said, the feeling of safety exists in our body, not our mind, you can't think your way to feeling safe. But here's what happens, we feel anxiety, otherwise known as we feel unsafe. Our mind speeds up to protect us because we feel unsafe, we're thinking about the possible dangers, the threats, and how we're going to deal with them, and how we're going to respond to them. We speed up, we disconnect from our bodies.

The more we disconnect from our body, the more we're disconnecting from the feeling that we need. Guess what happens? We feel more unsafe, so the mind speeds up even more, and we disconnect even more from feeling our body.

Much of what we need when it comes to healing anxiety is to break this pattern, to break this cycle, to calm down our mind, to reconnect to our body, to find that feeling of safety that we're trying to get towards. Because when we have that feeling of safety, we don't then need to speed up in the first place.

To put it another way, the typical approach to solving anxiety, the speeding up of our system, to try and think our way through all of these scenarios of what might happen, what might not happen, how we're going to respond, what we're going to do, actually makes the situation worse. Because everything is getting more activated and more sped up.

The trick and this is why I hope this webinar is going to be helpful for you, the trick is that different types of anxiety require different approaches. If we have the right approach for the type of anxiety that we're experiencing, then we can break the cycle. We can calm the mind, we can listen to our emotions, we can connect to the body, and then we can find ourselves in that place of safety where anxiety is not dominating our experience.

Let's now explore the three different types of anxiety. I'm going to say briefly what they are, then I'll talk about each of them in a bit of detail, in terms of how to identify them. We'll then explore some of the interventions and ways of working that can be most helpful for each type.

The three types of anxiety are mental anxiety, emotional anxiety, and physical anxiety. Mental anxiety is that experience when our mind is racing when we're finding ourselves replaying

conversations, thinking about the future, and we have that sense of particular activation inside of our minds.

[00:18:05] Alex Howard

Emotional anxiety is when we feel stirred up in terms of our emotions. We can find ourselves feeling lots of different things at once, and feeling emotionally sensitive and agitated.

Then physical anxiety is when we feel a sense of tension in our body. We can feel that our body is tight, we can feel a defensiveness, a rigidity. Now, of course, we can have all three of these types of anxiety at once. It's not that they're mutually exclusive, but often what does happen is a particular type of anxiety can be more predominant in a particular situation.

For example, we might have some intense mental anxiety, with a little bit of emotional anxiety, and a bit more physical anxiety. Or we might have a really strong physical anxiety, that's also then triggering some emotional anxiety, and some mental anxiety as well. Knowing which type of anxiety is predominant in a particular situation will allow us then to target intervention based on that.

Also, it's true that certain interventions that help with one particular type of anxiety may well still impact and help the others. But by particularly choosing the intervention that is most directly targeted, it's more likely, therefore, to be effective.

Also, we want to learn to listen to our body and identify which type of anxiety we're experiencing. In a sense, what this does is it gives us a bit more vocabulary to be able to make sense of our experience. As I touched on a bit earlier, one of the most anxiety-inducing things about anxiety is this experience of what's happening, why is it happening, and does it mean something terrible or bad is going to happen?

If we're able to go, I remember that webinar where Alex talked about mental anxiety, and that's exactly what I'm experiencing right now. I remember he said that thing about if you can do that with mental anxiety that will settle and calm your experience. Then you go from being disempowered, from being in a state where we're afraid of our symptoms and what we're experiencing, to having a sense of a roadmap and practical steps to be able to work with.

In essence, really what I'm saying is the more awareness we have of what's happening, the less power it has over us. Another way of saying that, if you can see it, you don't have to be it. If we can see what's happening in our experience in a way that empowers us, then we go, I recognize this is happening, I recognize that I need this as an intervention, and then we can do it. We're not then just caught in the slip-stream of the experience that we're having.

Of course, the more we feel able to impact our state, the less we then have anxiety about anxiety. Because that's one of the other challenges. When we have the experience of anxiety, we then start have an anxiety about what that's going to mean. Or if we're not in an anxious state, we might be anxious that we're going to be in an anxious state.

The more we can identify what's happening, the more we have maps, the more we have tools, and the less, ultimately, the less power it then has over us. Let's go through each of these in a little bit

more detail. We'll talk a bit more about the key elements and ingredients, and then we'll come back through each of these types, and we'll talk about the ways to work with it.

[00:21:59] Alex Howard

Mental anxiety, that's when we have effectively our mind over-activated. We can have our minds racing, we can find ourselves replaying events or conversations. It might be that we had lunch with a friend, and let's say that we said something that they had a little bit of a triggered reaction to. Then ever since then, we've been replaying the conversation and thinking, Well, I shouldn't have said this, and I wonder if they're worried about that, and are they going to have this response, and will they then judge me, or will they reject me? We have anxiety about something that happened in the past.

Or it might be that we're thinking about something in the future, we're running future scenarios. We're thinking about something that's coming up and what might happen, what might not happen, what people might think, what we might have to do, or what we might not be able to do in a certain situation.

Another example of another symptom of mental anxiety is being physically tired but mentally wired. There's not in that experience a physical anxiety, our physical body is tired and it wants rest. But our nervous system, our mind, is activated, it's wired and it's going round and round and round and round, replaying the past, thinking about the future, worrying about what's happening, even in the now, in this moment.

Particularly with mental anxiety, there is the experience of things running too quickly. There is the experience of a lot of our energy being in our heads. There's a lot of content of thoughts. Our thoughts are running quickly, and because they're running quickly, there's more of them.

One of the ways I talk about it, it's almost like there's a radio station called Radio Anxiety, and we're tuned into that radio station. That radio station has different shows, it has the morning drive time, it has the mid-morning news, the lunchtime news, the afternoon talk show, whatever it may be, but the subject's always anxiety. Or the subject might change, but the way the subject is talked about is in an anxiety-based way. Our mind is effectively wired for thinking about things in an anxious way.

Let's come to emotional anxiety. It's often that, going back to what I said a little bit earlier, about trying to think our way to a feeling of safety, there is the absence of the feeling of feeling safe. There's a subtlety here. There can be the absence of feeling safe or the active feeling of feeling unsafe.

We can find ourselves feeling emotionally sensitive, in a sense, something happens and it impacts us. Something relatively mild to moderate happens in the world around us, but we feel a big feeling, a big impact in our hearts. We can find ourselves feeling emotionally shut down and numb. It's like we've hit an emotional overwhelm because it's just all too much. There are too many feelings either coming at us from other people, or there's too many feelings happening inside of ourselves.

It might also be that we're someone that's in a sense, highly sensitive or an empath, and we tend to feel other people's feelings and emotions a lot. We can also find that we're easily triggered. We

find ourselves having disproportionate reactions to the events that happen around us, something relatively minor happens, but a lot happens in us in response to that.

[00:25:59] Alex Howard

We can also find ourselves feeling confused about how we feel. It's like we have so many feelings and emotions, or we're feeling everyone else's feelings plus our feelings. Someone says, How do you feel? We think, I feel overwhelmed, or I feel numb, or I feel full. It's not so easy when we're in a state of emotional anxiety to break down, metabolize, and make sense of the experience that we're having.

Then with physical anxiety, some of the symptoms of physical anxiety are having a racing heart, like our heart is pumping more blood around our body than it needs to, because we're in that fight or flight state.

We can have shallow breathing that we struggle to catch our breath. One of the key ingredients of panic attacks is hyperventilation, which is why the old-fashioned way of dealing with it, was to breathe in and out of a paper bag to slow the breath, to help get a bit more space between our breaths. Sometimes the more we breathe, we over-breathe and we wire our system more.

With physical anxiety, there's often a tightness in our muscles, there's a holding on that's happening in our body. When we have physical anxiety, we can find ourselves feeling agitated, we're on edge and we find it hard to settle. We're sitting and maybe we're watching TV, but we're also on our phone, and we're also thinking about something in our mind. There's a sense of our body having more energy running around in it than is proportional or appropriate for the situation that we're in.

There can be physical symptoms, particularly with that tension in our body. There can be headaches, there can be chronic pain. Often, digestive symptoms can be caused by, or worsened by a state of physical anxiety that's being held in our body.

When we have physical anxiety, it's also very depleting and very draining. The thing that we most need to be able to, sit and be quiet and be at peace, feels quite difficult because our system is so activated, trying to get away from, and trying to escape the experience that it thinks that we're having.

As we've been saying, recognizing the type of anxiety we are experiencing will help us then find effective interventions. Let's go through each of these three types of anxiety, and let's explore some of the key principles that are most likely to be helpful and supportive. In a sense, these key principles are about responding to the key ingredients, or the key elements of that type.

I think that one of the most important things to remember with mental anxiety is what I said earlier, you can't think your way to a feeling of safety. We need to recognize that the strategy of thinking through all these different scenarios of what if this happens, what if that happens, I'll do this, I'll do that, actually is creating more anxiety, not more of a sense of safety and calmness.

Working on calming the mind and breaking those patterns of those habits, those patterns of thinking will allow us to move away from the... Going back to what I said earlier, we often try and address anxiety by thinking more, we're trying to think our way out.

[00:29:44] Alex Howard

Anything that helps us calm our minds and break those patterns of thinking will be really helpful. This is where things like meditation and mindfulness can be helpful. Although sometimes people can find their minds so activated, they need some movement, which might be Tai Chi, QiGong, or Yoga.

Within the Anxiety Super Conference, there's a session with Dr Pedrom Shojai talking about QiGong, and there are some very simple principles that we cover, and very simple guided pieces we cover within that.

There are also some yoga sessions as part of the Anxiety Super Conference. Having ways that are, rather than trying to solve anxiety by thinking, recognizing we need to move out of thinking and to calm the mind. In a sense, what we're trying to do is get out of our minds and into our bodies.

Another way of thinking about it is there are certain patterns of thought, there are certain habitual ways of thinking. It's beyond the scope of what we have time to get into here, but the more that we have awareness, for example, in the Reset program, we do a lot of exploring the thinking patterns that we get caught in. The more awareness we have of those, we can actively learn techniques to stop, to break those patterns of thinking, and direct our attention into our body. Where attention goes energy flows.

If we can move our attention from trying to resolve all these thoughts of anxiety, to becoming more grounded and more settled in our body, that will help calm and settle the mental anxiety which we are experiencing.

Let's now talk a little bit about how to work with emotional anxiety. One of the things that's often happening with emotional anxiety is we're being hit by lots of either experiences or often other people's emotions. Part of what we need is, we need boundaries. We need to be able to say no to other people to say, This is too much, or, I need some space right now, or, I need to go and be on my own to be able to metabolize, and make sense of, and process the experience that I'm having. Having enough boundaries to not become overloaded with other people's emotions, experiences, or events that are happening.

The second thing is, as I said a moment ago, often what's happening is everything's moving too quickly, and then we become emotionally overloaded by all of these things. If we can work to slow down our inner world. This is where, again, meditation, mindfulness, or moving practices can be helpful.

By slowing down what's happening in our inner world, we're then more able to make sense of, and unpiece, and to work with the different feelings, and the different emotions that we're having. Sometimes what we need is time and space to digest and feel our emotions. If it's all moving too fast, and we're having too many demands placed upon us, we're not able to metabolize and to make sense of.

Part of what I also find very helpful here is looking at how are we relating to, and responding to, our emotions. Are our emotions welcome? Are they allowed? What we resist will persist. The more that we reject our own emotional state, the more overloaded, the more stuck and difficult everything will feel.

[00:33:34] Alex Howard

If we can soften our attitude towards, and our relationship with our feelings and emotions, that would allow things to have a bit more space, to have a bit more movement. Might also be that you need some help processing and metabolizing your emotions. That's where working with a skilled practitioner can be helpful, or going through a structured program, for example, like the Reset program.

There are also some great sessions as part of this conference talking about different ways of processing and working with the emotional loads that we may have. Particularly tools like EFT and tapping, for example, the interview with Nick Ortner.

Particularly working with emotional anxiety is boundaries, it's slowing things down, and then it's taking space to feel the emotions that are there.

Let's now talk a bit about how to work with physical anxiety. Physical anxiety is partly about having a lot of activated energy in our body, and our body feels buzzy and racing like there's a lot that's going on there.

Yes, we want to calm that down, but often the pathway to calming that down is moving the energy in our body. If we don't have physical limitations, for example, like a chronic illness, physical movement is incredibly helpful. Exercise, could be everything from running, to swimming, to cycling, to lifting weights, to yoga. And of course, there are different benefits of different things. Some people find that doing some cardiovascular exercise, like burning off the energy, helps.

For other people doing something where you're lifting heavy weight and that's grounding. For some people, it's about creating space through things like Yoga, Tai Chi, and QiGong. But the key principle is there's this activated energy in the body and we need to move that energy by moving.

If we have a physical anxiety, trying to solve that by thinking is frustrating, because you can't think your way out of physical anxiety. You need to move your way out of physical anxiety, or indeed address the physical factors that are causing that physical anxiety.

This is obviously not a whistle-stop tour of functional medicine. There are lots of different ways we can look at this, but there are a few key principles I want to address. Looking at blood sugar can be incredibly important. If we're missing meals, or we're having meals that are too carbohydrate-heavy and not enough protein in them, literally our blood sugar goes out. When our blood sugar goes too high, we feel on edge, we feel activated.

There are times when physical anxiety is simply about eating the right food at the right times, it's not about working with your mind, or healing your emotions, it's about addressing diet, addressing what we're eating. Stimulants particularly will cause physical anxiety, too much caffeine. For some people too much caffeine is a tiny grain of it, for some people it's an entire packet of it. But too much caffeine for your body will leave you feeling anxious.

Too much sugar, even certain carbohydrates, too much fruit even, if there's too much fructose in the fruit will cause your system to speed up and run faster.

[00:37:06] Alex Howard

I think it's also, for some people, very important to investigate their hormones. If our hormones are out of balance, be that going through perimenopause or menopause, or indeed having something like adrenal fatigue, or in a man, particularly having low testosterone. There are all kinds of ways that things out of balance in our hormones will cause all kinds of horrible feelings of physical anxiety.

Bringing balance to those, and that's a whole other rabbit hole. In fact, there are some great interviews as part of this conference where we're talking about functional medicine, but investigating and getting to the bottom of what's happening physically. Because when our physical system is out of balance, often things will speed up to try and compensate. That speeding up will be experienced as the feeling of anxiety.

It's also important to check your sleep and to make sure you're getting deep rest. Sometimes we can be asleep, but we're not getting deep sleep. Other times we can say, I'm resting, lying on the sofa watching TV, but in the process of doing it, our system's like, there's a driving sense of anxiety in our body, which means we're not getting deep rest. A classic example of this is toddlers who don't get enough sleep become more irritable and then they can't sleep. We have to sometimes learn to break that cycle.

When it comes to working with physical anxiety, it's not a case of trying to think our way out of it, or to understand our emotions, we need to move the energy in our body. We need to understand our blood sugar. Are we using too many stimulants? Do we need to investigate our hormones? Are we getting enough quality sleep? Are we getting enough quality deep rest?

It's possible to have intense physical anxiety and to not have much mental and emotional anxiety. We can have low blood sugar, for example, or high blood sugar and be hyper in our system, and not be worrying in our mind, just be in an intense state in terms of what's happening in our body and in our nervous system. So addressing that on a physiological level can be important.

It's also the case that we can be storing mental or emotional trauma in our physical body. We've got trauma that's not been processed, it's being held in our body, and then it's causing this sense of agitation. Sometimes what happens is we work to calm the mind, we calm more into the body, we feel all of these feelings, and then the mind speeds up again to get away from those feelings. Working through and metabolizing and digesting our emotions, and our physical anxiety is what can then allow us to be fully grounded, to be fully settled in our body.

I've got a couple of questions for you. The first is, which type, or types, of anxiety do you recognize that you're experiencing? Is it more mental anxiety? Is it more emotional anxiety? Or is it more physical anxiety? Or maybe it's a combination of the three. Maybe it's a lot of physical anxiety with a little bit of mental anxiety, or a lot of emotional anxiety with some mental anxiety in response to it.

But take a little bit of time to reflect on which of these feels most relevant to your experience. Then based upon what we've just been talking about, what can you do to start to target it? For example, if you recognize you have a lot of emotional anxiety, do you recognize you need some more boundaries with certain people in your life?

[00:41:03] Alex Howard

Or if you have a lot of physical anxiety, do you realize that perhaps you're having too many stimulants? Or if there's a lot of mental anxiety, you need to work to retrain your mind to calm and settle your system.

The conference, the Anxiety Super Conference, of which this webinar is part of the free gifts, in this conference we're going to speak to all three types of anxiety. We're not necessarily going to talk about the types of anxiety throughout the conference, but having watched this session, you're going to identify that because you're going to have a framework. You're going to see people talking about how to work with the mind, how to work with your emotions, and how to use functional medicine approaches to work with your body.

I hope that this webinar has served as a little bit of a taste, a little bit of a flavor of how you can start to put together your roadmap to transform your experience of what's happening with anxiety.

I want to summarize with a few key principles and then offer you very briefly a framework, which on the other side of the conference, we'll talk more about in future discussions to help bring a bit more of an understanding here.

Key principles, remember what I said, if you can see it you don't have to be it. The more awareness you have of what's happening, and by the way, anxiety, one of the good bits of anxiety is we get good at perceiving things and looking for things. Sometimes we have a slightly distorted perspective because we're looking for what's wrong. But the more awareness you have, the more that can empower you to change.

We then need to have ways to change our state, ways to shift our nervous system, meditation and mindfulness, there are techniques, things like NLP for breaking certain patterns of thinking.

Then when we change state, that's often not alone enough, we have to work with our emotions. We have to work with the feelings that arise for us because we can calm our mind, we can come into these emotions, and then our mind speeds up. Remember what I said earlier, we speed up to try and find that place of safety.

We need to have ways of working with feelings and emotions. But ultimately, we need to transform the underlying issues, the underlying traumas. We need to do deeper healing on those factors that have been behind learning to be in a state of anxiety in the first place.

To briefly introduce you to the framework we use in the Reset program because as I was putting together this presentation, it seemed like a really helpful way to bring it all together. Reset stands for Recognize, Examine, Stop, Emotions, and Transform.

We need to recognize what state we are in. Are you in, what I call a maladaptive stress response? Are you in a state of physical, mental, or emotional anxiety? We then examine, how is this state being created. What are the thoughts? What are the behaviors? What are the experiences? What are the patterns that are creating this state? We then need to stop the unhelpful thought patterns and rewire your brain.

[00:44:35] Alex Howard

We need to be able to examine those thoughts, stop them, and then tools like meditation, mindfulness, stop process, and ways of stopping those patterns.

We then want to connect to, to process, and to heal the underlying emotions. That then really allows us to find this new home in our body, and then ultimately to transform our relationship to ourselves and our body.

Recognize what state you're in, examine how it's being created, stop those thought patterns, work with the emotions, and then transform that relationship.

On the other side of the Anxiety Super Conference, we'll talk more about this Reset framework. I'm going to offer some more videos to bring this to life, particularly within your experience.

I wanted to touch on it briefly now because I think holding this in mind as we're going through the conference will be super helpful.

Thank you so much for joining me for this webinar. I'm so proud of this conference. I'm so excited to have you on this journey with us. For now, thank you for watching. Do check out the other free gifts as part of the conference. I look forward to talking with you again soon.