

# ANXIETY MANAGEMENT *Workbook*



By; Deyna L. Phillips, CHC, CLC, CAMS, CDVSI  
Sage & Harmony Holistic Coaching Services  
A Workbook designed to help you manage  
your wellness and mental health.



# Intention

It is our intention that this workbook and its resources is designed to be an introduction to understanding your anxiety and provide healthy alternatives to managing your anxiety.

All change happens in an altered state, and by choosing these healthy habits, you are changing the way you deal with anxiety.

The mind cannot be in a state of anxiety and gratitude or happiness at the same time. Each time you refocus your attention you reframe your thoughts and anxiety.

**YOU HAVE THE POWER TO RECLAIM YOUR LIFE!**

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# About the Presenter

***Deyna L. Phillips is a Master Emotional Wellness Coach, founder, and owner of Sage & Harmony Holistic Coaching Services.***



Deyna specializes in anxiety, anger management and domestic violence coaching. She is Certified in Health and Life Coaching, Certified Anger Management Specialist, and Domestic Violence Specialist.

She is a mother, wife, author, speaker, and trauma survivor dedicated to helping others on their healing journey.

Deyna is a published author and speaker. Her work has been featured in national and international editorials. She has spoken on panels for teens with anxiety, military women with PTSD from sexual assault, narcissist survivors, and more.

She has almost 10 years of one-on-one and group coaching experience. Her clients learn and practice self-awareness tools, meditation, EFT Tapping, breathwork, and more.

Deyna teaches her clients to master their emotions so they can have the confidence to overcome anxiety be empowered by their emotions and thrive as they live life by their own design.

## FEATURED ON ..

THE GROWTH  
CHRONICLES-  
PODCAST

EXPLORING THE  
SEASONS OF LIFE-  
PODCAST

ELEPHANT JOURNAL  
MAGAZINE

NATURAL  
AWAKENINGS  
MAGAZINE



# What is Anxiety?

When you think of your anxiety, what comes to mind?

For most people it's physical symptoms like tightness in the chest or nervous tummy. For others it could be "my mind won't stop racing". All of these are right...and wrong at the same time.

These are not anxiety, but rather a physical manifestation of anxiety. Anxiety can be a superpower, if you allow it to be.

My approach to anxiety is a bit different than what most people are used to dealing with. Instead of trying NOT to feel it, I help my clients to work through it and feel it so they can begin to understand it and be empowered by it.

The part of the brain that is responsible for our anxiety is the amygdala. And the amygdala's primary role is to keep us safe. It is where the processing of memory, decision making, and emotional response is AND which is where the anxiety, fear, and aggression come in. Its job is to keep us whole and alive and protect us. that's where the fight/flight/freeze response is initiated.

When we have a traumatic experience, that memory along with the emotion is stored, and when the unconscious mind perceives a situation that is similar to that first experience, it alerts us to keep us safe. It does all of this in nanosecond unconsciously. There are different types and levels of trauma, such as acute, chronic, and complex.

The physical manifestation that you feel from your anxiety is your mind protecting you from an initial experience that caused trauma. When you can identify the root cause, triggers, symptoms, and learn how to effectively master them, it gives us a strong sense of confidence and empowerment.

The goal is not to "not feel", but to feel and know it's ok, which is a very different energy. We identify everything from the mental, physical, emotional, and even spiritual if desired. Anxiety plays a part in how and what we eat, our relationships, school and work, and families, basically every choice we make. When we feel in control we feel confident and empowered, thus making healthier choices!



# Anxiety and your Brain

## The anxious brain

The amygdala is responsible for initiating the fight-or-flight response. Two circuits feed into it, one that enhances its activity and one that dampens it. In people with anxiety disorders the normal workings of these circuits are disturbed, and the amygdala is hyperactive

### PREFRONTAL CORTEX

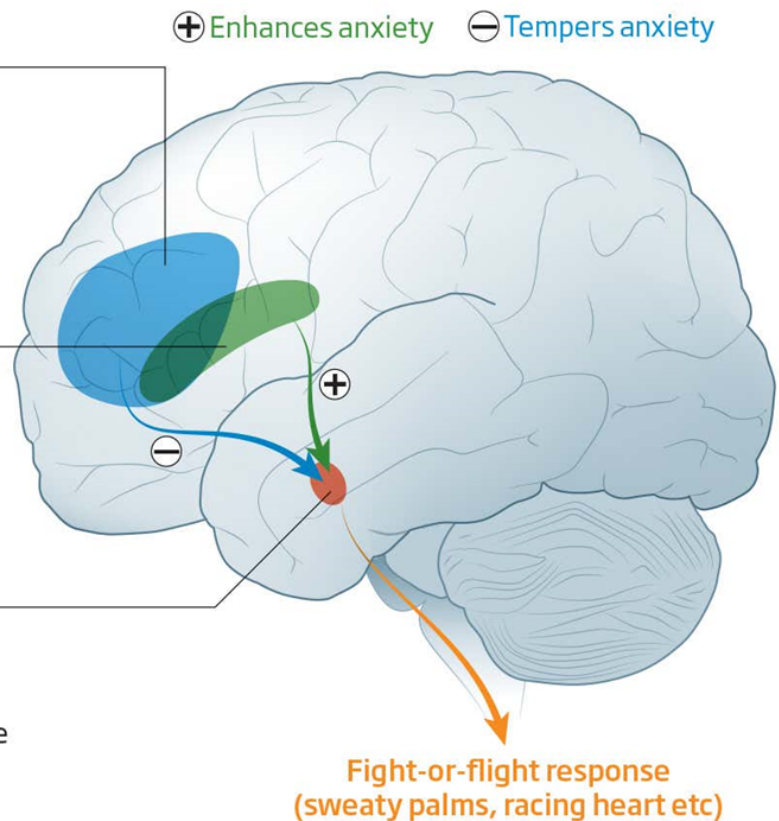
Centre for rational, logical thought. It is involved in laying down new memories and tempering learned fear responses

### PREFRONTAL AND ANTERIOR CINGULATE CORTEX

Amplifies negative information in your surroundings and makes you pay attention to it

### AMYGDALA

Emotional memories and our learned reactions to them are stored here. When active, it triggers the release of hormones responsible for the fight-or-flight response



The unconscious mind holds memories and emotions. Those emotions are communication from the unconscious mind alerting us that we need to be aware and pay attention.

Fear based emotions live in the unconscious mind with the memory and emotion of the initial exposure. This is how our anxiety is blue printed.

Our unconscious mind will check any new incoming experiences against those memories to keep us safe.

- Is this experience new?
- Is this closely related to something I experienced before? If so, then I don't need to come up with a different response.
- How do I always deal with this?



# About the Unconscious Mind...

- It initiates the fight, flight, or freeze response
- It regulates your energy according to physical input and output
- It wants to serve you by taking and following instruction from the conscious mind
- It will repress negative memories to allow you to live a normal life, but will keep popping those memories back until they are resolved or released
- Is where habits are created and maintained
- Is the most effective part of the brain in helping us achieve goals and outcomes
- It Needs conscious, repeated application before it will update a new habit or behavior





# Types of Anxiety

There are 5 main types of anxiety:

- **General Anxiety Disorder (GAD)**-a continual repeated concern for a wide, non-specific, range of things. People with GAD will be concerned that anxiety will kill them or make them crazy.
- **Phobias (Social Anxiety Disorder- SAD)**- Excessive fears of ordinary things, situations or an activity. A person with specific phobia may fear dogs or flying or spiders.

Social Anxiety Disorder, although it can be classified under phobias is different. SAD is a fear of being judged for being weak, not intelligent etc.

What sets it apart from the specific phobia is that the fear is centered around fear of scrutiny and judgment not necessarily a specific person, place or thing. SAD shows up like public speaking or going shopping.

- **Obsessive Compulsive Disorder (OCD)**-Those with OCD experience obsessive and intrusive thoughts that become so persistent and upsetting that the person fears the thoughts might not stop.

In order to get the thoughts to stop they try to compensate it with what ends up being compulsions and, in the end, the compulsions end up being just as much of a problem as the thoughts they were trying to avoid.

- **Post Traumatic Stress Disorder (PTSD)**- Here a person has experienced or witnessed first hand a traumatic event. Now their brain has tricked them to believe they are always in danger and they are in a constant state of high alert.
- **Panic Disorder (PD)**- Those suffering from panic disorder have an inflated fear that a panic attack will disable them in some way like going crazy or being physically harmed. They will try to avoid all situations that might cause the attack such as driving.





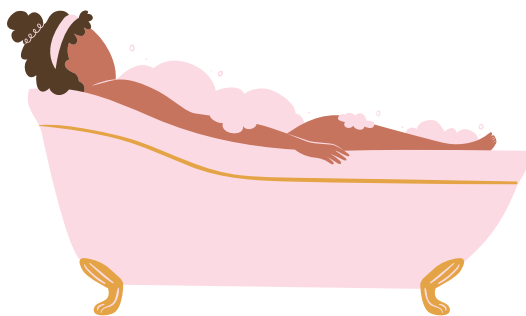
# Emotions, Feelings, Moods... Oh my...

Emotions are complex reactional patterns that arise due to significant events. An example of a significant event that causes an emotional response would be extreme airplane turbulence eliciting a emotion of fear.

Feelings are influenced by our emotions and are generated from our mental thoughts. They are the physical representations that we feel in our body.

Mood is an emotion that lasts for an extended period of time.

Negative moods that are unresolved can turn into personalities.







# Stress Or Anxiety...

Contrary to popular belief, there is a difference between stress and anxiety. Stress comes from the pressures we feel in life, as we are pushed by work or any other task that puts undue pressure on our minds and body, adrenaline is released, extended stay of the hormone causes depression, a rise in the blood pressure, and other negative changes and effects.

One of these negative effects is anxiety. With anxiety, fear is the base of all emotions

accompanied by worry and apprehension, making a person a recluse and a bagful of jitters. Other symptoms are chest pains, dizziness, and shortness of breath and panic attacks.

Stress is caused by an existing stress-causing factor or stressor. Anxiety is stress that continues after that stressor is gone. Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, or even anxious. What is stressful to one person is not necessarily stressful to another.





# Stress Or Anxiety...

Anxiety is a feeling of apprehension or fear and is almost always accompanied by feelings of impending doom. The source of this uneasiness is not always known or recognized, which can add to the distress you feel.

Stress is the way our bodies and minds react to something which upsets our normal balance in life; an example of stress is the response we feel when we are frightened or threatened. During stressful events our adrenal glands release adrenaline, a hormone which activates our body's defense mechanisms causing our hearts to pound, blood pressure to rise, muscles to tense, and the pupils of our eyes to dilate.

A principal indication of increased stress is an escalation in your pulse rate; however, a normal pulse rate doesn't necessarily mean you aren't stressed. Constant aches and pains, palpitations, anxiety, chronic fatigue, crying, over or under-eating, frequent infections, and a decrease in your sexual desire are signs you may notice which indicate you may be under stress.

Of course, every time we are under stress, we do not react to such an extreme and we are not always under such great duress or fear every time we are confronted with a stressful situation.

Some people are more susceptible than others to stress; for some, even ordinary daily decisions seem insurmountable. Deciding what to have for dinner or what to buy at the store, is a

*"Don't let your mind bully your body into believing it must carry the burden of it's worries."*

*-Astrid Alauda*



# Stress Or Anxiety...

seemingly, monumental dilemma for them. On the other hand, there are those people, who seem to thrive under stress by becoming highly productive being driven by the force of pressure.



Anxiety is a feeling of unease or even fear. Everybody experiences it when faced with a stressful situation, for example, before an exam or an interview or during a worrying time such as illness. It is normal to feel anxious when facing something difficult or dangerous, and mild anxiety can be a positive and useful experience.

However, for many people, anxiety interferes with normal life. Anxiety is considered abnormal when it is very prolonged or severe, it happens in the absence of a stressful event, or it is interfering with everyday activities such as going to work.

A poor diet can also contribute to stress or anxiety -- for example, low levels of vitamin B12. Performance anxiety is related to specific situations, like taking a test or making a presentation in public.



# Stress Or Anxiety...

**You don't have to be a victim of stress and anxiety; it's just all about self-awareness and a dedication to healing. Not taking in anything you cannot handle will be a lot of help. Learn your limitations and stick to them. Do not overexert yourself. Learn how to set healthy boundaries.**

**You can lead a productive, successful, and fulfilling life and career without harming your health.**

**Stress is a natural part of life. It can be physical or mental, and much of it can come from everyday pressures. Everyone handles stress differently, some better than others.**

**Left unchecked, however, stress can cause physical, emotional, and behavioral disorders, which can affect your health, vitality, and peace of mind as well as personal and professional relationships.**

**You have the power to master your thoughts and emotions. Reclaim your life from fear, pain, and doubt!**







# Blocking Behaviors Keeping Stress Alive

There are three obsessive behaviors that you are likely to be engaging in that impeded your healing process and stop you from enjoying a stress-free life. Recognizing these barriers can be a great first step toward getting rid of the problems that go with being too stressed.

The first is obsessive negativity. When you are obsessively negative, it means that you have a tendency toward being "negative" about people, places, situations, and things in your life.

Perhaps you find yourself saying things like "I can't do this!" or "No one understands!" or "Nothing ever works!", for example. You may be doing this unconsciously, but essentially you have what's known as a "sour grapes" attitude, and it holds you back from knowing what it's like to view life from a positive lens and enjoy the beauty in yourself and people around you! There's a whole world out there for you...with happiness and positive thinking.

Then you have obsessive perfectionism. When you engage in



# Blocking Behaviors Keeping Stress Alive

obsessive perfectionism, you are centered on trying to do everything "just so" to the point of driving yourself into an anxious state of being. You may find yourself making statements such as, "I have to do this right, or I'll be a failure!" or "If I am not precise, people will be mad at me!" Again, this behavior may be totally under the threshold of your awareness, but it interferes greatly with your ability to enjoy things without feeling "uptight" and "stressed."

Finally there is obsessive analysis. When you are obsessed about analyzing things, you find yourself wanting to re-hash a task or an issue over and over again. For instance, you might find yourself making statements such as, "I need to look this over, study it, and know it inside and out...or else I can't relax!" or "If I relax and let things go without looking them over repeatedly, things go wrong!"

While analytical thinking is an excellent trait, if it's done in excess you never get to stop and smell the roses because you're too busy trying to analyze everything and everyone around you. Gaining insight into this type of behavior is one of the most important keys to letting go of stress, and getting complete power over your anxiety.

If you find yourself engaging in any of the above "Blocking Behaviors", there are two things you can do to help yourself. First, ask the people you know, love, and trust, "Am I negative about things?", "Do I complain a lot?", and "Am I difficult to be around?"

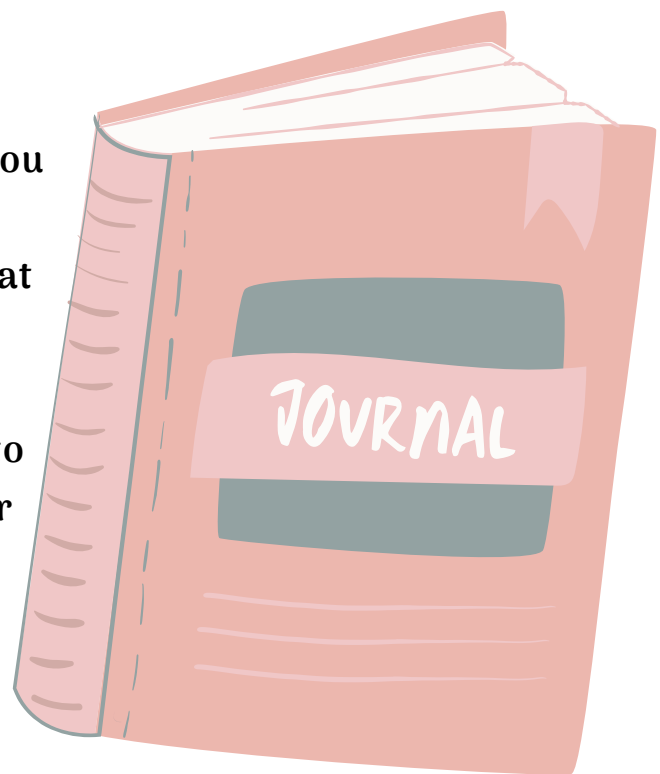
This may be hard for you to listen to, as the truth sometimes hurts a great deal. But the insight you will get from others' assessment of you is invaluable, and you'll know precisely how others see you. Accept their



# Blocking Behaviors Keeping Stress Alive

comments as helpful info, and know that you will gain amazing insights from what you hear.

Second, keep a journal to write down and establish patterns of when you are using "blocking behaviors." Even if you are not thrilled with the idea of writing, you can make little entries into a note book or journal each day. The great part is that you'll begin to see patterns in your behavior that reveal exactly what you're doing to prevent yourself from curing your anxiety.





# Identifying Personal Needs...



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Derived from the teachings of Marshall Rosenberg, Ph.D. on Non-Violent Communication





# Identifying Personal Needs...

Exercise: Identify what your top 3 core needs are. These are things you need to feel in alignment, happy, satisfied, productive, and valued.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now identify what 5 needs are met for you on a daily/consistent basis, whether you strive for them or not. It is fine if your list is different than your top 3 from above.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Notes:

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# SELF CARE

## Emotional Check In

WHAT is the EMOTION(S) I am feeling?

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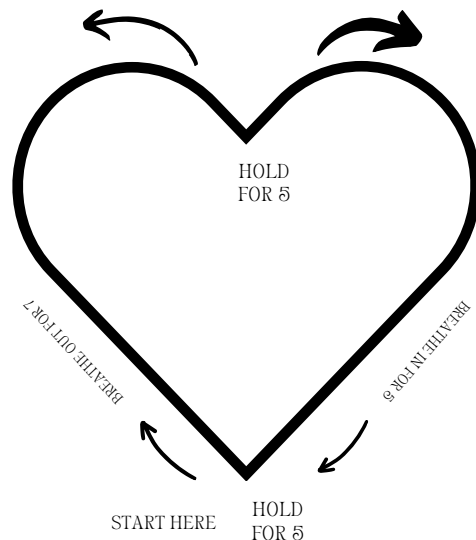
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WHERE in my body am I feeling it?

On a Scale of 1-10  
where am I?



# Morning Mantra

Choose or create a mantra that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat it to yourself as part of your morning routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead.

I am capable, strong, and ready to take on the day.

---

Today, I choose joy, peace, and positivity in all I do.

---

I radiate confidence, love, and kindness in all interactions.

---

I am in control of my thoughts, emotions, and actions today.

---

I have everything I need to succeed within me.

---

I welcome positivity into my life today and always.

---

My mind is clear, my heart is open, and I am ready to embrace the day.

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I am resilient, and I embrace challenges as opportunities for growth.

---

# DAILY AFFIRMATIONS

Create your own affirmations

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY





# THOUGHT AWARENESS

Observe your stream of consciousness as you think about a stressful situation. Do not suppress any thoughts. Let them run their course while you watch them, and write them down as they occur.

Negative  
Thoughts

The next step is to rationally challenge the negative thoughts. Look at every thought you wrote down and ask yourself whether the thought is reasonable.

Rational  
Thoughts

Use rational, positive thoughts and affirmations to counter negative thinking. See if there are any opportunities that are offered by it.

Positive  
Thoughts

# ASSESSING YOURSELF

## Physical Self Care

	Y	N
Got Enough Sleep	<input type="radio"/>	<input type="radio"/>
Eat healthy	<input type="radio"/>	<input type="radio"/>
Balanced Diet	<input type="radio"/>	<input type="radio"/>
Get Regular Exercise	<input type="radio"/>	<input type="radio"/>
See a Healthcare Provider when needed	<input type="radio"/>	<input type="radio"/>

NOTE:

## Mental Self Care

	Y	N
Take time to relax	<input type="radio"/>	<input type="radio"/>
Joy and Fulfillment in activities	<input type="radio"/>	<input type="radio"/>
Support System	<input type="radio"/>	<input type="radio"/>
Practice Mindfulness	<input type="radio"/>	<input type="radio"/>
Stay present in the moment	<input type="radio"/>	<input type="radio"/>

NOTE:

## Social Self Care

	Y	N
Strong and Supportive Relationship with friends and family	<input type="radio"/>	<input type="radio"/>
Make time for social activity	<input type="radio"/>	<input type="radio"/>
Set Boundaries	<input type="radio"/>	<input type="radio"/>
Say no when necessary	<input type="radio"/>	<input type="radio"/>

NOTE:

## Spiritual Self Care

	Y	N
Have a sense of purpose and meaning in your life	<input type="radio"/>	<input type="radio"/>
Practice self-reflection and mindfulness	<input type="radio"/>	<input type="radio"/>
Have a sense of connection to something larger than yourself	<input type="radio"/>	<input type="radio"/>

NOTE:

# SELF-CARE STRATEGIES

It's harder to plan when you're overwhelmed or in a crisis. However, planning for challenges before they happen gives you insight into the best and most sustainable options for you to recharge and recharge your batteries. Also, each day, proactively taking care of yourself in small ways helps you be better prepared for challenges or unforeseen circumstances.

THINGS I CAN DO EACH DAY  
THAT WILL MAKE ME FEEL GOOD  
ABOUT MYSELF

WHAT I SHOULD SAY TO MYSELF  
WHEN I AM HAVING A DIFFICULT  
TIME

WHAT I SHOULD AVOID DOING  
WHEN I AM HAVING A HARD DAY

WHAT I CAN DO (THAT IS GOOD  
FOR ME) WHEN I FEEL  
OVERWHELMED OR UPSET

relax



# SELF-CARE IN PRACTICE

Effective stress management can be incorporated into your daily and weekly routines. Research has shown that the following can affect your health and well-being: Relaxation Skills, Food Choices, Physical Activity, and Spirituality/Connection. Write down options that seem right for you, your values, priorities, resources, and lifestyle.

RELAXATION PRACTICE

DIFFICULT FOR ME

FOOD CHOICES

DIFFICULT FOR ME

PHYSICAL ACTIVITY

DIFFICULT FOR ME

CONNECTION/SPIRITUALITY

DIFFICULT FOR ME

# COGNITIVE RESTRUCTURING


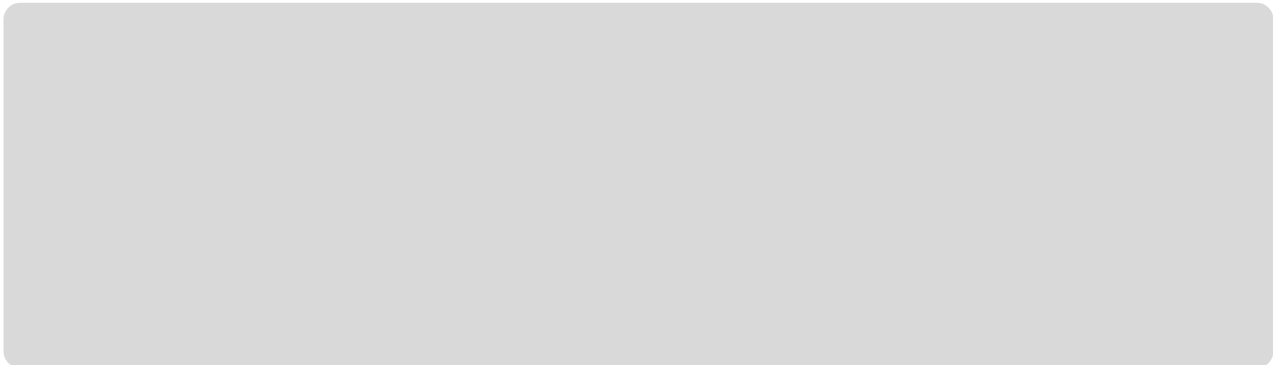


## Reducing Anxiety by Changing Your Thinking

Cognitive restructuring is useful for understanding what lies behind negative moods. These may undermine our performance, or damage our relationships with other people.

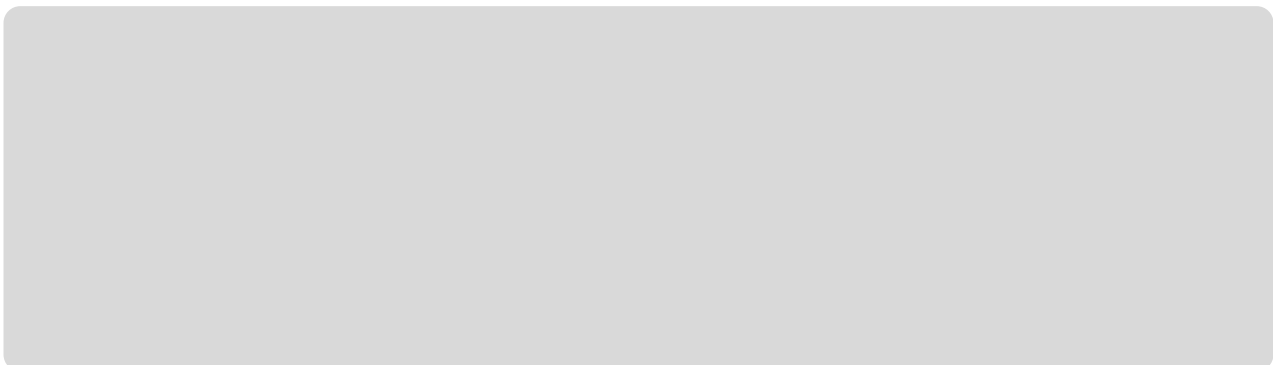
### Step 1: Identify the Situation

Describe the situation that triggered your negative emotion.



### Step 2: Analyze Your Emotions

Describe how you felt in the situation, and how you're feeling now.







### Step 3: Identify Automatic Thoughts

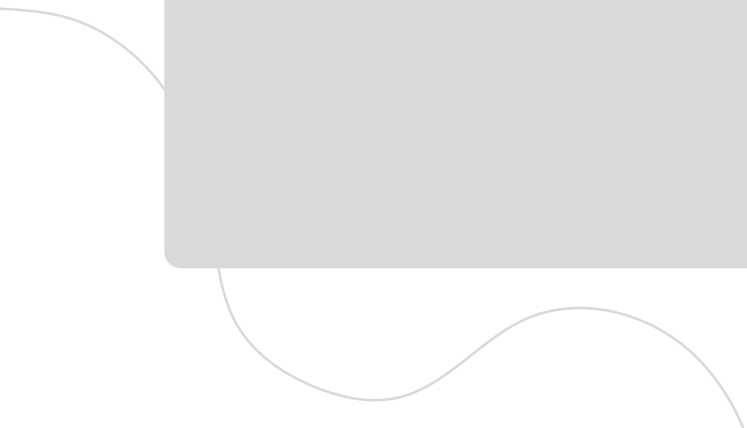
Make a list of your automatic thoughts in response to the situation.

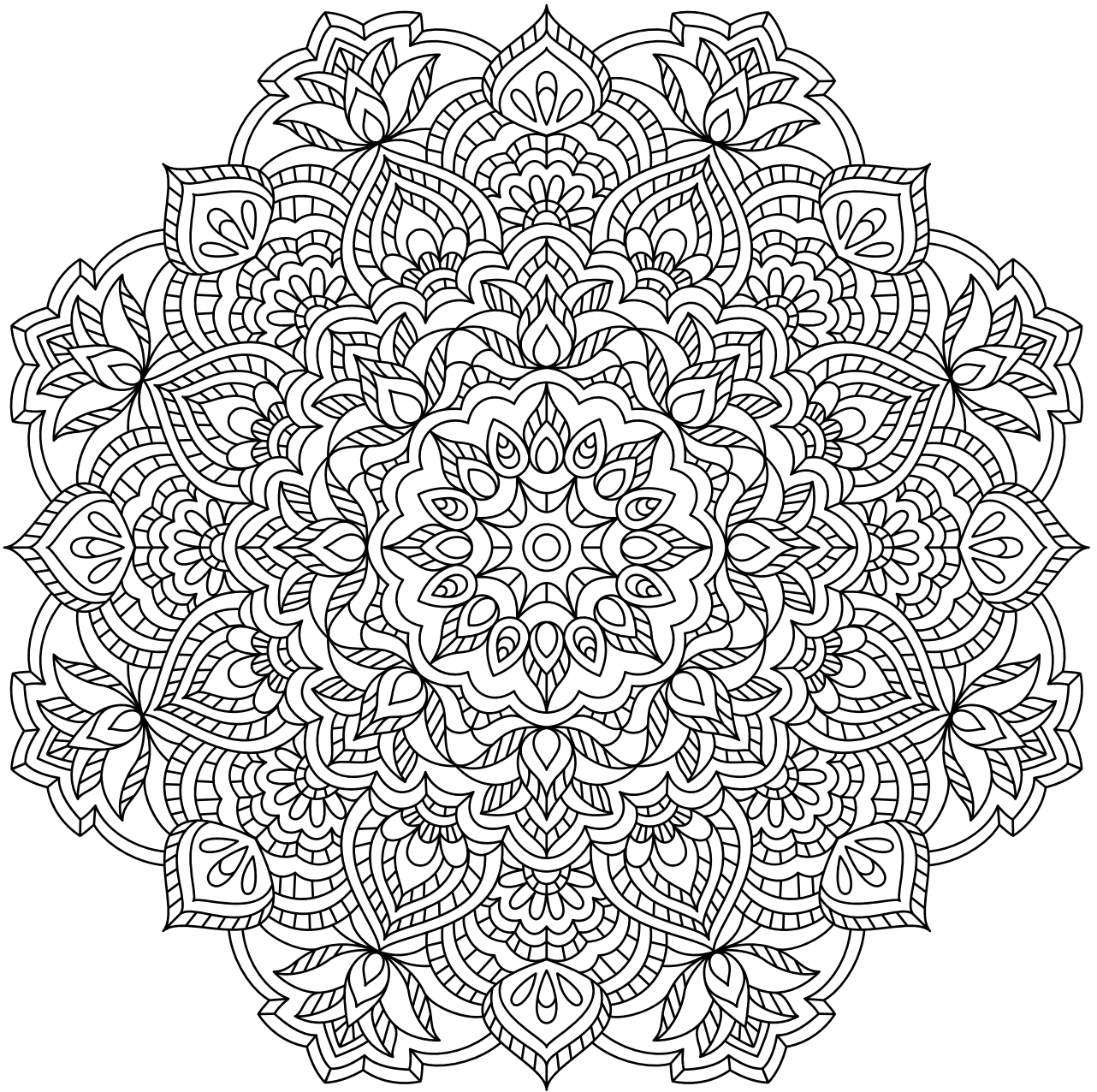
### Step 4: Find Objective Evidence

Write down any evidence you can find that supports the automatic thoughts and any evidence that contradicts the thought.

### Step 5: Monitor Your Present Mood

Take a moment to assess your mood. Do you feel better about the situation? Is there any action you need to take? Write down your present mood, along with any further steps that you need to take.





MINDFUL COLORING

# I'm Safe In My Body

## F

### FOCUS ON YOUR BREATH

When you start to feel anxious, take deep breaths in and out

- Inhale for 4
- Hold for 4
- Exhale for 6
- Repeat

## B

### BE IN THE PRESENT MOMENT

Re-connect with your physical body  
If you're sitting

- Feel your feet against the ground
- Sit up straight
- Press your palms together
- What are you smelling hearing touching sensing

## A

### ACKNOWLEDGE YOUR THOUGHTS & FEELINGS

Recognize and acknowledge all thoughts and feelings that are surfacing up at the current moment

- Thoughts
- Feelings
- Emotions
- Memories
- Sensation
- Pain patterns



# Understanding YOUR PROBLEMS



Try to fill in something of your own experience. You may begin to understand your difficulties a little better. Particularly what patterns may exist and how things interact.

Situation

Emotions

Thoughts

Physical Symptoms

Behaviors





# DAILY GRATITUDE

/ /

TODAY I'M FEELING

POSITIVE AFFIRMATIONS

TODAY I'M GRATEFUL FOR

1

2

3

SOMETHING I'M PROUD OF

MORE OF THIS:

LESS OF THIS:

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO





# GRATITUDE

MONTHLY PREVIEW

/ /

THIS MONTH'S INTENTION IS

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HOW DO YOU FEEL?
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HOW DO YOU WANT TO FEEL?
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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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Notes

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# GRATITUDE

MONTHLY REVIEW

/ /

HIGHLIGHTS OF THE MONTH

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

WHAT IS SOMETHING NEW YOU'VE LEARNED?

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WHAT WERE SOME OF THE CHALLENGES YOU FACED?

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WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

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HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

YES

MAYBE

NO





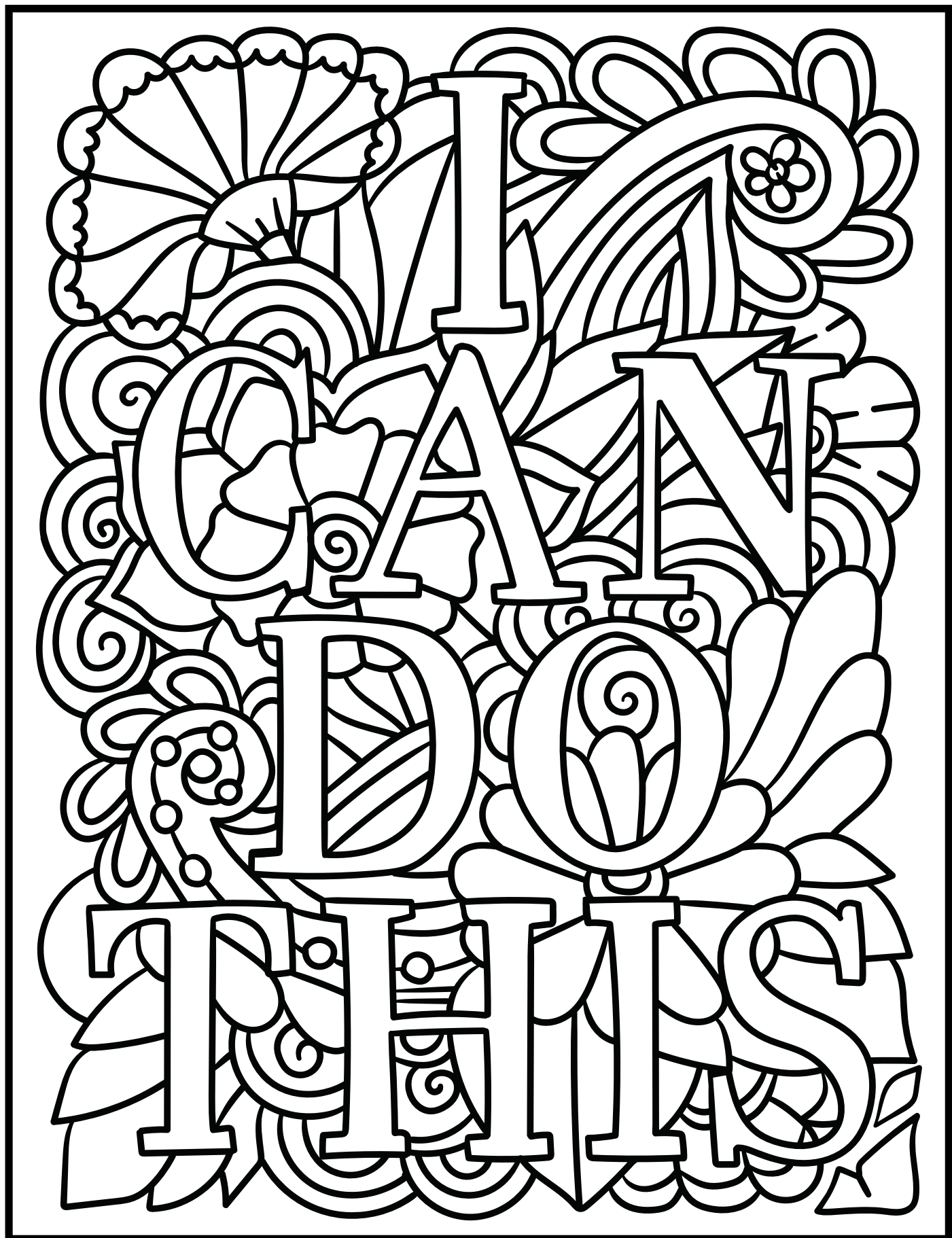








# Mindful Coloring



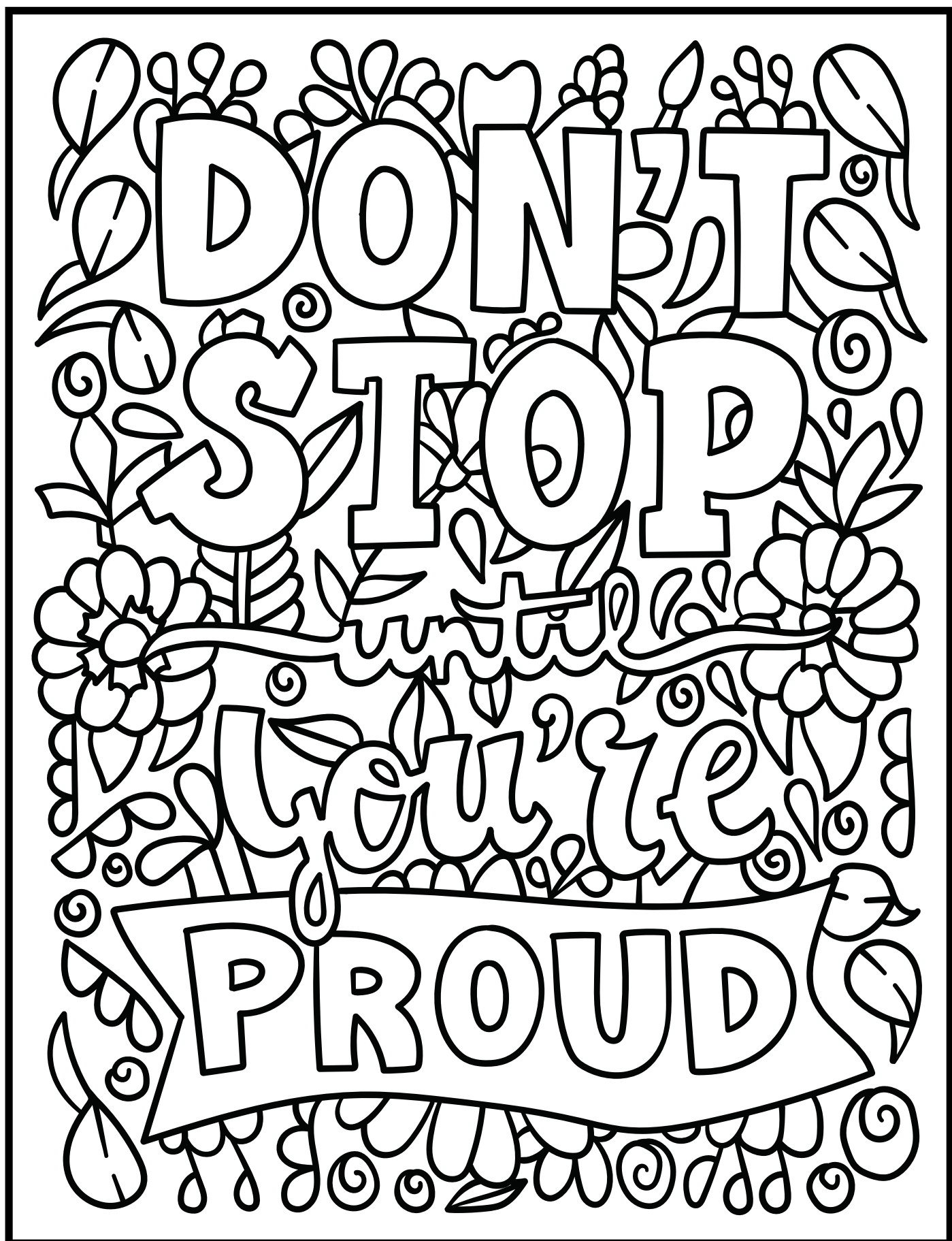








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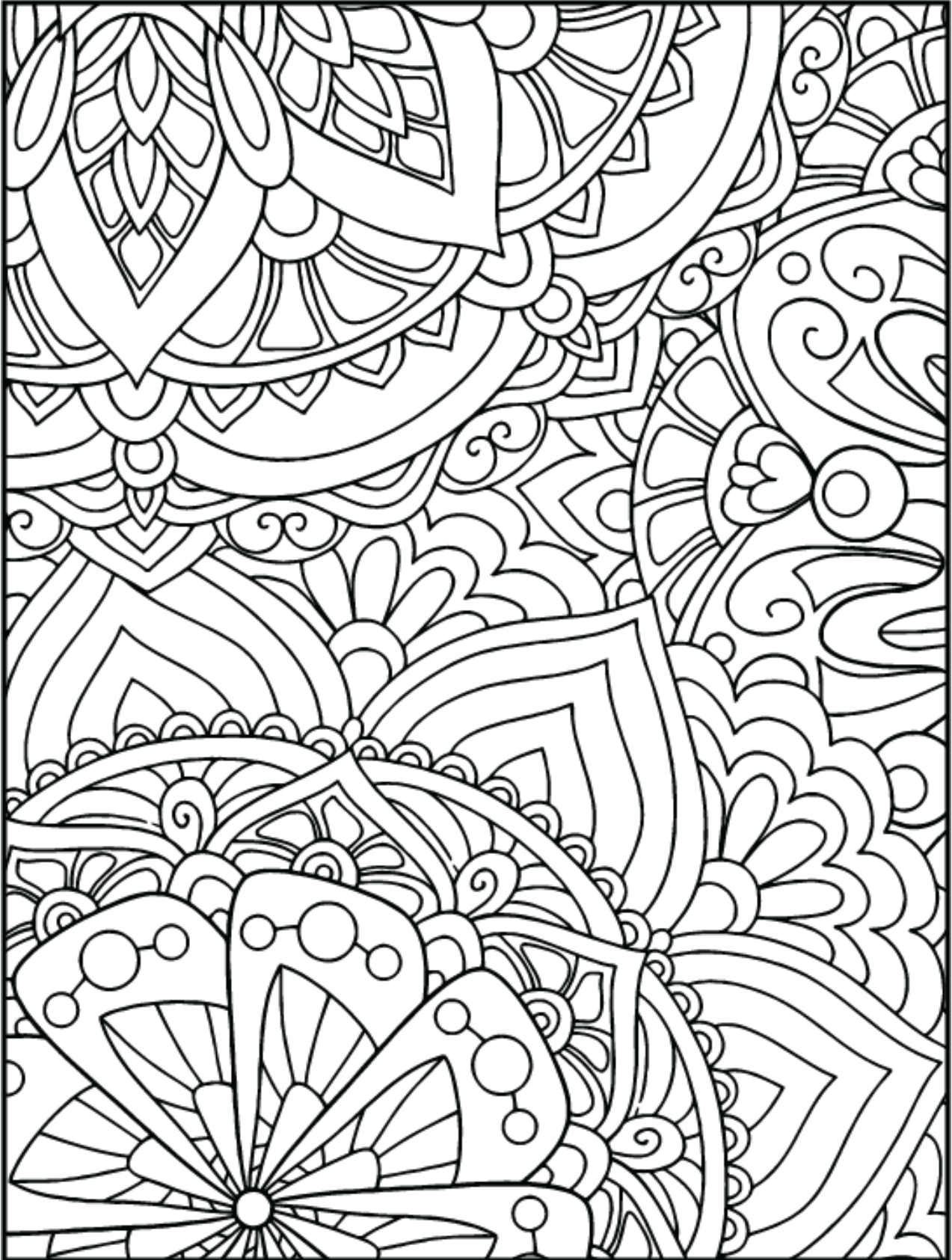








# Mindful Coloring







# Mindful Coloring









# Mindful Coloring

















Thank you!

Deyna Phillips is the founder and owner of Sage & Harmony Holistic Coaching Services located in the U.S.

Deyna is a Master Emotional Wellness Coach specializing in anxiety, anger management, and domestic violence coaching. She is a mother of three, wife, author, speaker, and trauma survivor.

With almost ten years of experience, Deyna helps her clients master their emotions so they can feel confident and empowered to live life by their own design.

- ✓ Free Consultation
- ✓ Personal service
- ✓ 1:1 and Group Coaching
- ✓ Anxiety Coaching
- ✓ Anger Management
- ✓ Domestic Violence Coaching
- ✓ Virtual and In-Person Sessions

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