

Reducing Anxiety, Fear, and Worry



SattvaMe

By Oksana Esberard



Are you experiencing any of these?

- Problems sleeping: difficulty falling or staying asleep, restlessness, or waking up tired
- Anxiety from a growing list of to-dos and email inbox
- Increased or rely on use of coffee, alcohol, sugar, tobacco, or other stimulants
- Feeling restless, wound-up, or being irritable
- Going through bouts of depression
- Overeating, undereating, and using digestive pills
- Having physical tensions: headaches, body pains, stomach problems, skin rashes, and biting nails

Questioning:

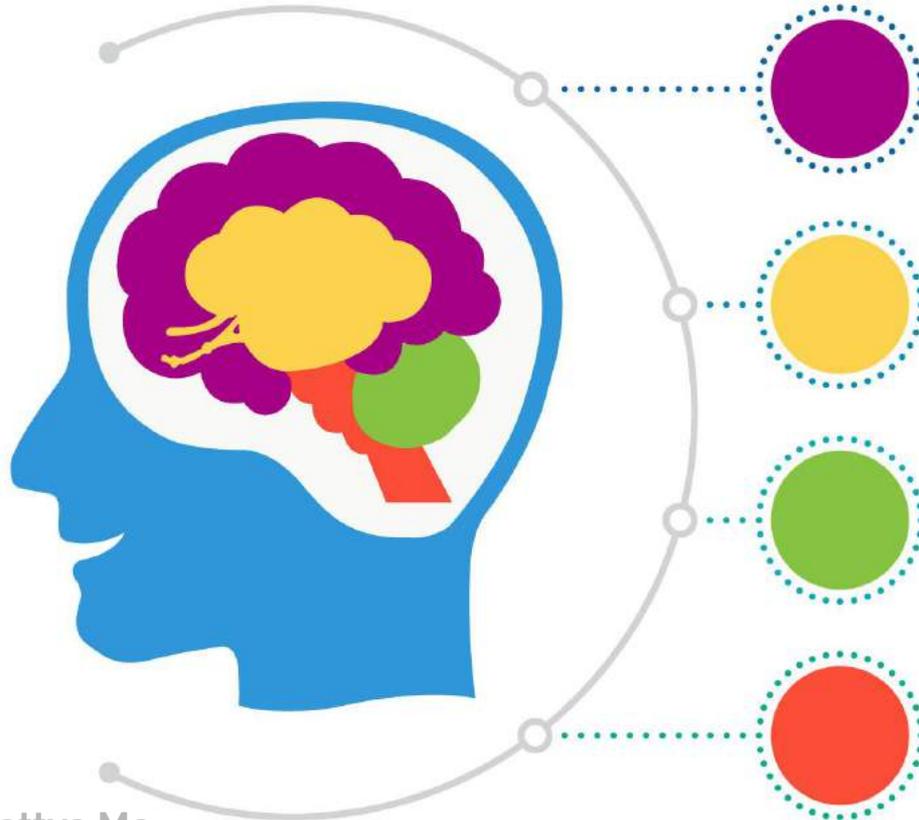
WHAT'S THE POINT TO ALL OF THIS?

44%

E-MOTIONS:

energy in motion

Neuroscience Behind Anxiety & Fear



THINKING BRAIN (3 - 6 YEARS)

- Prefrontal Cortex
- Processes New Information
- Decision-Making & Creativity

EMOTIONAL BRAIN (1 - 4 YEARS)

- Limbic System
- Pain - Pleasure Receptors
- Flow State

MOVING BRAIN (BIRTH - 2 YEARS)

- Cerebellum
- Motor Movements

HIDDEN BRAIN (PRE-BIRTH - 8 MONTHS)

- Brain Stem
- Basic Survival
- Routine Behaviors

DORSAL
VAGUS

FREEZE

I CAN'T

IMMOBILITY | COLLAPSE | SHUTDOWN | DISSOCIATION

SYMPATHETIC

FIGHT

ANGER

RAGE

IRRITATION
FRUSTRATION

PANIC
TERROR

FEAR

CONCERN
WORRY

FLIGHT

I CAN

VENTRAL
VAGUS

SOCIAL ENGAGEMENT

FLEXIBLE | ADAPTIVE | COHERENT | ENERGIZED | STABLE

I AM

Time →

OPTIMIZE ME

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- ACTIVATION
- DEACTIVATION



Emotional Awareness:

“FIGHT”	“FREEZE”	ENGAGEMENT
<u>Emotions & Feelings:</u> ●	<u>Emotions & Feelings:</u> ●	<u>Emotions & Feelings:</u> ●

*We all experience the SAME
spectrum of emotions.*

*What TRIGGERS it is individual to
each human being.*



Mental Breaks to Cognize:

A group of four business professionals (three men and one woman) are sitting on the floor in a modern office environment, practicing meditation. They are dressed in business attire (suits and blouses). The woman in the foreground is wearing a light-colored blazer and has her eyes closed. The men behind her are also in suits, with one wearing glasses. They are all sitting in a similar meditative posture on the floor. The background shows office desks, laptops, and bright windows.

- ❖ THOUGHT PATTERNS
- ❖ FEELINGS / EMOTIONS PATTERNS
- ❖ ACTIONS / HABITS PATTERNS

Who To Choose?



OR



**Anxiety is a habit,
so is Happiness.**

Generational Fear, Worry, Anxiety



Epigenetics & Family History

TACTICS

I FEEL ... vs. I AM ...



I HAVE TO ... => I GET TO ...

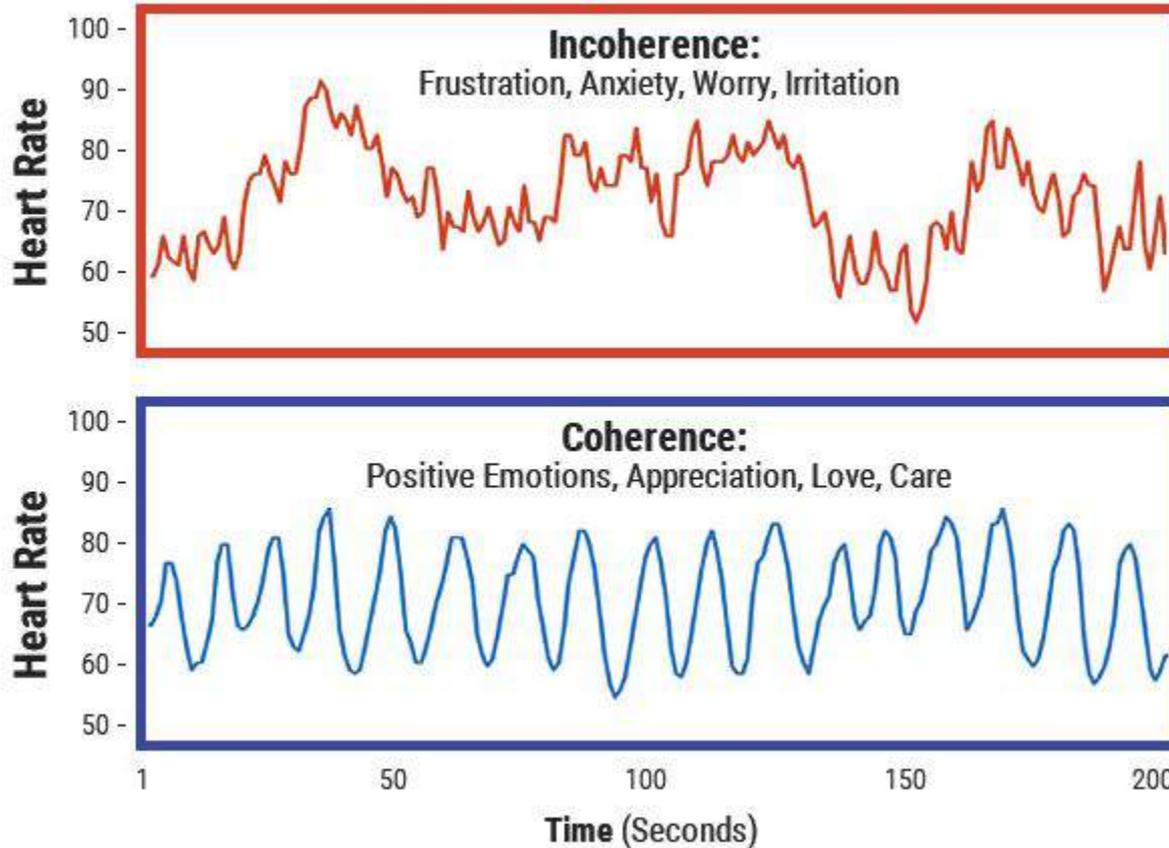
Stress Management is Breath Management

❖ **WHEN UNDER STRESS TAKE 6 DEEP BREATHS**

GROUP COHERENCE



Heart-Rhythm Patterns



**Impairs
Performance
(Incoherence)**

**Promotes Optimal
Performance
(Coherence)**



Co-Regulation & Mirroring





1/2

1/2



Recap to Reduce Anxiety & Fear:

- ✓ **Neuroscience of Fear (Neo-Cortex & DMN)**
- ✓ **“I feel”... vs. “I am” | “I get to” vs. “I have to”**
- ✓ **Breaks to Self-Regulate**
- ✓ **Epigenetics / Family History**
- ✓ **Group Co-Regulation / Mirroring**
- ✓ **Breath Management | Gratitude | Journaling**

***“Whoever travels without a guide,
needs two hundred years for a
two-day journey.”***

- Rumi