

7 Ways to Reduce Anxiety & Overwhelm

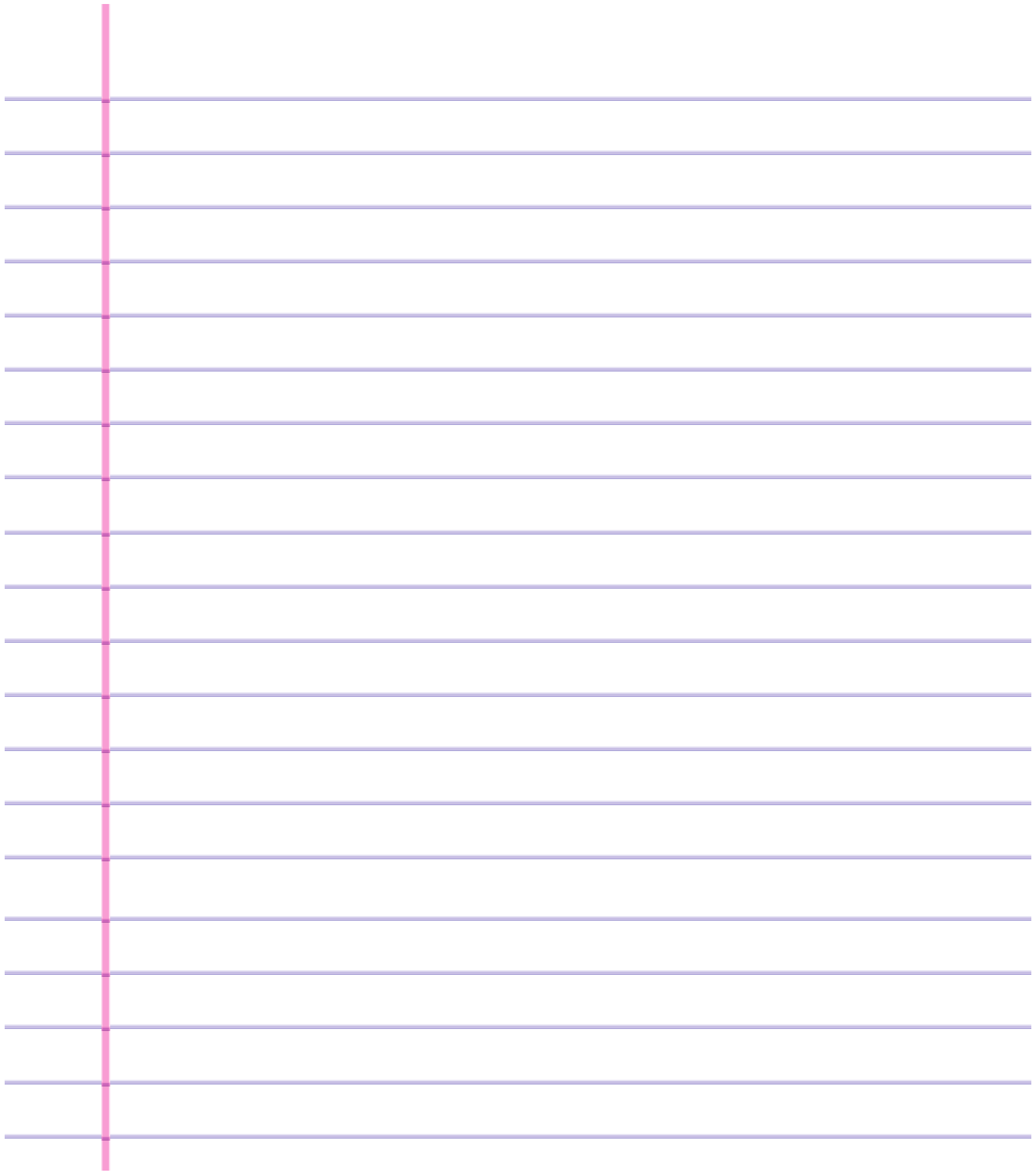
WORKBOOK

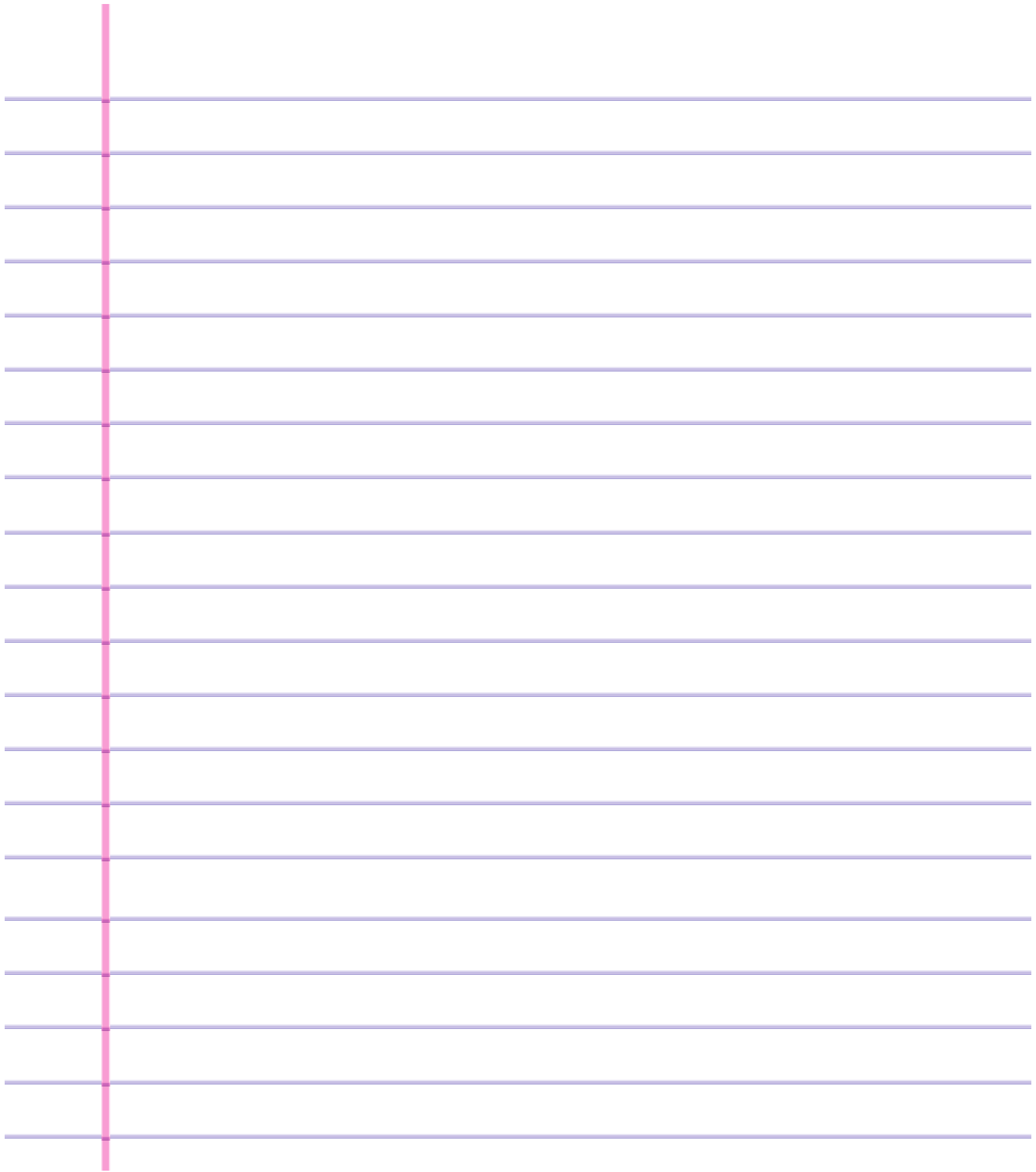


with Leanne Nelson

5 MINUTE WRITING EXERCISE
WHAT DO YOU FEEL NOW?

The form consists of a vertical pink line on the left side, creating a margin. To the right of this line are 20 horizontal blue lines, providing space for writing. The lines are evenly spaced and extend across the width of the page.





WHAT IS A JUDGMENT?

When we project our values onto ourselves, or others and feel the values were not met.

- "I'm not good enough"
- "I am too emotional/sensitive"
- "I am lazy."
- "I don't deserve happiness"
- "I was so naïve"

WHAT IS A FEELING?

An emotional state or reaction.

- **Sadness:** how we react to loss, grieving that loss.
- **Fear:** how we react to danger - withdrawing.
- **Anger:** our reaction to something we feel is wrong.
- **Frustration:** reaction to feeling stuck, or blocked.
- **Powerless:** not having any or enough strength.
- **Hopeless:** impossible to find satisfaction.

3 MINUTE WRITING EXERCISE
WHAT ARE THE LIES?

The page features a vertical pink margin line on the left side. The main writing area is filled with horizontal blue lines, providing a guide for text alignment and spacing. The lines are evenly spaced and extend across the width of the page, leaving a consistent margin on the left.

