

TRANSFORM ANXIETY & INCREASE PSYCHOLOGICAL FLEXIBILITY

START WITH YOUR FEET



BE PRESENT

Stand up. Pay attention to your feet. Notice the sensations in your big toes, your arches. Notice where your feet make contact with the ground. Imagine your feet growing roots down to the center of the earth. Feel yourself planted in the here and now.

CONTACT YOUR HEART



CONNECT TO VALUES

Move your attention to your heart. Feel, in your heart, what is important to you? What matters most? Notice the feelings, sensations, longings, images that arise when you ponder your values. Once you get a sense of what matters to your heart, ask yourself, "How could I act on that caring right now?"

NOTICE YOUR HEAD



DEFUSE THOUGHTS

Notice the content and quality of thoughts in your head right now. Notice what's happening in your head like you would watch a stream of cars along a highway. If you were to describe the quality of your thoughts as traffic, what would they be like today? Gridlock? Rush-hour? Slow country drive? What about the content of your thoughts? Anxious? Problem solving? Ruminating? Step back and just notice.

ZOOM OUT WITH YOUR EYES



TAKE PERSPECTIVE

Try getting flexible with your eyes. Look at the horizon. Look at a bird, a building or a tree far away. How does your perspective change when you see yourself as part of a larger whole?

OPEN YOUR ARMS



PRACTICE ACCEPTING

Open your arms and hands to the side like you're offering to give someone a hug. Take a posture of "embracing" what is. Offer this stance of accepting, allowing, and opening towards all of your inner experiences, even the difficult ones. Invite your discomfort, stress, anxiety, and pain in with kind, open arms.

MOVE YOUR WHOLE BODY



TAKE COMMITTED ACTION

You've planted your feet, connected with your heart, gotten some space from your thoughts, taken perspective with your eyes, and accepted with your arms. Now it's time to get moving with your whole body. Where are your values pointing you? What is a move that would line up with what matters in this moment? Go ahead, move your whole body and take that step.

