

## Chatting with your anxiety

Our amazing brains are wired to keep us safe from harm. However, sometimes this alarm system has a faulty switch and we receive messages from the brain and body that “trick” us into thinking something’s wrong. Challenging anxious thoughts can break this pattern and help create new, more positive neuropathways in the brain. Take a look at the following examples.

1. Anxious thought: “I’ll never have enough time to get it all done.”

Challenging response: “There is plenty of time.” “I can always ask for help.” “I can break this task into smaller ones.”

2. Anxious thought: “I’ll never fit in with this crowd.”

Challenging response: “I can just relax and be myself and see what happens” “If this is not the right group for me I can join another.” “This group may not be open and accepting, but there are other groups that will be.”

3. Anxious thought: “ I’m so overwhelmed!”

Challenging response: “If I take some time to take care of myself right now, things won’t seem so overwhelming.” “I can talk to my friend/spouse/counselor about this situation. They always help me put things in perspective.”

Now it’s your turn: Use the space below to have a little chat with your anxiety.

Anxious  
thought: \_\_\_\_\_

Challenging  
Response: \_\_\_\_\_

Anxious  
thought: \_\_\_\_\_

Challenging  
Response: \_\_\_\_\_

Anxious  
thought: \_\_\_\_\_

Challenging  
Response \_\_\_\_\_

With regular practice it will become easier to replace anxious thoughts with practical alternatives.

For more information on starting a mindfulness practice, visit [mindfulhub.com](http://mindfulhub.com)

***We wish you twenty minutes of mindfulness every day!***

