



ASCEND PERFORMANCE
COACHING

Unlimit Your Life

Stress & Anxiety
Strategies

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TALK, EVOLVE, ACHIEVE

1

- Get to know it
- Study it
- Understand it
- Track it

Note what triggers it, what you were thinking about, doing, or about to do, when it came on? How intense it is on a scale to 1-10 and how long it lasts?

2

1. Where is it located?
2. What size is it?
3. What colour is it?
4. What shape is it?
5. On a scale of 1-10 how intense is it?

Then:

Using your imagination take it out of your body and put it on your hand, look at it, make it grey, turn the intensity down to 0 and shrink it down until it is a speck of dust, then blow it off your hand.

Take three deep breaths, in through your nose and out through your mouth. In your head bring up a picture of somewhere you feel calm, happy and relaxed.

3

What is the worst case scenario for this situation?

Write it down

Then complete the three exercises below:

- 1. What do you need to do to prevent this happening? Write down as many things as you can – at least 10 things.**
- 2. What (positive) outcome do you want? Write it down.**
- 3. What do you need to do to make this happen? Write it down - at least 10 things.**

4

Close your eyes, take three deep breaths, open your eyes and find...



5 things you can SEE

4 things you can TOUCH



3 things you can HEAR

2 things you can SMELL



1 thing you can TASTE

5

Minute Meditation

Close your eyes and tilt your head back.

Breath in and out very slowly for one minute focus on hearing your heart beat

Don't have a timer?
Just breath in and out 10 times.