

5-Step Antidote to Anxiety

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1. Recognize the whispers of anxiety

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1. Recognize the whispers of anxiety
2. Slow down

“I am safe. I am loved. I am good enough. I am going to be okay.”

Hand on heart.
Prayer in the morning.

This is a practice.
(The more we do it, the better we feel)

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1. Recognize the whispers of anxiety
2. Slow down
3. Ask what it's trying to tell you. What does it need from you?

- “What am I not saying that needs to be said?”
- “What am I saying that’s not being heard?”
 - “What’s being said that I’m not hearing?”



—Jerry Colonna, Reboot.io

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4. Make it seen (share about it)

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4. Make it seen (share about it)
5. Be open to getting help