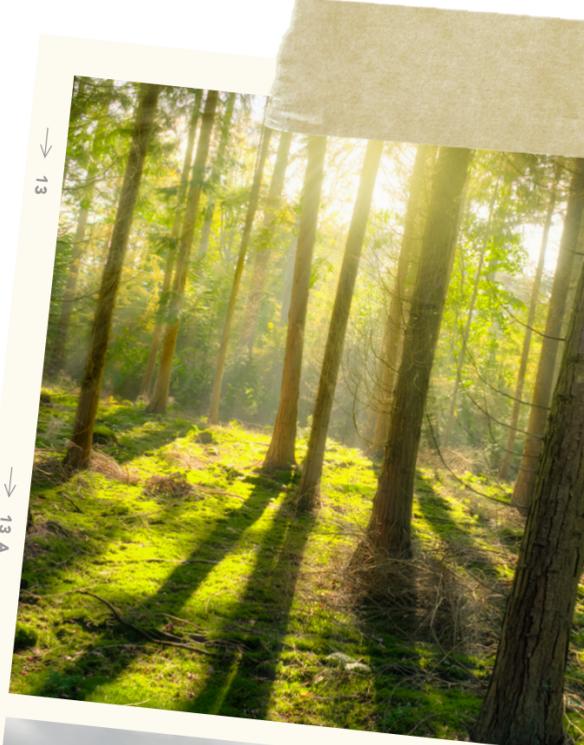




STARTER KIT

Making Peace: Healing Anxiety

CREATED FOR YOU BY: SARAHFALKCOACHING.COM





Hey there!

So glad you're here because I love sharing how I went from **stuck at home** due to anxiety and panic **to being the owner of multiple businesses** and the active **mom of four busy boys!**

With a lifetime of experience in **healing my own anxiety** and almost 20 years of professional practice in **helping others to do the same**, I have a lot to offer!

Here are some tips to help you **start making peace with anxiety!**

Sarah Falk



Because anxiety is a built-in survival system, we want to understand and respect it, we want to heal our relationship with it. With that in mind, it's time to:

BREAK bad habits,
MAKE good decisions, and
TAKE time to heal.

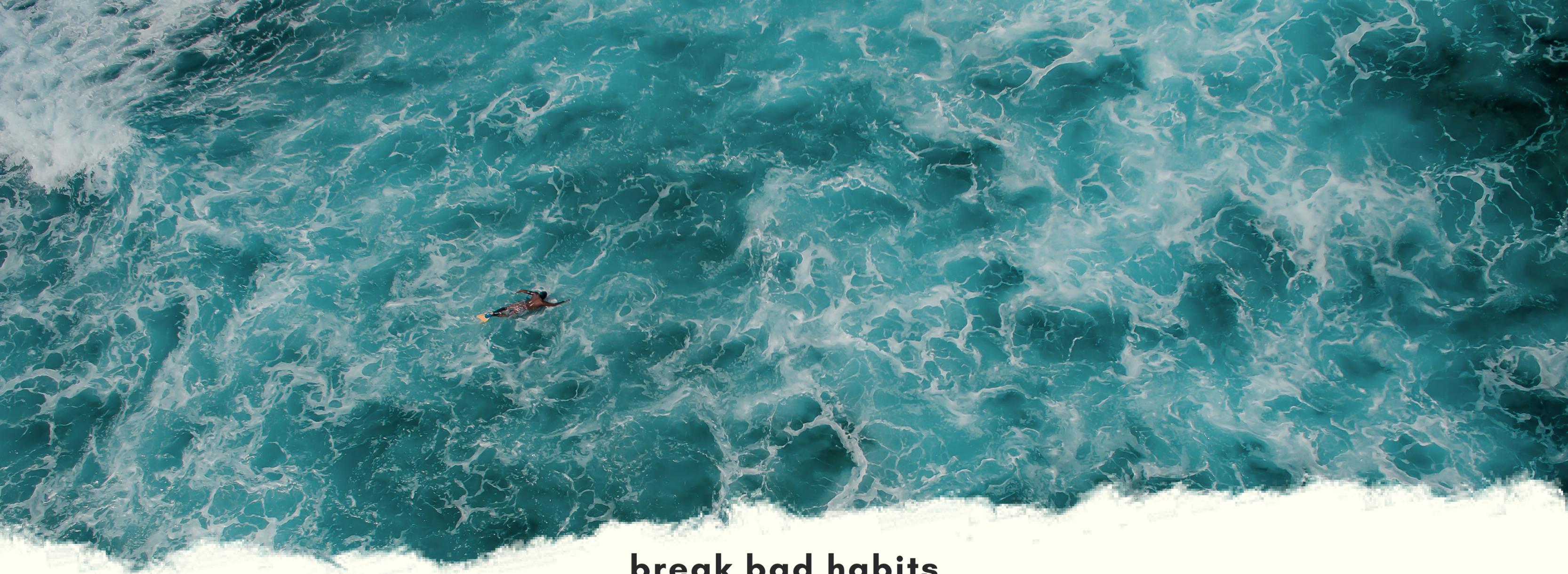
Let's get to it!

BREAK BAD HABITS

What's ONE thing you do that you KNOW increases your anxiety but you do it anyway?

YOU CAN:

- A** Track it
- B** Change it up
- C** **Get rid of it**
- D** Keep it (and suffer the consequences, but why would you want to do that!)



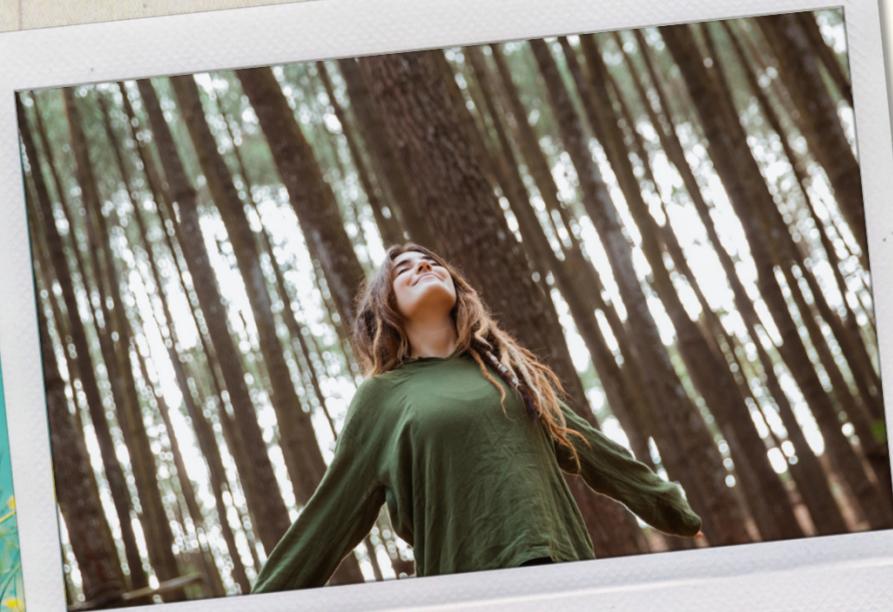
break bad habits

PRO TIP

Sometimes healing anxiety about something doesn't require the removal of the thing (or person) but rather calls for more limits around it.

MAKE GOOD DECISIONS

What ONE thing helps you
relax, de-stress or
chill out?



Once you've identified the
ONE thing, it's important for
you to prioritize it in your life.

MAKE GOOD DECISIONS

Oh, about that
ONE thing,,,



PRO TIP:

Not everything we use to unwind is helping to heal our anxiety, but instead can increase it.

Pay attention to how you feel emotionally and physically after engaging in that **ONE** thing, then decide if it's good for you or not..

(hint-caffeine, alcohol, sugar, cannabis and nicotine can increase anxiety.)

TAKE TIME TO HEAL

It doesn't require
days on the beach,
weeks off of
work...



"TAKE FIVE"

Anytime, anywhere.
Breathe deeply and check in
with all your senses:

- What do you SEE?
- What can you HEAR?
- What do you TASTE?
- What do you SMELL?
- What can/how do you FEEL?

A piece of yellowed, torn paper is taped to a background of ocean waves. The paper has two pieces of yellow tape at the top and bottom edges. The text on the paper is in a typewriter font. The background shows a blue ocean with white foam from waves breaking.

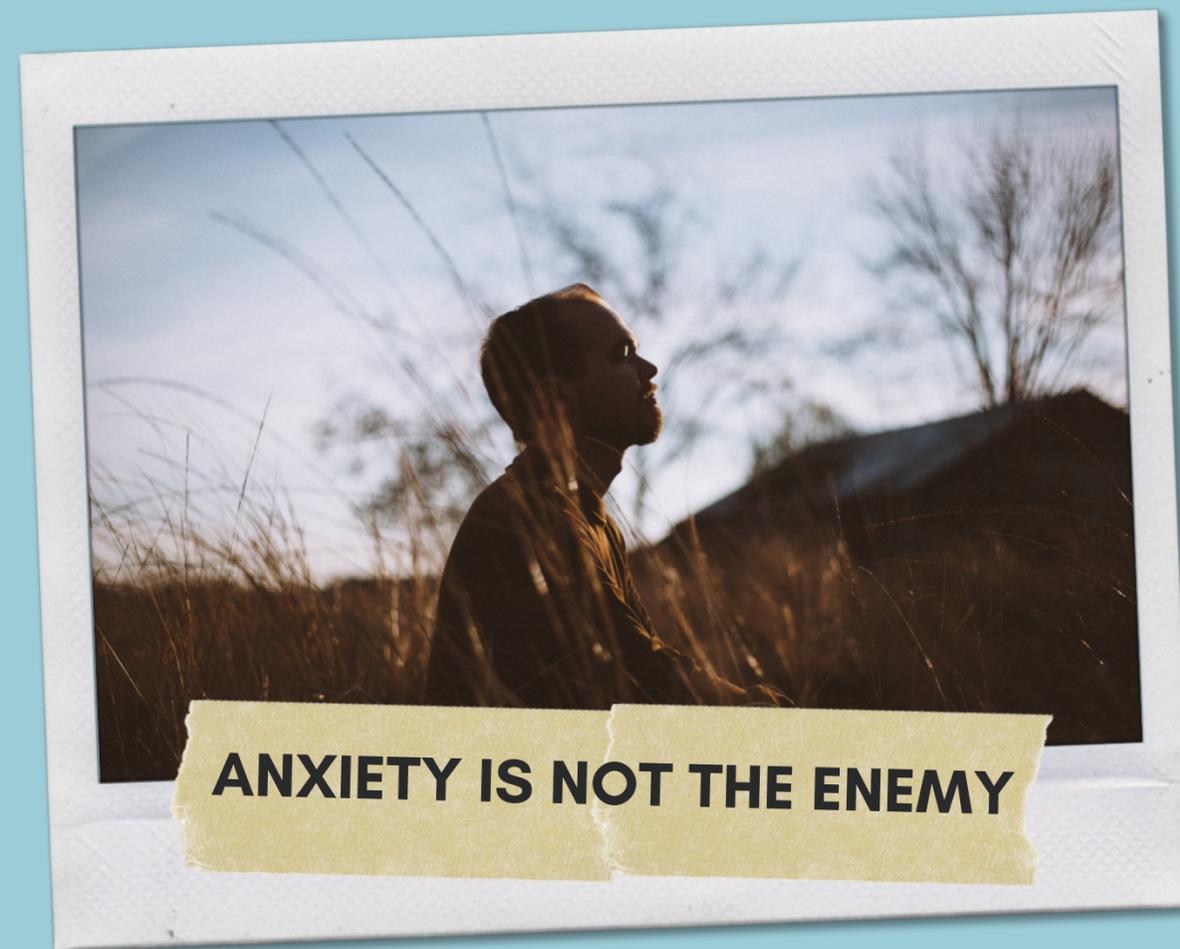
TAKE TIME TO HEAL

This step has a lot to
do with intention.

PRO TIP:

You don't need to set aside large amounts of time or make huge lifestyle adjustments to begin healing your anxiety.

Very often it's the simple steps that have the biggest impact!



Your stress response (home of anxiety)
exists in effort to keep you safe.

When you feel overwhelmed, stressed or anxious, thank anxiety for trying to protect you & assure your anxiety you are not in immediate danger.

This should help to calm you and is a wonderful step toward healing your relationship with anxiety!



@sarahfalkcoaching on
SOCIAL



Congratulations on starting your healing journey and
learning to make peace with anxiety!
I hope you find these tips useful and POWERFUL!
More on healing anxiety: sarahfalkcoaching.com

