

Day in and day out

Learning to control your chronic anxiety response

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Tonight's agenda

- Chronic anxiety
- Mind, body, emotion interactions
- Mindfulness and control
- Skill development



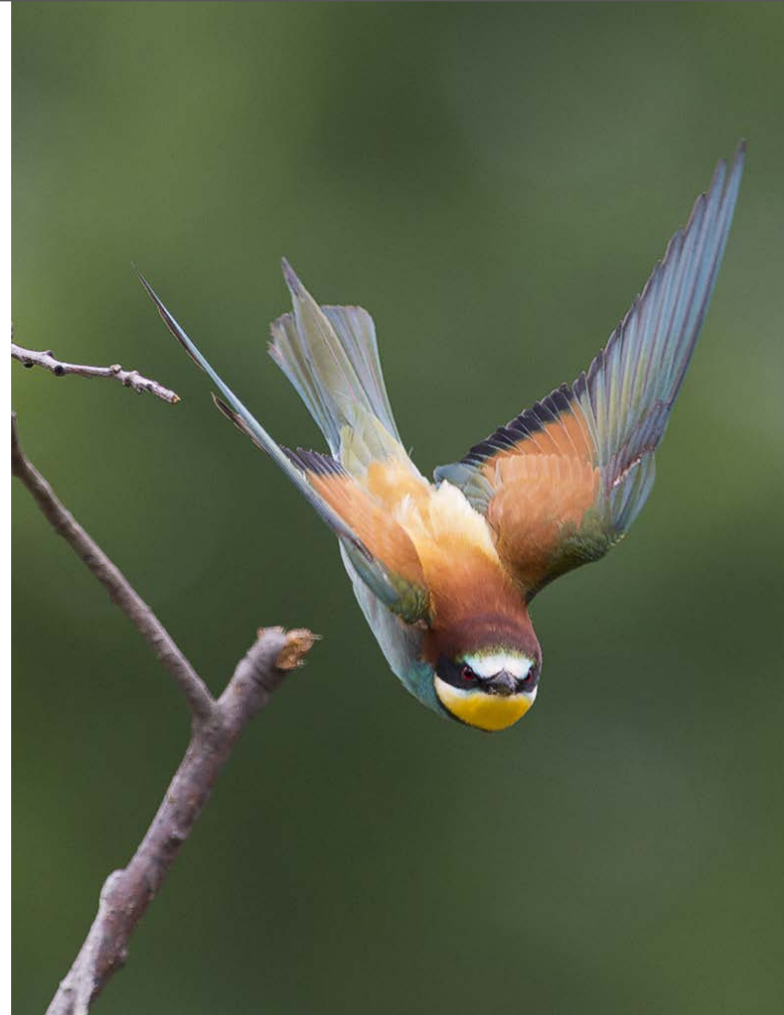
Effects of daily life

- Control vs. loss of control
- Mind/body/emotion effects

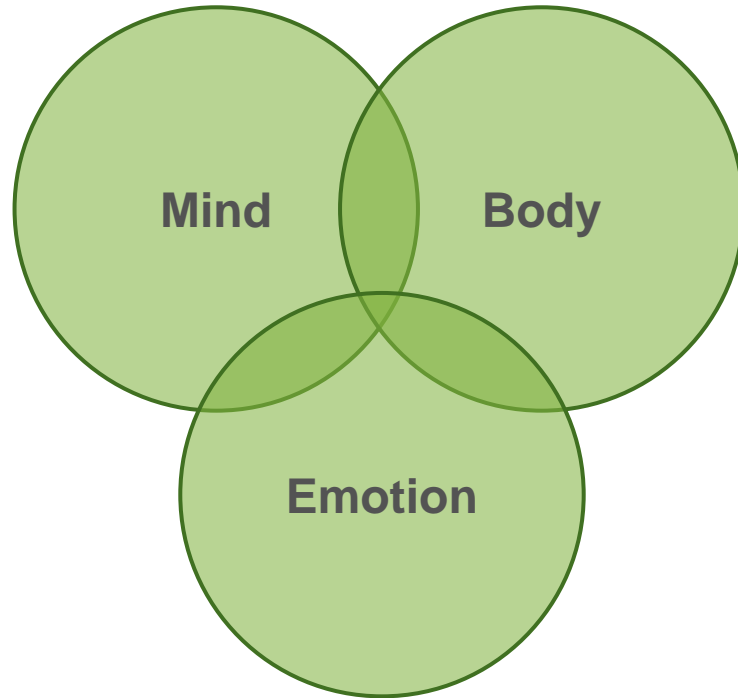


Anxiety response

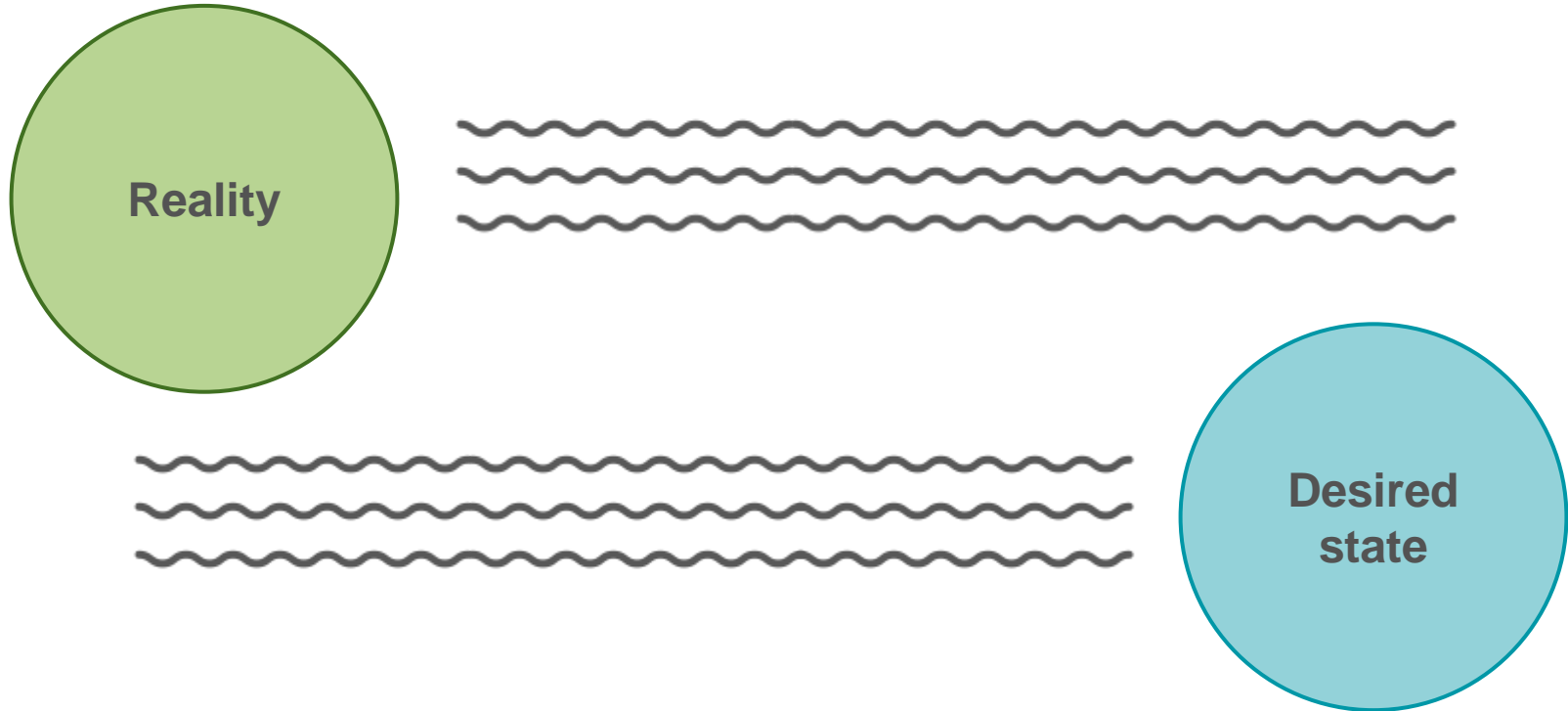
- Fight/flight/freeze
- Situation vs. chronic



Our Makeup



Incongruence: where anxiety lives

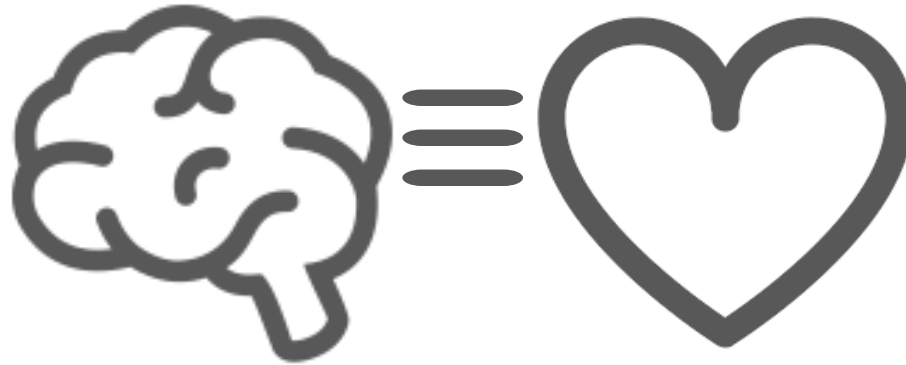


Mindfulness

- Moment-to-moment
- Controlling the controllable in-the-moment
- Holistic
- Learn from real world feedback



Mind-body connection



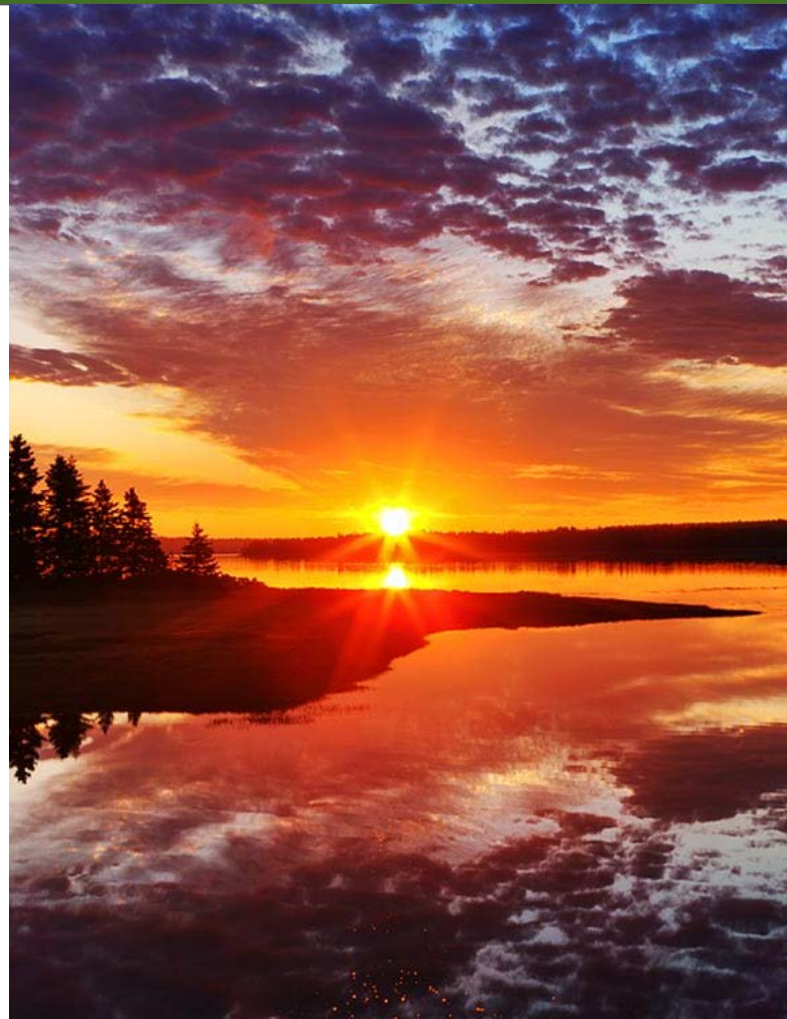
Emotion

- Acknowledge emotion
 - Define an emotion without always knowing its name
 - Drain vs. gain / low vs. high intensity
- Emotional energy tank
 - Negative drains = difficult decision making
 - Full tank = greater resilience



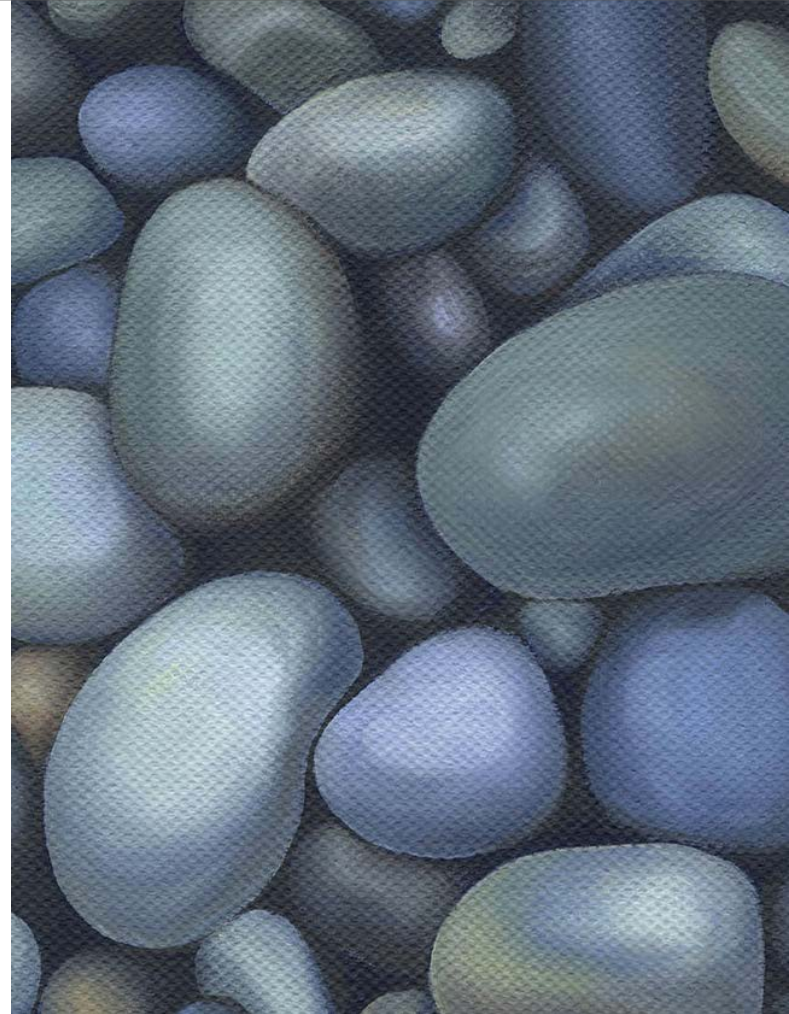
Skill

- Breathe into your heart
- Shift emotion



Managing chronic stress

- Resetting throughout the day disrupts chronic stress response
- Increase healthy decision making
 - Good, small decisions



Setting a practice plan

- Several times throughout each day
- 30-seconds or longer
- Use triggers:
 - Using restroom
 - Riding subway
 - Brushing teeth



**Comments & questions
are welcome**

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