



HOW TO CONQUER ANXIETY



I help women who are self sabotaging their health feel confident to make healthy choices and love themselves!

This ebook is designed to introduce you to mindful breathwork to soothe yourself when triggered. This is a powerful tool to regulate your nervous system and switch you from Fight Flight Freeze state (anxiety) to Rest & Digest state (contentedness).

It was one of the key tools that enabled me to overcome my anxiety, along with Neuro Transformational Therapy to release over 30kg and transform my health and well-being.

Simone Braund

Soften Soothe Allow Technique

Dr Kristin Neff has developed this wonderful tool for applying self-love and compassion and I'm going to run through it with you now. Search her on YouTube for videos of this process and more information.

When you experience a craving or are emotionally triggered:

Sit or lay comfortably and take a few deep conscious breaths in through the nose and out through the mouth.

See if you can pinpoint where the uncomfortable e-motion is sitting - what part of your body is it in?

It can be anywhere in the body but often is found in the heart or gut.

Place your hand over the area and breathe into it, breathe into the discomfort / pain.

Try to heighten the feeling by thinking about it.

Once feeling the emotion intensely, shift from thought to the feeling of it.

Gently, slowly, deeply breathe in to the area.

See if you can you bring in space in to it, around it, can you soften edges, bring light into the area.

Can you allow the feeling to be there? Sit with and allow it rather than avoiding it.

If you are able to practice each time you feel triggered, it will become easier.

Soften Soothe Allow Technique continued

Ask where is it in my body?

- Place hand over the area and gently rub the area.
- How am I feeling it?
- Can I bring space to it, light to it?
- Can I allow it to be?
- Can you breathe in some love into it, some self-compassion?
- Can you bring heart-centered breathing to it?
- Can you separate the thoughts and story from the feelings & the emotions?

Repeating this process each time you are triggered will gradually separate the emotion from the associated underlying subconscious fear. You will discover that "oh, I survived the process!" And you now KNOW that you can do it again. Each time we acknowledge the uncomfortable emotion, allow ourselves to see it and to address it we actually HEAL it.

This is the process and you can return to this whenever you feel the need.

Happy Clients Say:



Donna M said....

Greater confidence in knowing that I've got this and what I need to do if my inner critic or ego are getting into my thoughts and being able to quickly put those behind me. I've released over 7kg. I took the opportunity to invest in my mindset and get myself to a place of confidence that I know what to do and that I deserve to have it. xxx



Caroline M said....

This is the ONLY program you will ever need - it provides: excellent support and guidance, tools and knowledge to achieve a positive mindset for life and physical and mental healing with amazing nutritional advice, an easy to follow program that works. This program has dramatically reduced my menopause symptoms, body aches and pains, I am sleeping better, I have so much more energy and have noticed improvements in my skin and hair. I also feel so much better mentally - my mind is clearer, I feel more calm, relaxed and positive - I feel like I can cope better with my busy day to day life of work, family, pets, housework etc... Working with Simone is a 'no brainer' and I feel very lucky.



I hope that this technique brings you inner peace. If you have any questions please don't hesitate to contact me. If we are not already connected follow me on FB for more tips and join my FB group via links below. See you soon!



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