

# HOW TO: Live with Anxiety



“

Me: What could possibly go  
wrong?

Anxiety: I'm so glad you asked!

DECLUTTER THE MIND

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Kelsey is the founder of Healing Spaces and ridiculously passionate about Mental Health. Learn about what she cares about and what it is like to be supported by the amazing counseling team at Healing Spaces.

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Hungry for more! Check out these offerings.





Healing Spaces Founder, Kelsey Grimm

# About Kelsey Grimm

Hello, my name is Kelsey!

I am the Founder of Kelsey the Counsellor, a counselling influencer brand dedicated to creating a community of mental health resources, and Healing Spaces, a clinical counselling practice based in British Columbia. I strongly believe in the power of the human spirit, the ability to overcome obstacles, and that the phoenix rises from the ashes.

I have witnessed brave people willing to face challenges, willing to learn, and willing to change. I believe my role is to support each person who wishes to grow, grow – who wishes to heal, heal – and who wishes to learn, learn. I support each person uniquely, and together we will face your current life challenges and move through them towards a brighter and better tomorrow.

*xo Kelsey*

# About Healing Spaces



Healing Spaces Office in Kamloops, British Columbia

Healing Spaces provides a warm and welcoming place with our main focus on supporting you move towards the life you dream for yourself! We focus on counselling support for anxiety, depression, grief, trauma, chronic pain, and chronic illness.

We offer counselling to children, youth, adults, couples, parents and families in person in Kamloops , British Columbia and virtually all over British Columbia.

Our team of counsellors are well trained and experienced in multiple areas of counselling with different specialties. We offer in person and virtual counselling options, which allows our team to support you from the comfort and safety of your own home.

# What is anxiety?

## What are some common signs and symptoms of anxiety?

Anxiety can be experienced in one's mind, one's body, and in one's social interactions. Sometimes anxiety can be obvious and sometimes sneaky. Here are some common signs of anxiety ... but I encourage you to get to know how your anxiety presents itself.

Anxiety can look like:

- Busy mind flitting from this to that. Hard to focus/concentrate
- Hard to settle/relax. Don't know how to settle/relax. It's uncomfortable to settle/relax
- Self-doubt, self-criticism, self-deprecation
- Hard to be in body, disconnected from body
- Rapid heart rate, sweaty palms, digestive difficulties
- Thinking about something round and round before/after it happens
- Chronic worry (the source of worry is secondary. Anxiety creates worry and that worry has to attach to something)
- Hard to be alone. Silence can feel uncomfortable or scary.
- Hard to be around others. Feeling worried about judgement from others.



## Why does anxiety happen?

This is a really big question and a hard one to answer because I don't know you! I don't know your experience of anxiety. Has your anxiety flared up due to a stressful event? Were you raised in a home with anxiety and taught that is how you go through life? Were you treated poorly and have developed anxiety thereafter? Is your life so full due to necessity and you are barely keeping up because of our society's expectations of you and anxiety is a result?

What I will say is – anxiety pops us out of the 'right now'. It encourages us to worry about what has happened or what will happen. The work is being in the present and being in your body. This can be really really hard because sometimes anxiety can actually distract us from our feelings and our body.

# A conversation with Anxiety

Imagine this:

Me: I have so much going on I can barely keep up. I have work and family and a partner and obligations. How can I possibly take a moment to breathe, Kelsey – what are you thinking?!

Kelsey: What happens if you do, right now, take two minutes. Get comfortable in your seat. Feet flat on the floor. Place your hands on your belly or your lap. Take in a breath and hold... 2 3 4 and exhale... 2 3 4. Breathe in... 2 3 4 and out... 2 3 4. Good! Breath in... 2 3 4 and out... 2 3 4. What do you notice?

Me: I feel slower but I also feel sad.

Kelsey: That's okay. Sad is okay. Do you know where the sad is living in your body?

Me: In my chest. I feel tight in my chest.

Kelsey: Well done. Can you put your hands on your heart with me?

Me: (Starts to tear up.)

Kelsey: (Offers a tissue. Moves closer and places a hand on your knee.) You are holding a lot of emotion in there my dear. I am okay with tears, can you let yourself feel for a moment?

ANXIETY PULLS US OUT OF FEELING TOUGH EMOTIONS THAT ARE TOUGH TO FEEL. HOWEVER, UNTIL WE FIND SPACE AND A SAFE WAY TO FEEL THESE FEELINGS, ANXIETY CONTINUES.

# Activity: Next time you feel anxiety

You will need:

- Feat & Courage
- Some dedicated time
- A journal/blank canvas/music/opportunity for movement. What helps you process your feelings?

What you do:

- 1) Hello anxiety. I see you.
- 2) Name what anxiety is doing. 'you are trying to convince me...'
- 3) Take some deep breaths. Get comfortable in your seat. Feet flat on the floor. Place your hands on your belly or your lap. Take in a breath and hold... 2 3 4 and exhale... 2 3 4. Breathe in... 2 3 4 and out... 2 3 4. Good! Breath in... 2 3 4 and out... 2 3 4.
- 4) What do you notice?
- 5) See if you can feel your feelings and source where they are living in your body. PRO TIP: is there sensation anywhere in your body? Is there tension? Is there a tingling sensation? If you feelings had a shape and a colour what would they be? Can you imagine that shape/colour or draw it?

**\*\*Now that you have identified a big feeling that might feel overwhelming or scary to feel. What would create safety to allow yourself to feel it? Remember -emotions hold information and when we feel them we let them move through us and they leave us. If we block this process those emotions stay stuck inside of us.**

**Some ideas for safety:**

- Have a favourite movie on in the background as you journal/draw/paint/cry. This helps you feel connected to your feelings and also allows you to pop out when you need to. This 'pendulation', as coined by trauma specialist Peter Levine, allows us to feel without it getting too hot.
- Have a safe buddy with you – 2 legged or four legged!
- Plan to get some movement or go to your favourite lookout spot
- Listen to some music that will help you move through this emotion.
- Have a shower/bath
- Hide in your favourite room in your house with a cozy blanket and a candle or two (Keep the blanket away from the candle or two)



# Intention to action

## Next Steps

Having a sense of a 'tool box' of things that help you IN THE MOMENT when you feel anxious can be really helpful.

Have something to hold (a ring/rock/fidget)

Have something to taste (tea/coffee/water/mint/gum)

Have a favourite breathing exercise and practice when you are calm so you can access easily.

Have a person or tow you can talk to when things are tough.

## Time for Reflection

When you have a rush of anxiety in the moment you aren't always able to carve out privacy to feel your emotions in that moment. Find space later on and circle back to what your experience was in that moment. What triggered the anxiety for you?

# Resources



Playlist



Book/Article



App



Video



Podcast



## **Anxiety Relief**

Chilled Mumor

[On Spotify](#)



## **Anti-Anxiety Playlist**

Relax & Relax

[On Spotify](#)



## **Anxiety Coaches Podcast**

Gina has lived experience with anxiety and combines this with her knowledge of holistic health to help you find peace.

<https://www.theanxietycoachespodcast.com>



## **Rebel Buddhist**

Ana support you to find balance and healing as she has come to find for herself on her healing journey.

<https://www.anaverzone.com/about-me/>



## **How and why to make Fear your friend: Dr. Gail Brenner**

A sacred look at how we can interact with our fear differently and befriend it.

<https://gailbrenner.com/2009/10/make-fear-your-friend/>

## **The Brave Way: Ellen Duffield**

An amazing book and workbook all about how we are brave when we interact with our fears and anxiety.

[https://www.amazon.ca/BRAVE-Way-Where-will-today/dp/1999260600/ref=asc\\_df\\_1999260600/?tag=googleshopcoc-20&linkCode=df0&hvadid=335157220958&hvpos=&hvnetw=g&hvrnd=12646607170202431166&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9001575&hvtargid=pla-828419187026&psc=1](https://www.amazon.ca/BRAVE-Way-Where-will-today/dp/1999260600/ref=asc_df_1999260600/?tag=googleshopcoc-20&linkCode=df0&hvadid=335157220958&hvpos=&hvnetw=g&hvrnd=12646607170202431166&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9001575&hvtargid=pla-828419187026&psc=1)



# THANK YOU

Feel free to reach out if you have any questions! I am looking forward to chatting with you!



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