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

Mind

Body

Emotion
Incongruence: where anxiety lives

Reality

Desired state
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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