Mind Over Matter: Conquering Anxious Thoughts

Dr. Carleah East, LMHC

Psychotherapist – Author – Speaker – Coach - Professor

www.smilepsychology.com
Solving & Managing Issues w/ Love & Enrichment
Recognizing Anxiety

- How does it start?
  - #1 Daily Hassles
  - #2 Stress
  - #3 Anxiety
Balancing Anxiety at Work

1. Self monitor before you start your day
2. Locate a primary person for information and updates
3. Connect with a co-worker
4. Recognize what's in your control
5. Take "time-outs" to release
It’s a Challenge not a Struggle!

▶ Reframe

Pushing Through Challenges

1. Remind yourself of past completions
2. Identify positive outcomes
3. Include emotional checks
4. Celebrate your progress
5. Visualize and recognize you're almost there
What To Release

1. Feeling vulnerability is a weakness
2. Grudge Holding / Retaliation
3. Comparing yourself to others
4. Distracting your growth by "helping" others
5. No clarity about your needs and wants