

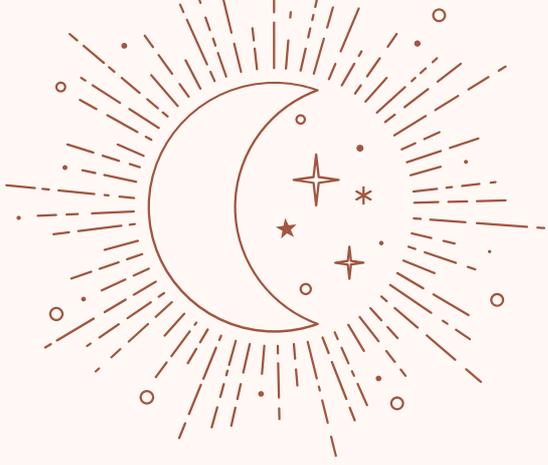
# ANXIETY ANTIDOTES *Digital Workbook*



A Workbook designed to help you manage  
your emotional and mental wellness.

by Kat Moulton

A Kreatrix Energy Production



# AWARENESS

Observe your stream of consciousness as you think about a stressful situation. Do not suppress any thoughts. Let them run their course while you watch them, and write them down as they occur.

Negative  
Thoughts

The next step is to rationally challenge the negative thoughts. Look at every thought you wrote down and ask yourself whether the thought is reasonable.

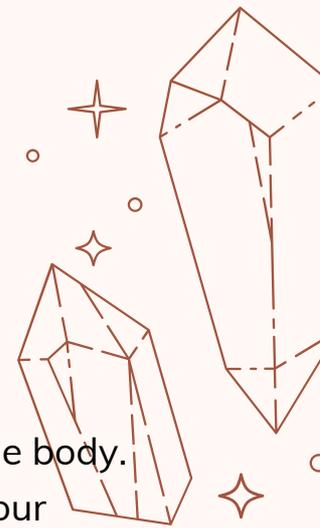
Rational  
Thoughts

Use rational, positive thoughts and affirmations to counter negative thinking. See if there are any opportunities that are offered by it.

Positive  
Thoughts

# Breath Work

## INSPIRATION



Breath work is a powerful tool to interrupt patterns and relax the body. Often when we become anxious, afraid or worried we constrict our breath and breathe shallowly, not even conscious of it. Can you relate? Here are 4 styles of breath to you can practice to reduce anxiety.

Write about your relationship to breathing

### Boxed Breathing

Find somewhere comfortable to sit. If you can, close your eyes. Exhale breath for the count of four. Hold your breath for a count of four. Inhale breath for a count of four, Hold your breath for a count of four. Repeat this cycle. for 8 cycles. or 5-plus minutes.

### Central Channel Breath

Breathing through the nose, imagine the breath starting about two inches above the head, and breathe consciously, right through the center of the brain, through the throat, into the heart, and into the belly. Breathe in, and make the belly big when you do, and exhale right down through this center, right into the earth. And then a deep breath comes up from the earth into the belly, and exhale, taking your imagination straight up and down through this central channel. This opens the channel and allows us to do so much work.

### Deep Belly Breathing

Sit or lie in a comfortable place. Close your eyes. Place one hand on your chest and one hand on your abdomen. The bottom hand should do the moving. The top hand should remain still or only move as the bottom hand moves. Inhale through your nose for about 4 seconds, feeling your abdomen expand. (You may feel slight tension the first few times you inhale.) Hold your breath for 2 seconds. Exhale very slowly and steadily through your mouth for about 6 seconds. The mouth should be relaxed. Repeat for 5-15 minutes.

### 4-7-8 Breathing

Find somewhere comfortable to sit. If you can, close your eyes. Breathe in through your nose to the count of four. Hold your breath to the count of seven. Exhale through your mouth to the count of eight. Repeat 5-plus minutes.

# CONSCIOUS LANGUAGE

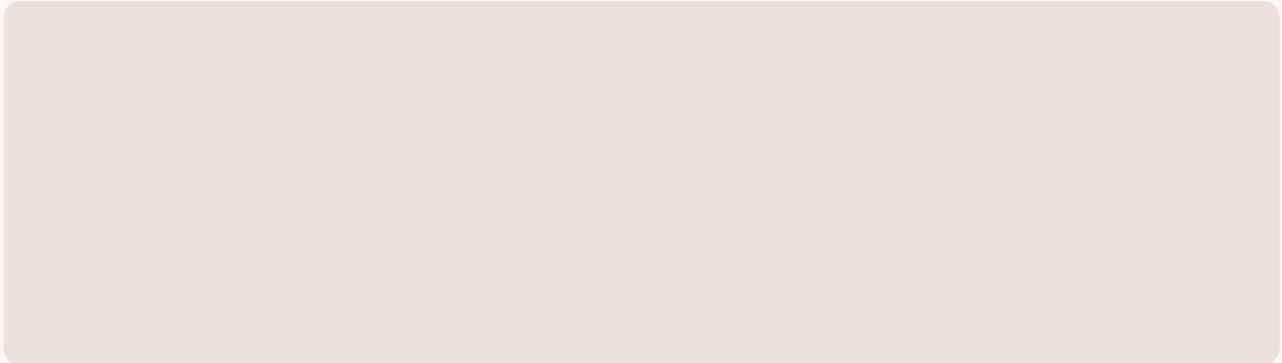


## Reducing Stress by Changing Your Language

Practice moving from survival to expansion by shifting language. The I AM is so powerful so stop affirming I AM ANXIOUS does not serve you, by repeating that. Acknowledge the anxiety....don't DENY the feelings, but don't over-identify. Reframe your Thought patterns

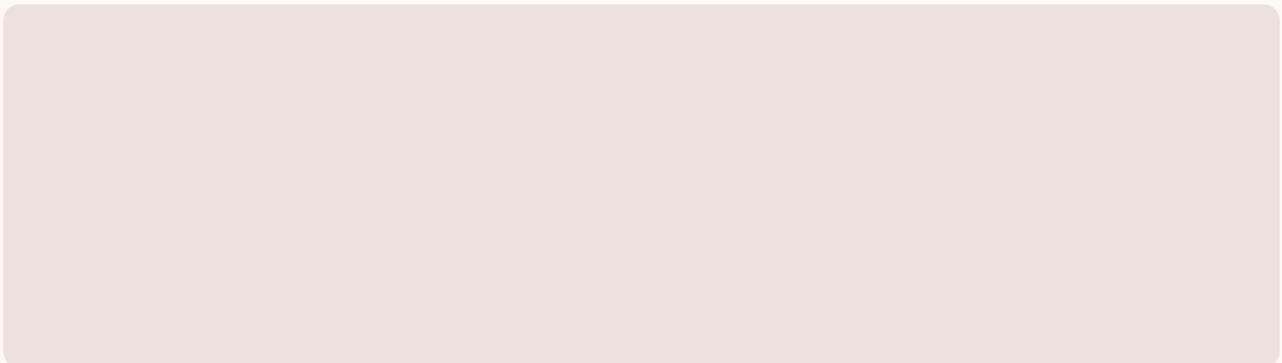
### Step 1: Identify Your Current Thoughts

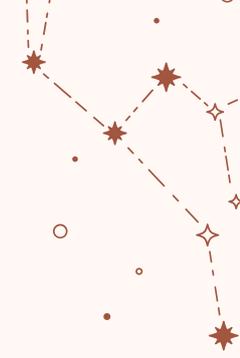
Describe the situation that triggered your negative thoughts and feelings. Instead of saying I am, say "I feel anxious when"



### Step 2: Re-Write and "I AM" statement

Begin to Rewire your nervous system, by creating new affirming statements about yourself, how you want to feel.





### Step 3: Identify Automatic Thoughts

Make a list of your automatic thoughts in response to the situation.

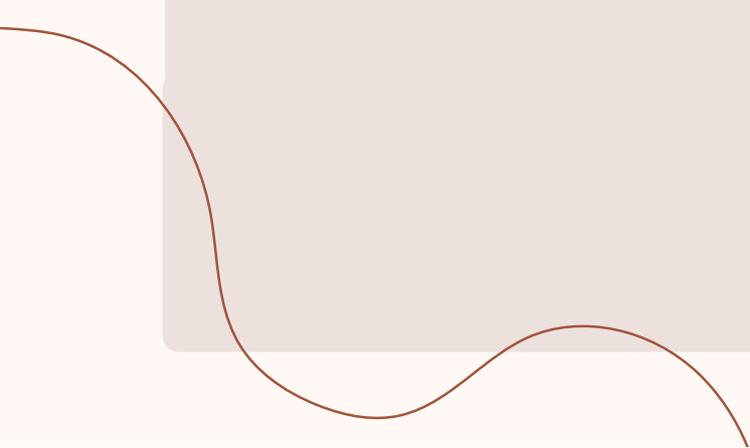
### Step 4: Find Objective Evidence

Write down any word choices you can find that support the automatic thoughts and any word choices that contradict the thought or feelings.

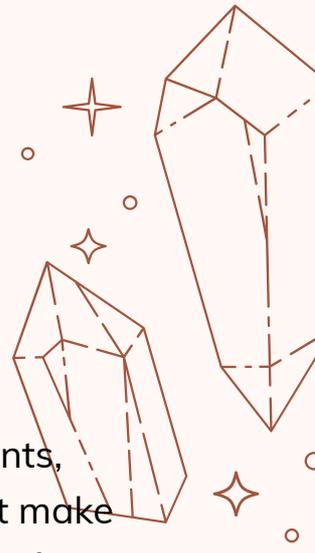
### Step 5: Choose new words Reframe and Rewrite how you communicate with yourself and others.

Instead of using words such as "should, could, would try, want" replace them with "do, be, have, am" and so forth. Start to notice the language that you use so that you can slowly make effective tweaks.

For example Replace "I should" with "I get to". Notice the different energy.



# Daily DIET



Our diet is not just food, it includes information, people, supplements, and more. Begin to DECREASE OR REMOVE external things that make anxiety worse like stimulants....ie: caffeine, nicotine, and amphetamines. Packaged and processed food, Main stream news,

Write about your relationship to what you put in your body and mind and the effects.

Feelings and Thoughts

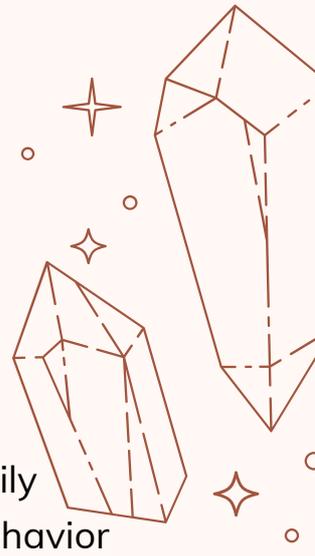
Media & Social Media

Food

Supplements



# Daily DIET



What we focus on expands...so what can you INCREASE in your daily routine to support your nervous system and change thought and behavior patterns?

How can you begin to nourish yourself better?

Write about what you would like to fuel yourself with more of. Be open to what shows up.

A large, empty, light-colored rounded rectangular box intended for the user to write their response to the question above.

Food & Supplements

An empty, light-colored rounded rectangular box for notes related to 'Food & Supplements'.

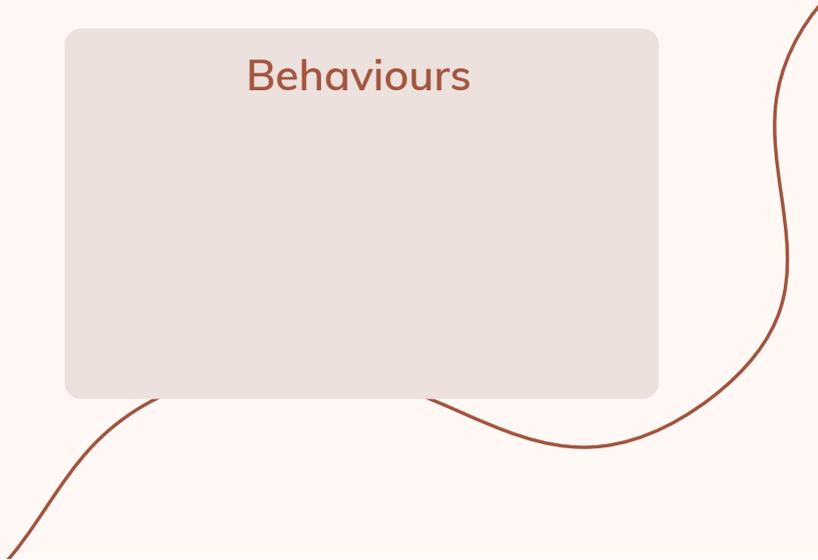
People or Groups

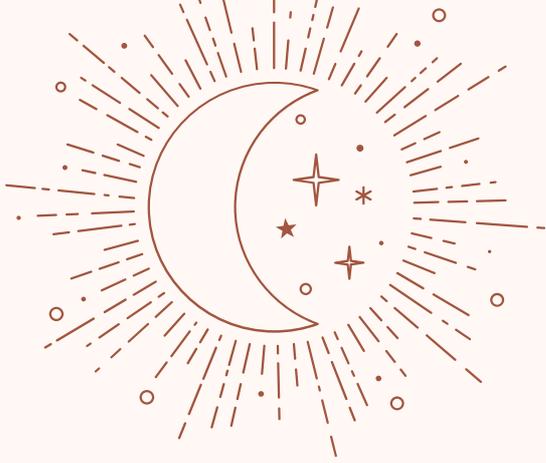
An empty, light-colored rounded rectangular box for notes related to 'People or Groups'.

Experiences

An empty, light-colored rounded rectangular box for notes related to 'Experiences'.

Behaviours

An empty, light-colored rounded rectangular box for notes related to 'Behaviours'.



# ENERGY

Energy flows where attention goes, right? SO WHAT DO YOU WANT TO FOCUS ON...fear? or Courage? Love?

HOLD THE VISION, not the obstacle.

Shift at the level of energy. I invite you to set the intention to shift. This begins to rewire your nervous system at the level of energy.

New Intentions

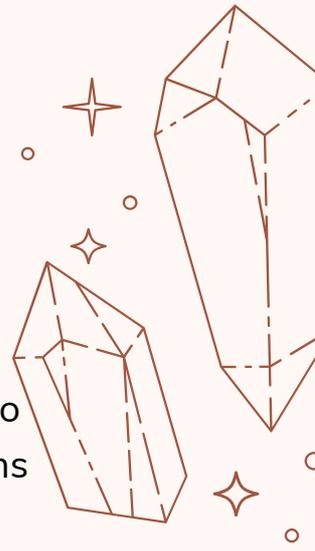
The next step is to learn to work with energy. Rub the palms of your hands briskly, breathe and focus your intention on your hands. Stop and notice the energy. Move your hands in and out and feel the energy.

Find a Guide,  
Coach or group

Start to Vision a new way of being. Close your eyes and focus on your breath. Imagine yourself showing up as calm, confident, and knowing what to do or say in anxiety-provoking situations. Learn energy practices.

Take Action  
what is my  
next step?

# Feel Your FEELINGS



Try to fill in something from your own experience. You may begin to understand your difficulties a little better. Particularly what patterns may exist and how things interact.

After you write about it, allow yourself time to sit and be with all the thoughts, feelings, and emotions coming up. Just sit and breathe.

Remember: Our Feelings & Emotions dictate our Energetic Frequency.

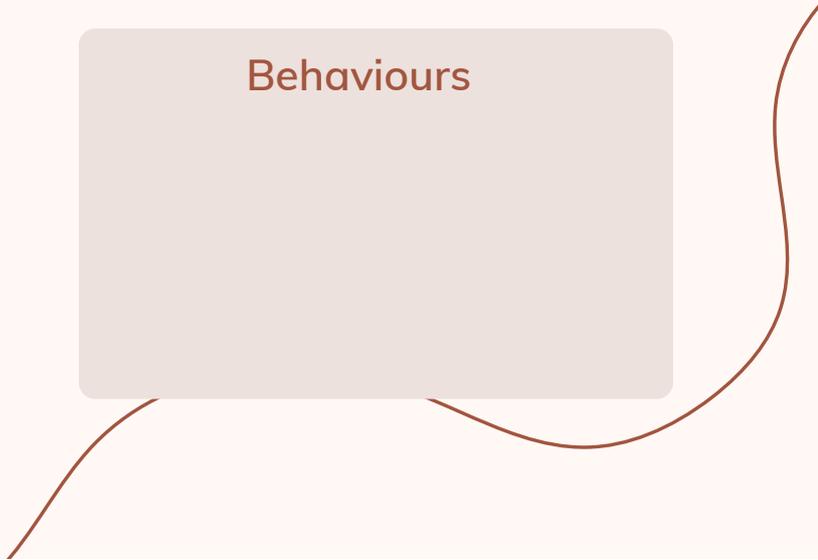
Reflect on a Situation  
WHAT DOES THAT FEEL LIKE  
IN YOUR BODY AND WHERE?

Feelings

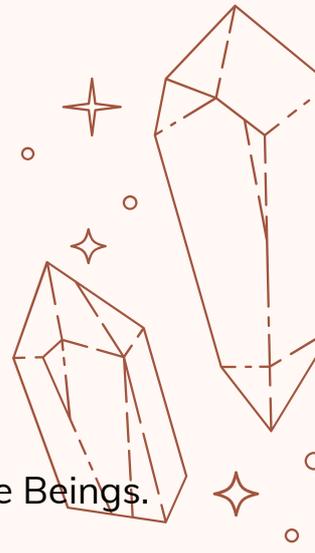
Thoughts

Physical Symptoms

Behaviours



# Grounding & GUIDES



Ask Your Guides for support

1. Use Meditation to connect to Spirit helpers, Angels, and Divine Beings.
2. Know and trust they are present for you.
3. Ask for their assistance and guidance with the current situation.

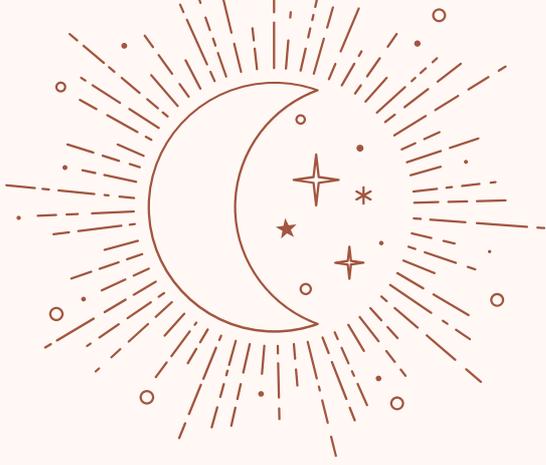
Write about your relationship to  
guides and asking for help

Feelings

Thoughts

Physical Symptoms

Behaviours



# HEART

It is the Energy of the Heart that changes matter.

Begin to notice the state of your heart. Is it shut down or open? Do you give and receive love freely and unconditionally? Do you forgive easily? Does FUD (fear, uncertainty, and doubt) visit you frequently?

Repressed  
Symptoms

Write above about closed aspects of a repressed heart. They show up in emotional states of fear, anger, judgment, shame, and doubt,,,, Now write below about your intention to open your heart and call in more love, kindness, compassion, courage, gratitude and forgiveness.

Open Heart

Set an intention to do specific breathwork practices to connect to your heart energy. The more we can work with this energy, the quicker we can shift out of states of anxiety when it is triggered.

Breath into the  
Heart

# Humanity

## HUGS & HUMOR

Friendly reminder that you are human and it is normal to feel a whole range of emotions. The challenging part can be when those feelings get "stuck in the body" and overwhelm us. More anxiety sets in when we don't know what to do with them.

Remember you are human and that Hugs and humor go a long way to shift our energy. Hugs make us feel safe and loved. Laughter lightens our energy and lifts our spirits.

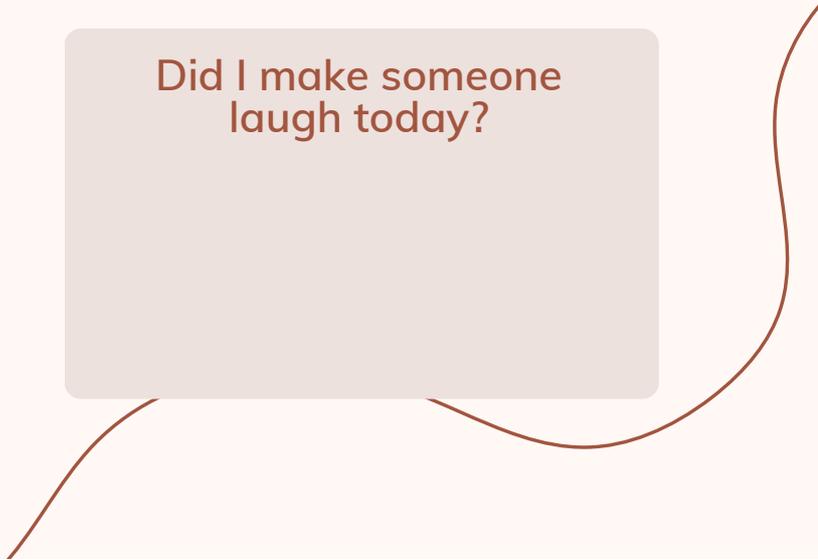
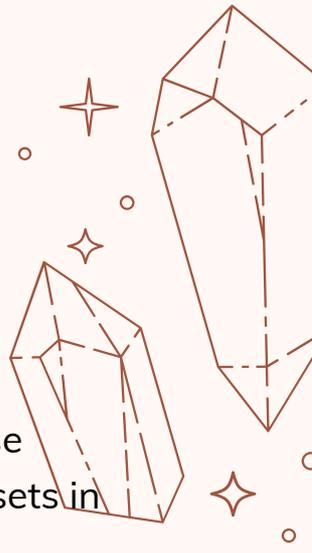
Write about your feelings about being human. What do you need when you are anxious?

How many Hugs did I give today?

Did I laugh today?

Did I receive Hugs today?

Did I make someone laugh today?



# KAT MOULTON

## Coaching & Healing



Watch Video Replays of Anxiety Antidotes at  
[Kreatrix.TV](https://www.kreatrix.tv)

Listen to an interactive Audio Session about  
Anxiety Antidotes at [katmoulton.com](https://www.katmoulton.com)