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WHAT IF YOU CAN HELP
THE FUTURE YOU?

Kate Guest



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02 Introduction

There are so many anti-anxiety tools that I can share with you. Here is a collection of just a few simple and yet affective ways to start and run through your entire day.

And why not also listen to the sleep audio available on the website for the end of your day.





03

Wide Awake

1

When you wake, up simply stretch. It's called Pandiculation. Our animals do it and so should we. Have you noticed how your cat or dog stretches when they get up to move especially when they go for a walk? Pandiculation is a great way to start our bodies, to signal to our bodies that we are ready for the day.

2

Sit up. Tap on your scalp 50 times. Use the same motion as if you're drumming your fingers gently but firmly on a table. Cover all of the top of your scalp.

04 Wide Awake

3

As you swing your feet out onto the floor from your bed, as they land, say thank you for the day ahead. 'Thank' for the left foot and 'You' for the right foot. Really notice a sense of thanks as your feet land on the floor.

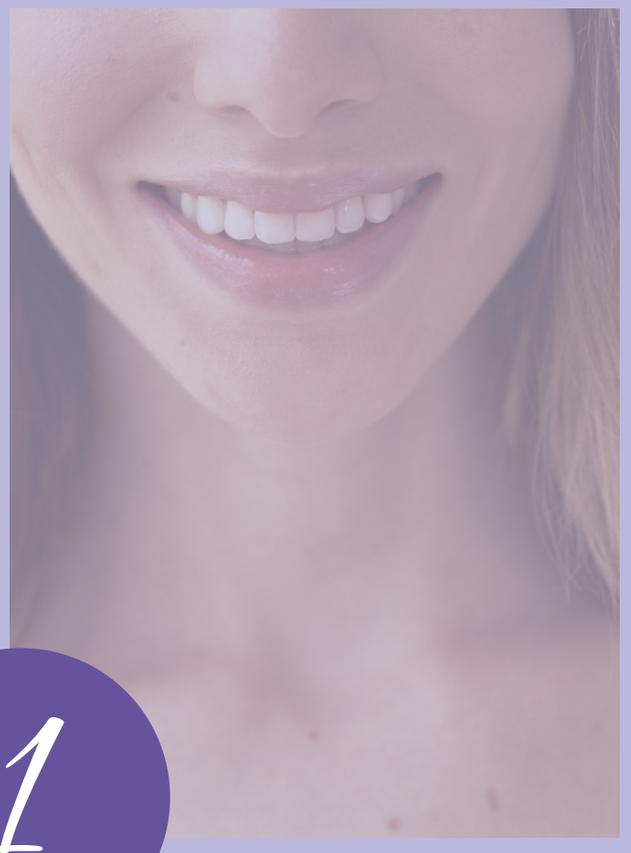
4

Look up, shoulders back, towards natural light if possible or an image of a baby or a baby animal. Take a few moments to stay in this position.

5

Now as you're about to go through the rest of your normal morning routine ask yourself what will be the most interesting thing or who will be the most interesting person you will encounter today. This is to do with your reticular activating system. Whatever you focus on, the brain looks for more of the same and will search for what you've asked it to

05 Midday Motivation



1

Take a moment to smile. In the mirror, at other people, just to yourself. The brain does not know when something is real or imagined. When you smile, you increase the happy hormones as if you really do have something to smile about!

2



Breathe mindfully. Breathe in for a count of seven, hold for four, breathe out for eleven. Breathing out for longer than you breathe in affects the 'rest and digest' system and has a calming, balancing effect.



3

Has something happened in the day that has thrown you off-kilter? Think of it as feedback and feedback is simply information. How can you use that information to help you now in the moment and in the rest of your day and even further out into the future? There is never failure only feedback.

06 Midday Motivation

4

Is there anything you're doing repeatedly that's not helping you? How much energy is that taking? How can you change that? One small change every day, every week has a powerful cumulative result.

5

Be a pot filler, not a pot driller. Pot fillers lift us up. They are cheerful, they have good things to say about themselves and others. They make us feel better. When we are pot fillers, we make ourselves feel better too. It's win/win!

6

If you notice anything worrisome appear, look up and notice the clouds. If there are no clouds imagine clouds high above and let your worries hop on to a cloud. Watch how the cloud drifts and changes shape until it becomes something else entirely and notice how your worry can float and drift and change and become something else entirely too.

07 Evening Evolution

This is to boost your good mood chemicals and settle for sleep. Do the first exercise earlier in the evening.

1

Laugh! Out loud, alone, with someone else. Watch a riotously funny film, read or listen to an hilarious book, a book of jokes. Your feel-good hormones will soar. Your cortisol levels will drop, your endorphin levels will rise up and you will feel good.

2

Any worries or niggling thoughts that may keep you awake in the night you can simply think about them at bedtime. Imagine putting all of those worries into a balloon, a large colourful balloon, a balloon filled with helium and you can imagine those worries as thoughts, words, pictures, sensations as you notice them going up in this helium-filled balloon and at the very last moment as you feel the balloon's string tugging at your fingertips, just let it go and see the balloon float into the sky and drift off completely out of view.

08 Evening Evolution

3 Breathe deeply and imagine a beautiful sunset. Deep rich colours all around you and feel yourself go into the sunset. Surrounded by its warmth, its comfort and how good that feels.

4 Set your intentions for tomorrow, for the future as you do the above exercise of breathing yourself into the sunset.

5 And then as you drift off to sleep completely, I want you to thank your future self. Thank you for all the wonderful things it's already created for you as you find ways to move towards that future you, that's right.



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