



Effective ways to reduce your Anxiety

MYNDWORKS

M Y N D W  R K S

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Best Anxiety
Treatment Specialist
- Queensland

#1 Canberra Anxiety | #1 Brisbane Anxiety | Mindset for Success

www.mynd.works



A dark, blue-tinted photograph of a person's hands pulling at their hair, suggesting stress or anxiety. The image is used as a background for the text.

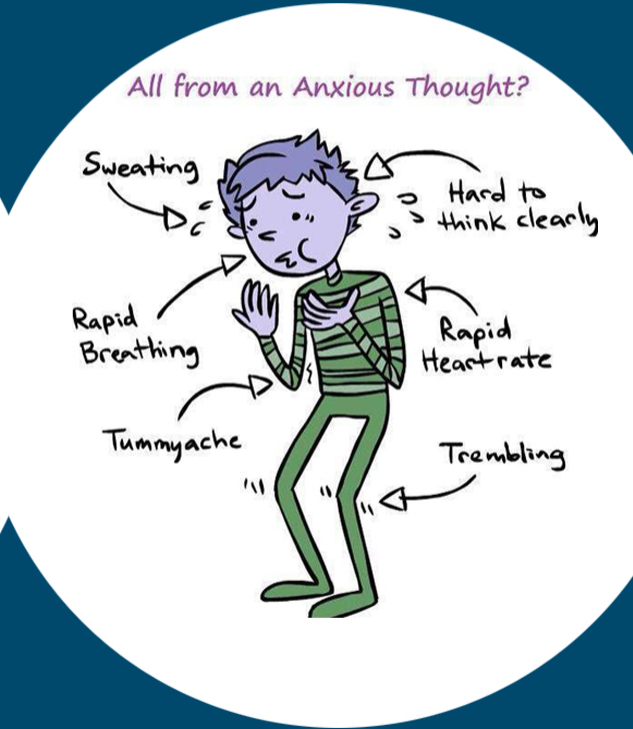
What is Anxiety?

Where does it come from?

TRAUMA



PANIC



REPEAT



M Y N D W O R K S

COMPONENTS OF ANXIETY

CATASTROPHIC

Separation Anx
Specific Phobias
Negative Thinking

EVALUATION

Social Anx
Fear of Judgement
What others think

CONTROL

Panic Attacks
Agoraphobia

UNCERTAINTY

Fear of Unknown
Generalised
OCD & Impulsive thoughts

ANXIOUS THOUGHTS
ARE OFTEN TRIGGERED BY
PAST
EVENTS



Trauma > Panic, Avoidance or Control

Family > Upbringing & Conditioning

Relationships > Love / Friends

Society > Events, News, Restrictions

Religion > Beliefs, Values, Separation

Work > Comparison & Self-Worth

Creation of Stories & Beliefs

Cert/Spont - Grow/Contr - Conn/Signif



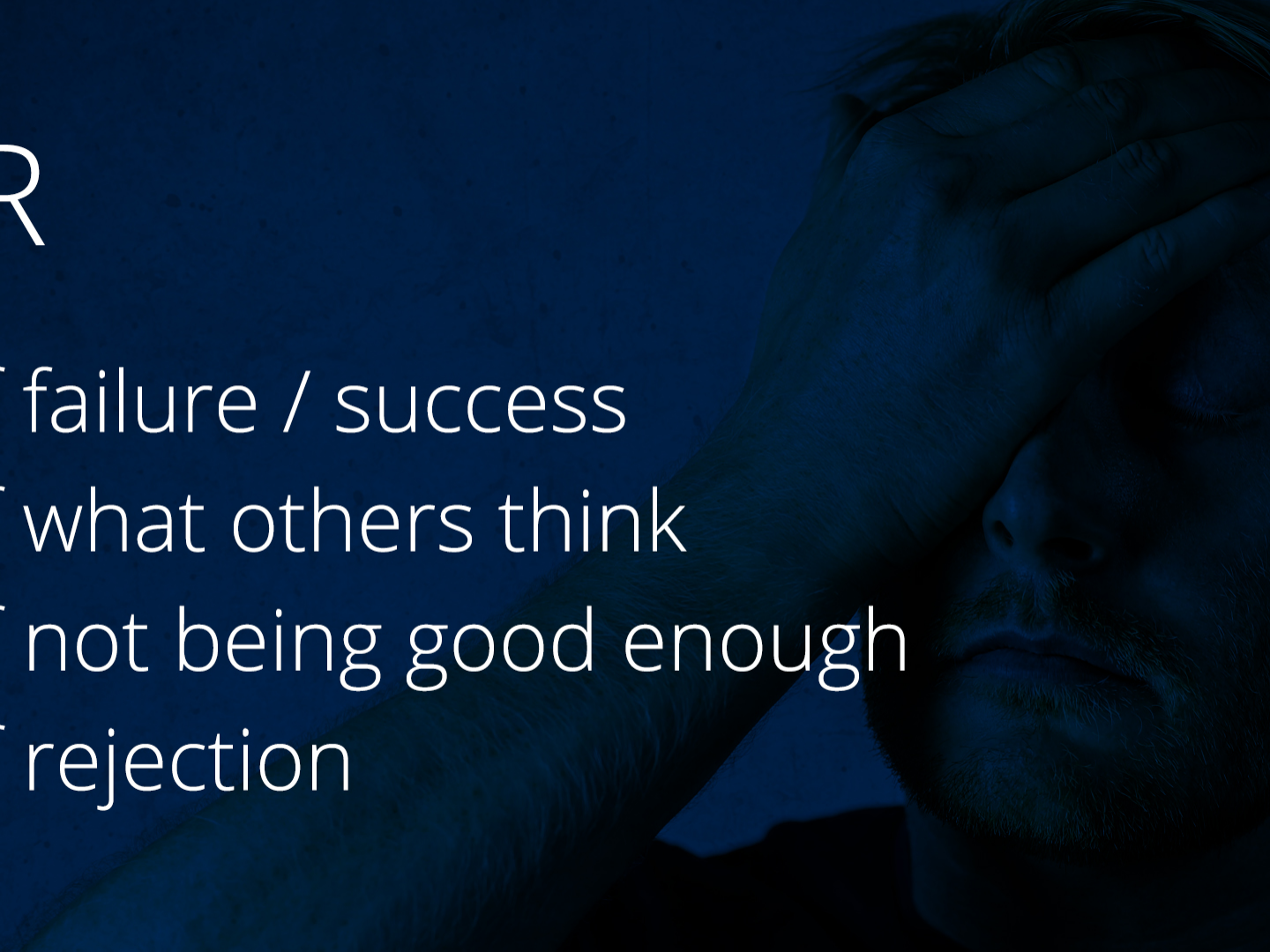
FEAR

Fear of failure / success

Fear of what others think

Fear of not being good enough

Fear of rejection



Fight/Flight/Freeze
Panic | Shakes | Sweats
Heart Racing | Nausea | IBS
Headaches | Dizziness

Over-thinking | Indecision
Avoidance | Confusion
Procrastination | Anger | Fear
Impatience | Constant Worry



PANIC ATTACK

Anxious Thought - Con/Sub

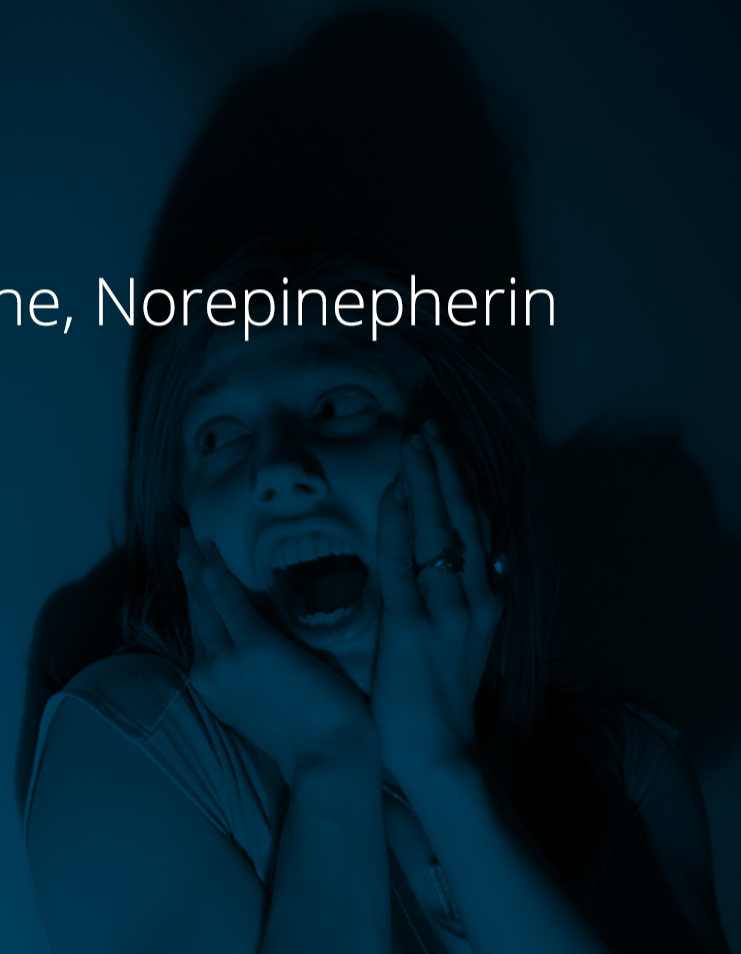
Physical Reaction - Cortizol, Adrenaline, Norepinepherin

Fight / Flight / Freeze response

Body in shock - PH turns Acidic

Acidosis, Oxidation, Inflammation

Auto-immune responses



PANIC DIFFUSION

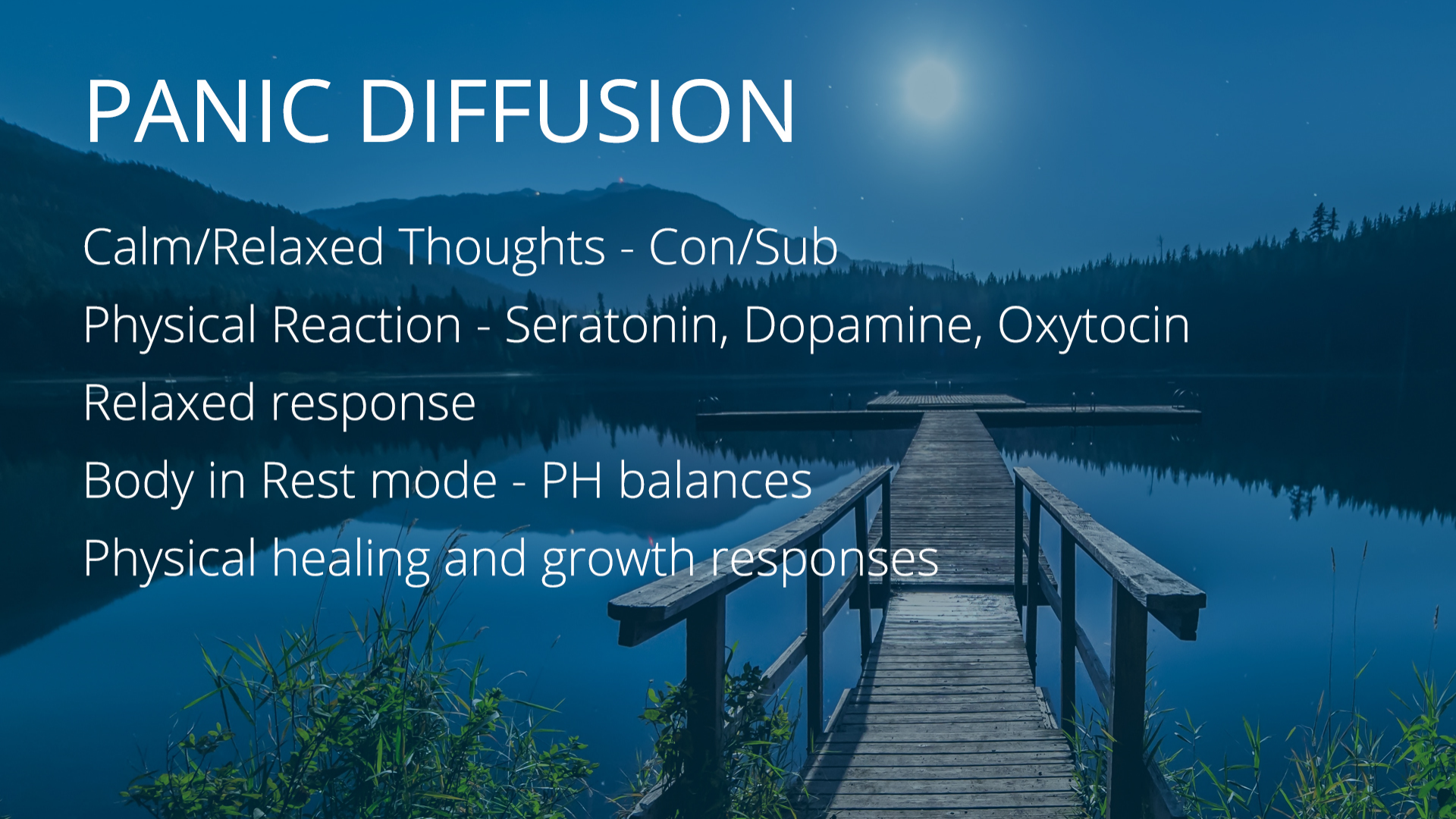
Calm/Relaxed Thoughts - Con/Sub

Physical Reaction - Serotonin, Dopamine, Oxytocin

Relaxed response

Body in Rest mode - PH balances

Physical healing and growth responses



So...

how do we tackle it



3 Simple Mindhacks

To boost self-esteem and confidence



Exposure



Exposure

to the thought





Re-write the old stories

Over-estimate
likelihood

Over-estimate
catastrophe

Under-estimate
own ability

Externalise it!

Think of the anxious thought
as an external pest who's
whispering into your ear



Exposure

Controlled or Dissociated

Rewrite the Stories

Likelihood | Catastrophe | Survival Ability

Externalise

the experience as a pest

Quick distractions

Phone Number
Backwards

Tropical Island /
Supermarket

M Y N D W O R K S

LOGIC QUESTIONS

1. What is the earliest memory relating to your beliefs?
2. What did you believe about the event?
3. Was there another perspective?
4. What must you believe instead, to feel better?
5. What behaviour will make that belief stronger?

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Time for Q&A...

