

## January 2023

## Calming our Anxious Mind

| Journal Exercise:  |
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| This journal series involves some meditative visualization. I want to encourage you to close your eyes and visualize your anxiety and communicate with it while you answer each question. Bring it to your dinner table and encourage a conversation. Welcome the feeling, welcome the anxiety and allow it to speak to you! |
| Answer the following:  |
| <ol> <li>Begin by visualizing your anxiety. Describe what it looks like below: (e.g. colour, imagery, cartoon faces etc.<br/>there are NO wrong answers, trust what comes)</li> </ol>  |
| 2. Ask you anxiety why it has appeared in this season of your life? What is it here to teach you? Write what you hear below.   |
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| 3. How can you use this experience in shaping you to who you want to be? Thank your anxiety for appearing to reveal to you, your truth.  |