

BYE BYE PANIC MENTORSHIP
PRESENTS:

ANXIETY **RECOVERY** **BLUEPRINT**

HOW TO **DESENSITIZE**
YOUR **NERVOUS**
SYSTEM ONCE
AND FOR ALL

OVERCOME **PANIC**
ATTACKS,
PHYSICAL SYMPTOMS,
DEREALIZATION &
DEPERSONALIZATION





Anxiety isn't just experienced "mentally." Anxiety can cause a wide range of physical symptoms due to the body's stress response, also known as the "fight-or-flight" response. When you perceive something as stressful or threatening, your body releases stress hormones, including adrenaline and cortisol.

When your body hits its stress threshold, your nervous system becomes sensitized. This sensitization is a prolonged state designed to protect you in case a threat returns. This guide teaches you how to desensitize that state so that, consequently, the symptoms diminish on their own.

DISCLAIMER

This guide is designed to help you understand the bizarre and often "mysterious" symptoms created by anxiety and to assist you in developing tools and strategies to begin desensitizing your nervous system.

Nevertheless, this guide is just that - a guide.

Remember that this guide serves primarily as an informational resource. Although it offers significant insight, it shouldn't replace the expertise of a healthcare professional.

If you encounter any of the described symptoms, it's crucial to seek advice from a healthcare expert. These professionals possess the essential knowledge and hands-on experience to determine if your symptoms stem from anxiety or another medical issue.

Medical experts can conduct comprehensive assessments, employ diagnostic techniques, and use your health records to arrive at an accurate diagnosis.

Following this, they can devise a personalized treatment strategy to address either the anxiety or any other diagnosed health concern.



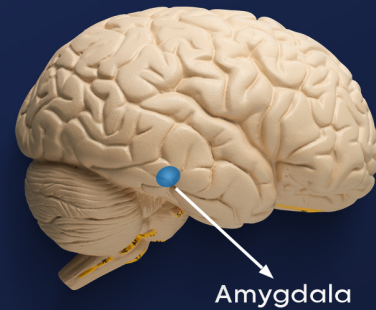
YOUR NERVOUS SYSTEM EXPLAINED

The nervous system has multiple functions, from helping all your body parts communicate with each other to helping you defend yourself or run away from danger.

When you experience a threat, like a tiger, snake, or a bus coming towards you at full speed, the **AMYGDALA** detects the threat signal.

When your amygdala detects a threat, it produces a response through the nervous system called the **STRESS RESPONSE**.

The stress response is broken into the **FIGHT, FLIGHT,** and **FREEZE** response.



AMYGDALA →

The amygdala is a part of the brain that determines what is considered a threat and what is not. Think of it as your watchdog. Its job is to learn and identify what is dangerous and triggers the **STRESS RESPONSE**.

STRESS RESPONSE

Your stress response is designed to mobilize your mind and body to protect you from danger and keep you away from harm. The stress response is activated in three ways.



Fight



"fighting an opponent or predator"



Flight



"run away from an avalanche or animal"



Freeze



"play dead"

WHY IS IT IMPORTANT?

When the stress response is activated, you will experience intense physical symptoms, sensations, thoughts, and feelings. These symptoms are considered "anxiety" symptoms.

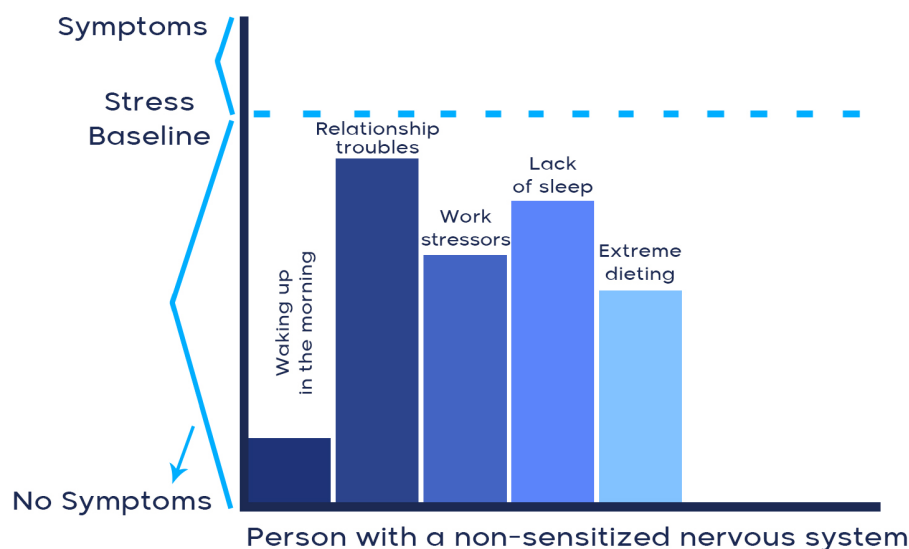
Some symptoms include **DIZZINESS, HEART PALPITATIONS, HYPERVENTILATION, INTRUSIVE "SCARY" THOUGHTS, AND DEPERSONALIZATION AND DEREALIZATION.**

HOW DOES THE STRESS RESPONSE RELATE TO NERVOUS SYSTEM SENSITIZATION?

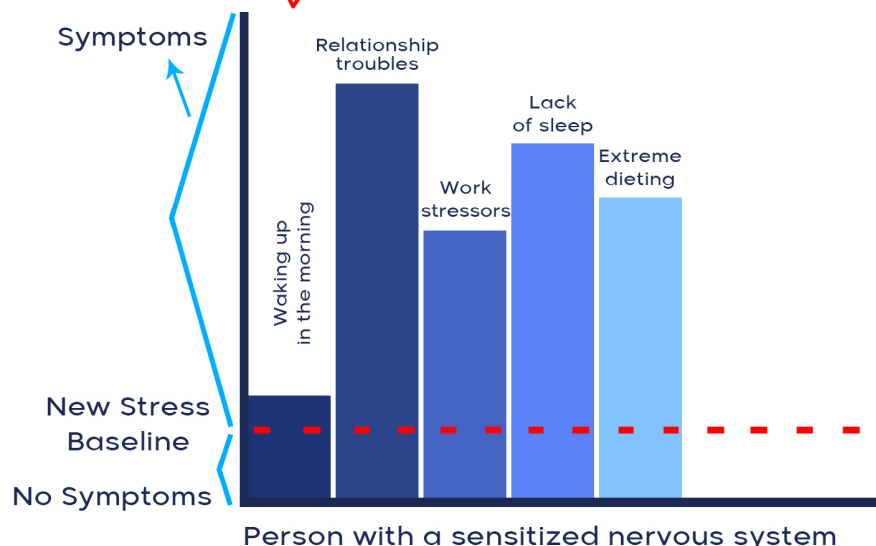
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The nervous system is evolved to deal with pre-historic threats such as

snakes, predator, and tribal warfare. However, daily stressors can also activate our stress response. When your stress response is activated for a **sustained** period of time, it leads to your nervous system becoming **sensitized or hyper-stimulated**.



After Sensitization



The nervous system can handle daily stressors.

When life stressors compound or stay consistent over time and push past your stress baseline, you will begin to experience uncomfortable stress-related sensations. Once it moves past the inflection point of the stress baseline, this often leads to a panic attack.

Once your nervous system is sensitized, your amygdala is on **high alert**. It assumes there is a threat. Sensitization is your body's way of staying alert in case the danger re-appears. For example, pre-historically, **if you saw a tiger in the jungle once, there was a high chance you would re-encounter the same tiger**.

COMMON SYMPTOMS CAUSED BY SENSITIZATION

Physical Symptoms:

- Heart Palpitations
- Dizziness
- Nausea
- Digestive Issues
- High Blood Pressure
- Tightness of throat
- Vision changes

Panic Attacks:

- Fearing loss of control
- Shortness of breath
- Hyperventilation
- Vertigo sensations
- Fearing sudden death
- Feeling of needing to escape

Intrusive "Scary" Thoughts:

- "What if I'm going crazy?"
- "What if something really bad happens this time?"
- "What if I lose control"
- "What if my anxiety leads to something worse?"
- "What if my symptoms never go away?"
- "What if I'm misdiagnosed and I have something more serious?"

*Note that these are misinterpretations of your symptoms



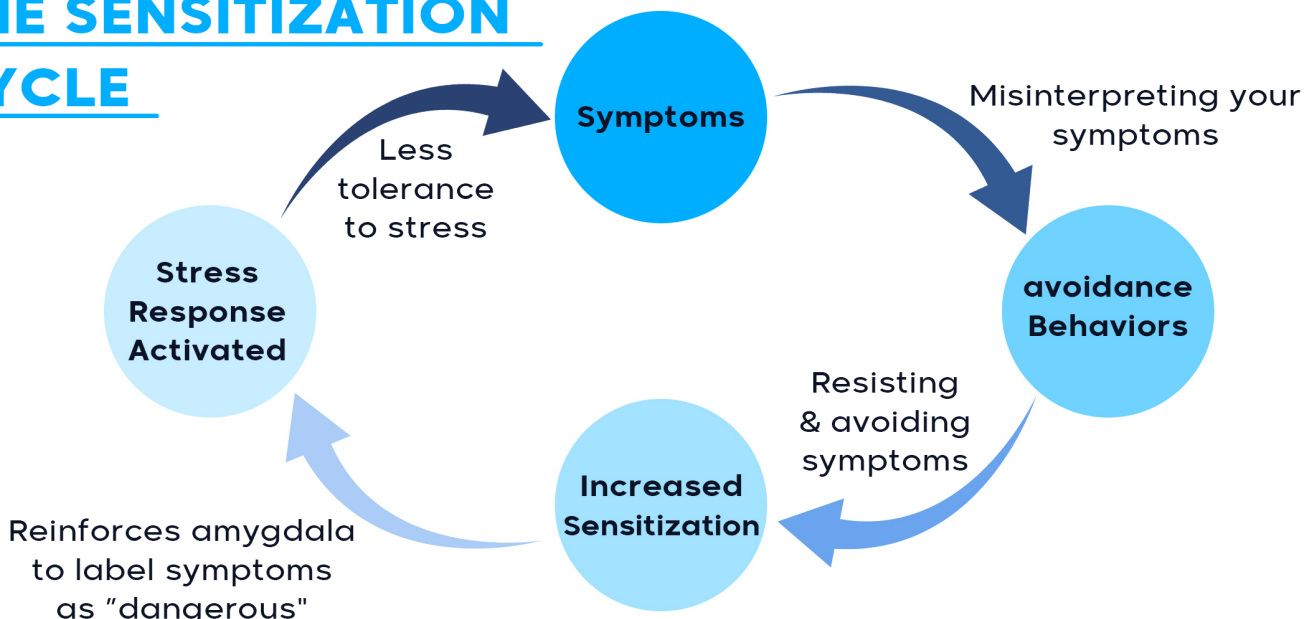
Dissociation:

- Derealization -feeling like you and the world aren't real
- Depersonalization – feeling outside of your body
- Feeling like you're "a robot"
- Vision changes
- Brain fog
- Begin having deep philosophical questions like "what is the meaning of life"

Emotions:

- Intense feelings of sadness
- Feeling fatigued constantly
- Feeling numb

THE SENSITIZATION CYCLE



CARDIOVASCULAR (HEART) SYMPTOMS EXPLAINED

Anxiety is an alarm system designed to protect you from perceived danger. When the alarm system is triggered, our bodies respond with the fight-or-flight response and release stress hormones, including adrenaline.

One major system anxiety activates is the cardiovascular system. This includes the heart, blood vessels, and blood.



See below for common symptoms experienced.

When someone has reached their stress threshold and their nervous system becomes sensitized, they experience heart symptoms even when they are not engaging in any physically demanding activities. This can lead the anxiety sufferer to think that they're experiencing a heart attack or some type of heart disease.

Doctors often conduct a series of tests including EKGs, echocardiograms, stress tests, blood work, and Holter monitoring. Even when the tests come back normal, anxiety sufferers have a difficult time believing their heart is healthy. They worry that the doctor might have missed something or that their heart can't handle beating so hard for an extended period of time.

The first step to recovering from cardiophobia is understanding what's happening and why you're experiencing the symptoms. Once this is understood, the next step is learning to desensitize the nervous system so that the body is no longer in the stress response and not producing excess adrenaline.

COMMON SYMPTOMS:

- Heart palpitations
- Chest discomfort
- Shooting chest pains
- Radiating pain in the left shoulder and arm
- Tight band around the chest
- Heart flutters or skipped heart beats
- Shortness of breath
- Increased blood pressure
- Postural Orthostatic Tachycardia Syndrome (POTS)

RESPIRATORY (BREATHING) SYMPTOMS EXPLAINED

During the fight or flight response, blood flow is diverted from non-essential systems like the digestive and reproductive systems to the muscles, lungs, and other systems essential for a rapid response to danger. This action prepares the body to either confront or flee from a threat.

As blood flows to muscles and other parts of the body, the rate of respiration or breathing increases to supply more oxygen to the bloodstream and the brain, enhancing their function and responsiveness.



This need for more oxygen can cause sensations of breathlessness in anxiety sufferers. They fear that they aren't getting enough oxygen and might pass out. Contrary to their perceptions, they are less likely to pass out because they have excess oxygen and their blood pressure is elevated.

Anxiety sufferers are likely to engage in the following behaviors:

Physical Activity Avoidance: Some people avoid exercise or strenuous work, fearing these could trigger a panic attack.

Isolation: Anxiety sufferers may shun social events, public places, or any situations they perceive as threatening, especially if breathlessness might occur.

Breathing Control: They may obsessively check or control their breathing to prevent hyperventilation, even avoiding situations where breath control might feel difficult, such as mask-wearing or diving.

Stress Avoidance: They evade situations linked with anxiety and breathlessness, like public speaking, testing, or crowded areas.

COMMON SYMPTOMS:

- Shortness of breath
- Excessive Yawning
- Chest tightness
- Feeling like you will faint
- Feeling dizzy/lightheaded
- Feeling like forcing yourself to breathe
- Hyperventilation

DIGESTIVE SYMPTOMS EXPLAINED

When your body reaches its stress threshold, time becomes critical. In situations of danger, every moment is invaluable. As a result, non-essential functions that aren't immediately necessary are temporarily suspended, including digestion.

This suspension can trigger various uncomfortable symptoms such as nausea, stomach ache, diarrhea, and constipation (refer to the section below for more common symptoms).

For someone suffering from anxiety, experiencing these symptoms in the absence of any apparent threat (due to a state of heightened sensitivity) may lead them to suspect issues with their digestive system.

This could provoke fears of severe food allergies, irritable bowel syndrome, or inflammatory bowel diseases like Crohn's or celiac disease.

Anxiety suffers:

Avoid eating certain foods for fear of digestive distress or food allergies (they often have safe foods).

Avoid traveling or areas where there aren't restrooms/washrooms readily available. Avoid eating in public places for fear of digestive distress. They avoid places like restaurants and cafes.

While digestive symptoms are frequently associated with stress, those with anxiety and a heightened nervous system often encounter severe digestive problems. However, mastering the ability to desensitize your nervous system and overcoming the fear of these symptoms can help return your digestive function to its normal state.



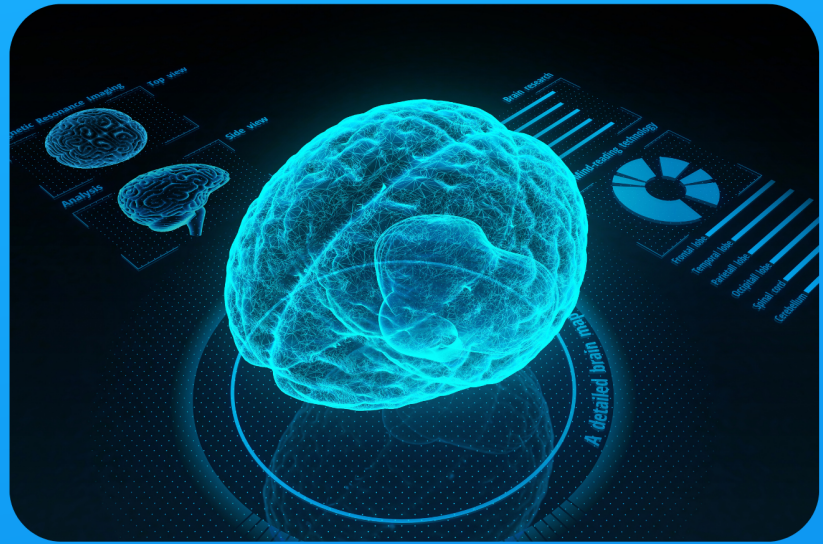
COMMON SYMPTOMS:

- Nausea
- Diarrhea
- Constipation
- IBS (Irritable Bowel Syndrome)
- Development of food sensitivities
- Bloating
- Belching
- Choking sensations
- Loss of appetite

COGNITIVE SYMPTOMS EXPLAINED

Anxiety manifests itself not just through physical symptoms but through cognitive symptoms as well. Like any other organ in the body, the brain plays a central role in survival.

The cognitive or mental aspect is equally important and often acts as the medium through which we perceive and interpret physical sensations as symptoms of anxiety.



During heightened anxiety, the tendency to overestimate danger and underestimate one's ability to cope, known as catastrophic thinking, is a prime example of how anxiety shapes our thoughts. In other words, anxiety tends to focus on worst-case scenarios and magnify them to make them seem more likely.

These had survival advantages in historical contexts. If you were able to foresee the worst-case scenario and prepare for it, you were more likely to survive.

However, there is no present, immediate danger for individuals suffering from anxiety. What they interpret as dangerous are their symptoms. Because they aren't given an explanation for their symptoms, their anxiety leads them into thinking of the worst-case scenario.

This is how individuals develop health anxiety. They are responding to bizarre, mysterious, inexplicable symptoms by envisioning the worst-case scenario.

COMMON SYMPTOMS EXPLAINED:

- Catastrophic thinking
- Rumination
- Fearing this will be a permanent problem
- Dealing with "what-if" scenarios constantly
- Getting reassurances from providers and peers

In addition to the well-known fight-or-flight response, our bodies possess another reaction to stress known as the freeze response.

While the fight-or-flight mechanism is designed to shield us from threats like predators, the freeze response aims to safeguard us during extreme stress or traumatic situations.



To illustrate, consider the fight-or-flight response as the instinctive urge to flee from a tiger.

Conversely, the freeze response serves as a safety measure to shield us from severe trauma if the tiger happens to catch us.

Depersonalization is a state in which one feels detached or disconnected from oneself, like watching one's own life from an outsider's viewpoint.

Derealization, manifests as perceiving the world as unreal, akin to a dream or distorted in some way.

One common circumstance that triggers depersonalization/derealization is the use of drugs such as THC. Upon experiencing these symptoms following illicit drug use, people often fear they have irreversibly damaged their brain chemistry.

However, it's important to understand that these distressing sensations are an outcome of an overly sensitized nervous system, and they can be reversed once the fear associated with these symptoms is overcome.

COMMON SYMPTOMS:

- Feeling unreal
- Existential thoughts
- Feeling like a glass panel between you and the world
- Feeling disconnected from the body.
- Fears of going "insane"
- Fears of psychosis or "brain damage"
- Inability to concentrate or focus

VISION SYMPTOMS EXPLAINED

Human vision is quite advanced compared to that of many animals. Humans are among a minority of species that can see in color and rely primarily on their vision to assess their environment

When there's danger, your eyes need to spot it fast, help you move safely, and aim well if you need to defend yourself. Therefore, anxiety sufferers experience visual changes due to their alarm system being activated.



Because vision is such a dominant sense organ for human beings, it can be a concerning symptom if the anxiety sufferer doesn't understand what's causing the vision changes.

Anxiety sufferers will often:

- Avoid certain activities like driving, reading, or watching television, as these seem to exacerbate their vision symptoms.
- Wear sunglasses indoors (this is also common with people who experience depersonalization/derealization).
- Repeatedly visit optometrists/ophthalmologists even after receiving a clean bill of health.

While experiencing vision symptoms due to anxiety can be worrisome, these symptoms resolve themselves as you begin to desensitize your nervous system and overcome the fear of your vision symptoms.

COMMON SYMPTOMS:

- Tunnel vision
- Visual snow
- Blurry vision
- Static vision
- Depth perception changes
- Dry and/or watery eyes
- Increased sensitivity to light
- Flashing lights when eyes are closed

AUDITORY (HEARING) SYMPTOMS EXPLAINED

Much like the eyes, the ears- responsible for our sense of hearing and orientation- are another sensory organ directly influenced by the fight-or-flight response.

Individuals struggling with anxiety may find themselves excessively aware of variations in sound due to a hyperstimulated nervous system

Here's a detailed breakdown of how this reaction can affect the auditory system:



Selective attention: During fight-or-flight, the brain gives priority to information deemed most pertinent to the perceived threat. This could mean that certain sounds -- like an oncoming threat -- are prioritized over others. Such selective focus can intensify one's perception of these sounds, making them appear louder or more distinctive than usual.

Increased sensitivity: The state of fight-or-flight triggers hyper-alertness in your senses as your body gears up to face potential danger. This can lead to heightened sensitivity to auditory stimuli, making even normal, everyday sounds seem louder or more jarring.

Tinnitus or ringing in the ears: The surge of stress hormones during the fight-or-flight response can trigger temporary physiological changes, including alterations in blood flow. Such changes can occasionally lead to tinnitus, a condition characterized by a buzzing, humming, or ringing noise in the ears or head. Individuals with anxiety often report heightened tinnitus in quieter environments.

Auditory Exclusion: During high-stress situations, the survival-focused intensity can cause certain sensory inputs, like sound, to be reduced or entirely blocked. This can result in temporary hearing impairment or loss during the peak of the fight-or-flight response.

COMMON SYMPTOMS:

- Tinnitus
- Ear popping or pressure
- Ringing in the ears
- Sinus pressure near the ears
- Low-grade rumbling sounds
- Certain noises that feel more startling

While we often discuss anxiety from a nervous system perspective, the fight-or-flight response has far-reaching physiological implications, including the endocrine system, which is responsible for hormone regulation.

When a person becomes sensitized, a cascade of hormonal changes influences bodily functions. These hormonal shifts affect men and women differently.



Anxiety in Women: Women often feel more anxious around the time of their monthly period due to hormone changes. The prevalence, frequency, and intensity of these symptoms typically increase just prior to, throughout, and immediately following their monthly cycle.

Postpartum: Following childbirth, women undergo dramatic hormonal shifts as their bodies readjust. This period, often coupled with sleep deprivation, the physical recovery from childbirth, and the challenges of caring for a newborn, can lead to heightened sensitivity.

Anxiety in Men: Lower Testosterone: Men with a sensitized nervous system might experience lower testosterone levels because the body prioritizes survival over growth and reproduction.

COMMON SYMPTOMS IN WOMEN AND MEN (F/M)

- Symptoms during/after monthly period (F)
- Irritability (F & M)
- Lower libido (M)
- Decreased muscle mass (M)
- Excessive worry (F & M)
- Fear of thoughts around harming child (F)

Cortisol, often labeled the "stress hormone," also plays a crucial role in regulating the sleep-wake cycle.

Because cortisol is a natural stimulant, excess cortisol can affect sleep cycles in anxiety sufferers. It is not uncommon for anxiety sufferers to wake up in the middle of the night with a panic attack.



Here's how cortisol impacts sleep:

- **Sleep Disruption:** Elevated nighttime cortisol levels can disrupt this natural rhythm, making it challenging to fall asleep or maintain deep, restorative sleep. Chronic elevation of cortisol during the evening can be a significant factor in insomnia.
- **Frequent Awakenings:** Elevated cortisol levels can lead to more frequent awakenings during the night, reducing overall sleep quality and duration.
- **Morning Anxiety:** Because cortisol levels follow a circadian rhythm, cortisol levels are highest in the morning. Anxiety sufferers tend to experience intense symptoms in the morning due to elevated cortisol levels.

While sleep hygiene is important and helpful for improved sleep quality, As the nervous system desensitizes, sleep quality restores itself.

COMMON SYMPTOMS EXPLAINED:

- Unable to fall asleep
- Unable to stay asleep
- Nightmares of vivid dreams
- Difficulty letting go in order to sleep
- Morning anxiety
- Night sweats
- Restless sleep

EMOTIONAL SYMPTOMS EXPLAINED

The amygdala is the part of the brain responsible for emotional responses, especially fear. The amygdala becomes hyperactive in people with anxiety. Overactivity in this region can lead to heightened emotional reactions.

When someone's nervous system is sensitized, as seen in those struggling with anxiety symptoms, imbalances in neurotransmitters like adrenaline, serotonin, and dopamine can lead to emotional symptoms and mood swings.



Understanding the emotional symptoms of anxiety is crucial because these symptoms often drive behaviors and reinforce the cycle of anxiety. For example, feelings of dread might make one avoid certain places, reinforcing the belief that those places are dangerous.

It's important to understand the interplay between emotional, physical, and cognitive symptoms. For instance, if one notices their heart racing, it can lead to increased feelings of panic or fear, further intensifying the emotional response. These emotional responses often result in irritability, feelings of impending doom, and repeated restlessness.

Lastly, individuals with anxiety often feel misunderstood because they don't have an answer for their symptoms. Their challenges in leading a regular life can give rise to feelings of shame and guilt. As a result, their confidence and self-esteem diminish.

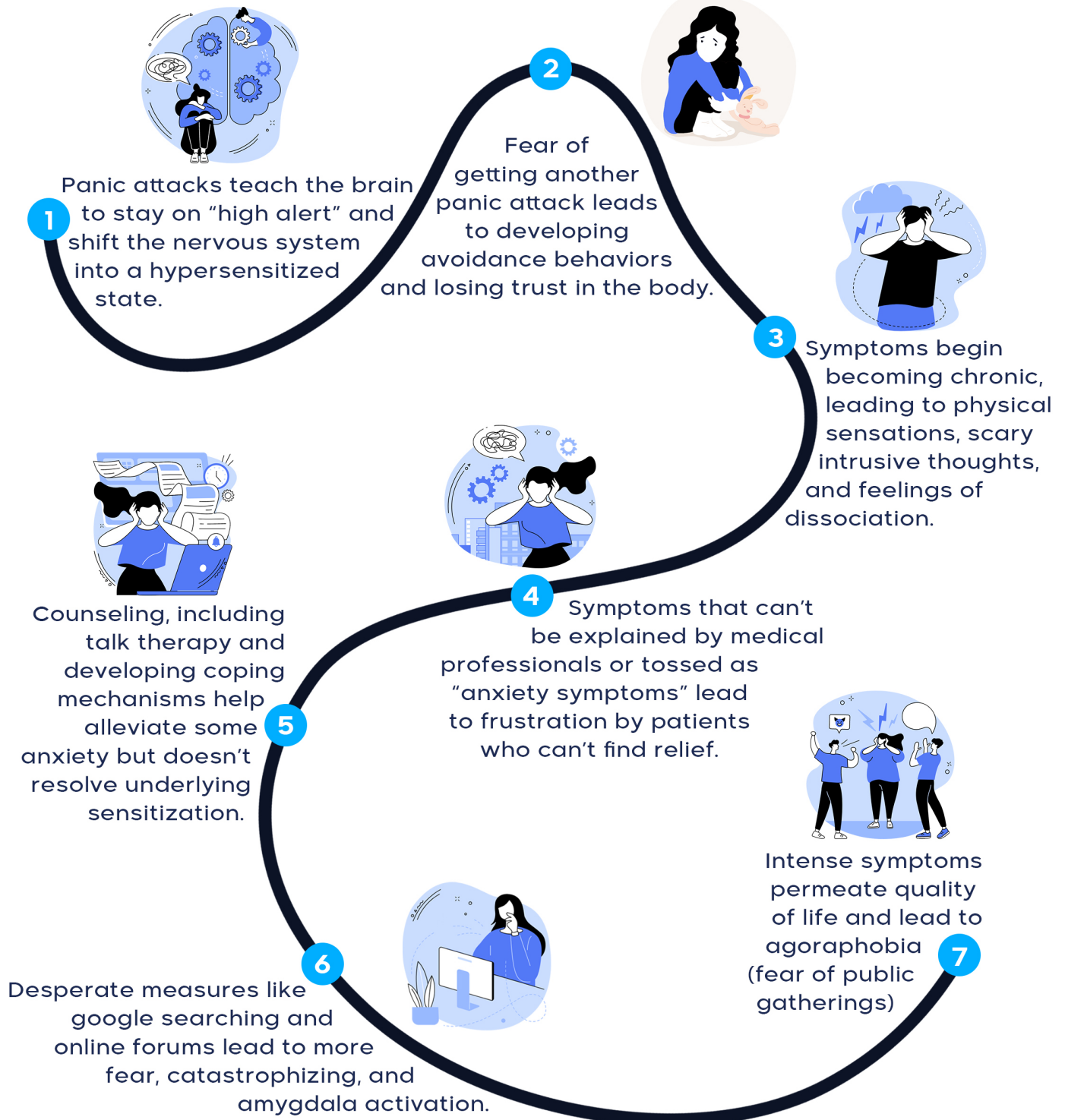
However, as they embark on and progress through their recovery journey, they gradually regain their confidence as a direct result of reclaiming control over their lives.

COMMON SYMPTOMS:

- Feelings of impending doom
- Irritability
- Fear of losing control or going crazy
- Mood swings
- Feeling disconnected
- Restless
- Increased sense of guilt or shame

THE COMMON PATH TO SENSITIZATION

BYE BYE PANIC MENTORSHIP



TRIGGERS THAT LEAD TO SENSITIZATION INCLUDE:

1. Panic attack after marijuana or illicit substance use.
2. Compounding life stressors.
3. Intense dieting.
4. Childbirth.
5. After a medical scare.

HOW YOUR NERVOUS SYSTEM STAYS SENSITIZED

THE 5-F PRINCIPLE



FEARING When you fear your symptoms, you naturally resist them. As you resist your symptoms, this increases sensitization.

"I'm afraid I will get a panic attack while driving."

"I'm afraid I messed up my brain chemicals."

"What if the doctor misdiagnosed me and there is something seriously wrong?"

"I'm afraid these symptoms will never go away."



FIGHTING When you try to fight your symptoms or resist them, they increase in duration and frequency.

"I'm going to do breathing techniques to eliminate my symptoms."

"I'm feeling a panic attack coming so I'm going to try to distract myself."

Tensing up as a way to avoiding feeling sensations.



FIXING This often occurs when people misuse coping mechanisms to fix their symptoms.

"I need to google search my symptoms to try to feel better in the moment."

"My symptoms are very strong; maybe I can get assurances to feel better."

"I'm going to use lavender oil in order to make my symptoms go away."



FOCUSING Constantly checking in on your symptoms or monitoring its ups and downs.

"My mind is racing, why is it racing? Is it still racing? Now, is it still racing? Now?"

"Why does this thought keep appearing? Is it gone yet? Now, is it gone?"

"My chest feels tight. I am going to keep paying attention to it in case it is something worse"

"My symptoms are getting worse. Oh no. I am going to keep checking to see if it's getting worse."



FRUSTRATION When you feel upset or annoyed that a symptom is present and you are unable to fix it.

"I was trying to have fun with my friends but my anxiety symptoms were debilitating."

"What I'm going through is awful, why is this happening to me? I just want to go back to the way things were."

HOW TO DESENSITIZE YOUR NERVOUS SYSTEM

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THE BBP METHOD

The Three Pillars To Overcoming A Sensitized Nervous System



HOW TO DESENSITIZE YOUR NERVOUS SYSTEM

PILLAR ONE: BODY

All anxiety-based symptoms can be explained by the stress response. Simply learning about how anxiety works helps reduce the fear around the symptoms. Here are just a few symptoms that are caused by anxiety.

1. Dizziness/Lightheadedness

Increase in blood pressure and oxygen lead to feelings of dizziness, lightheadedness, and vertigo. This gets interpreted as feeling like "going to pass out" or "losing balance and falling."

3. Vision Changes

Humans are very visual creatures. Vision changes occur so potential threats are more visible. Changes include blurry vision, tunnel vision, and visual snow.

5. Heart Palpitations

During high anxiety, your body produces extra adrenaline. Your heart is a major organ that burns off excess adrenaline. The burning off of extra adrenaline leads to an increased heart rate. This can be mis-interpreted as a heart condition.

7. Excessive Sweating

When in danger, the body sweats to keep cool. Sweating helps maintain body temperature.

9. Shivering

Blood vessels in the skin contract to force blood towards other body parts and muscle groups.

2. Intrusive, Racing Thoughts

During the stress response, your brain will come up with the worst-case scenario and magnify the threat to prepare you for perceived danger. It can be difficult to concentrate on anything apart from the threat. This can include a thought, physical sensation, or any feeling.

4. Shallow Breathing

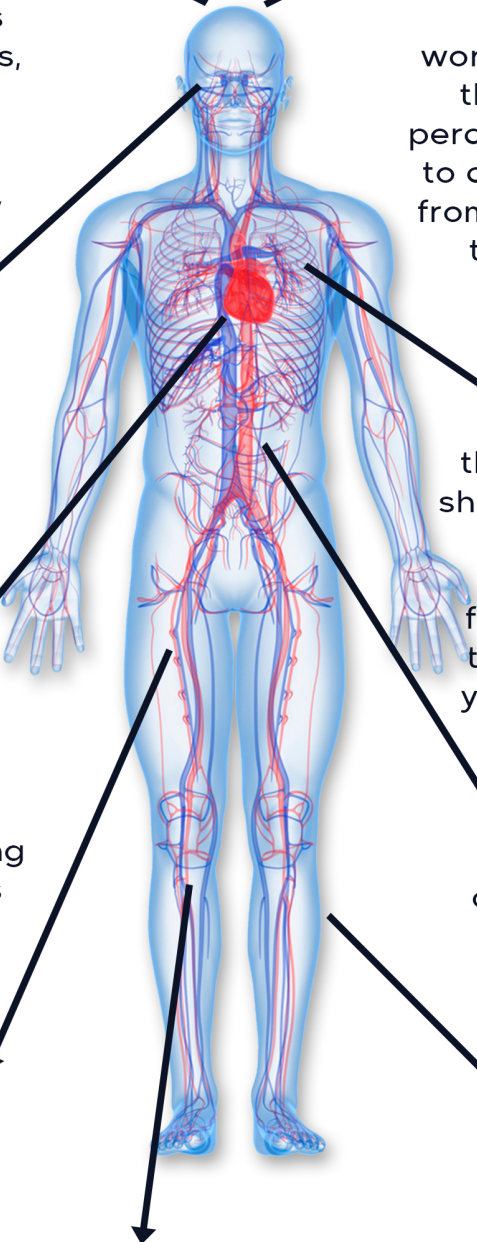
As your body gears up for a threat, your body starts taking shallow, rapid breaths to support your muscles with more oxygen. The consequence is feeling "breathlessness." Even though you feel breathlessness, your body is getting more than enough oxygen.

6. Digestive Issues

Blood is diverted from the digestive system and pushed to other body parts. Since digestion is not critical in a high anxiety situation, the body prioritizes blood flow to other organs.

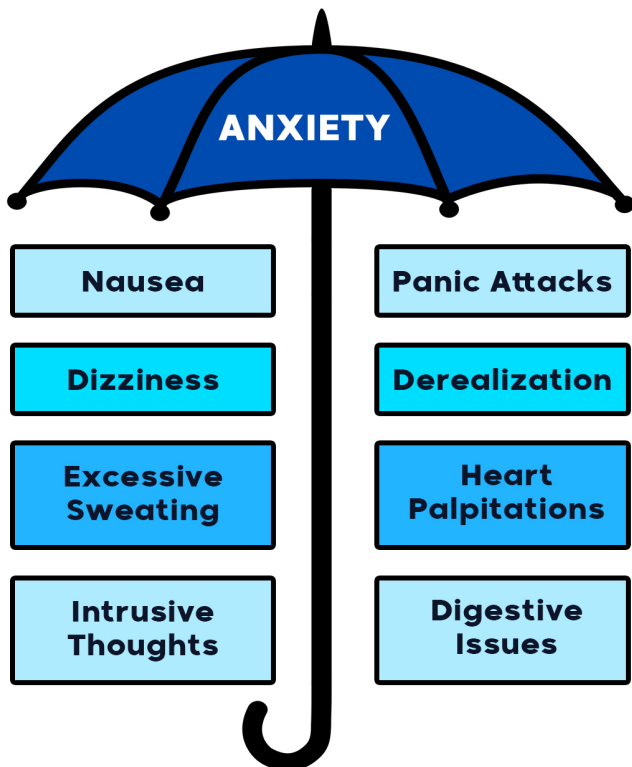
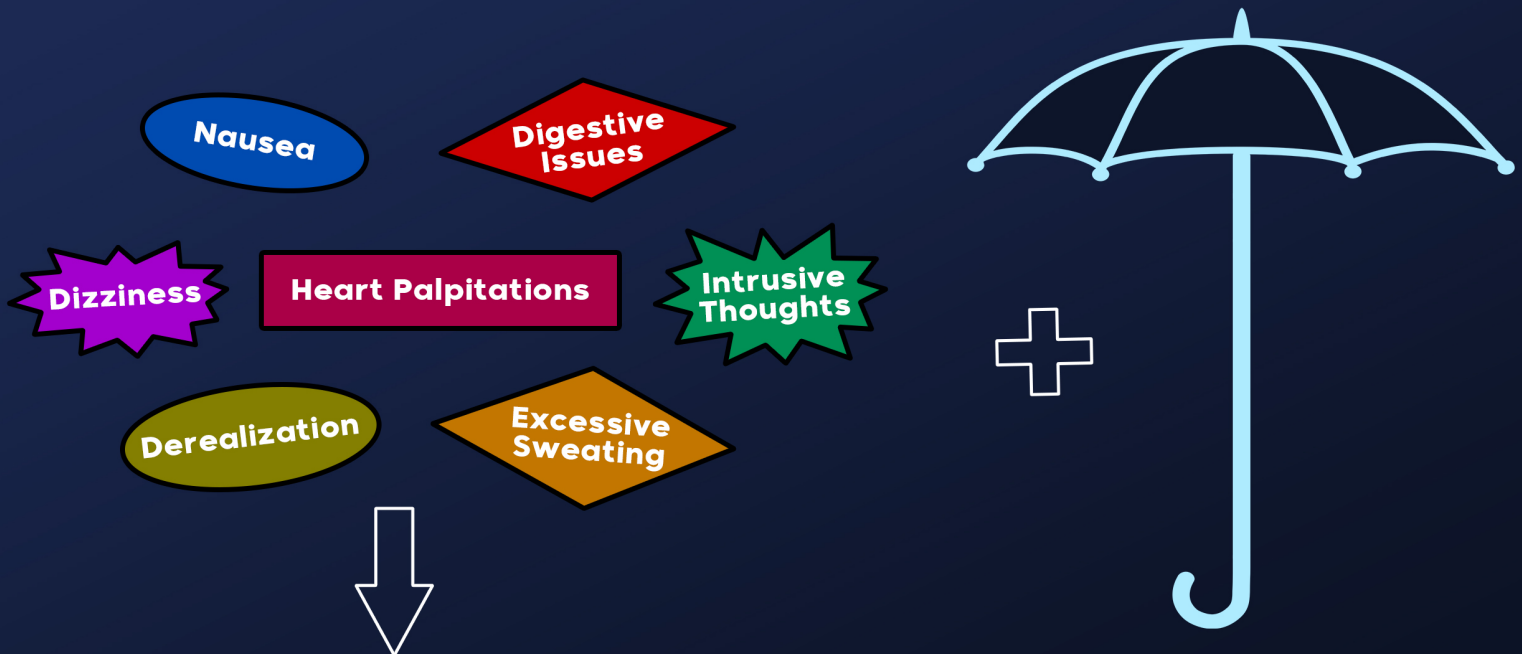
8. Muscle Tension

In order to get ready for action, muscles tense up to run away or fight a threat.



HOW TO DESENSITIZE THE NERVOUS SYSTEM

PILLAR ONE: BODY



ANXIETY UMBRELLA:

Viewing anxiety as an umbrella term enables sufferers to look at anxiety differently. Rather than looking at each symptom, sensation, or feeling as a singular, unique problem that needs to be solved. Take the top-down approach by throwing all the symptoms under the anxiety umbrella. Instead of having 15 different symptoms or five diagnoses (panic disorder, health anxiety, OCD, etc.), view every symptom as a consequence of nervous system sensitization. Therefore, desensitizing the nervous system will eliminate all symptoms over time.

HOW TO DESENSITIZE YOUR NERVOUS SYSTEM

PILLAR TWO: PRESENCE – A.L.A.R.M. PROCESS

Learn how to turn off your amygdala (alarm system) with this process whenever you experience symptoms or sensations.



A CKNOWLEDGE

Acknowledge your symptom, sensation, feeling, and/or thought

"I'm feeling panic sensations right now."

"I'm feeling heart palpitations."

"I'm experiencing scary, intrusive thoughts at the moment."

"I'm feeling sad and scared."



L ABEL

Label your symptom, sensation, feeling and/or thought as an anxiety symptom. Throw it under the anxiety umbrella.

"These panic sensations are just excess adrenaline burning itself off."

"These heart palpitations are just anxiety sensations."

"These thoughts are just anxious thoughts, I'll throw these under the anxiety umbrella."



A CCEPT

Accept your symptoms and allow them to be present.

"I'll let these panic sensations stay as long as they want. I won't resist them."

"My heart can palpitate as long as it wants. "

"I'll allow these thoughts to be there. So what? They're just thoughts."



R EFOCUS

Refocus on whatever task you have at hand.

"I'll continue driving with these panic sensations there."

"I'll continue reading this book with these heart palpitations "

"I don't have to do anything about a thought, I'll continue watching TV."



M OVE ON

Continue on your day. Don't let anxiety stop you from living your life.

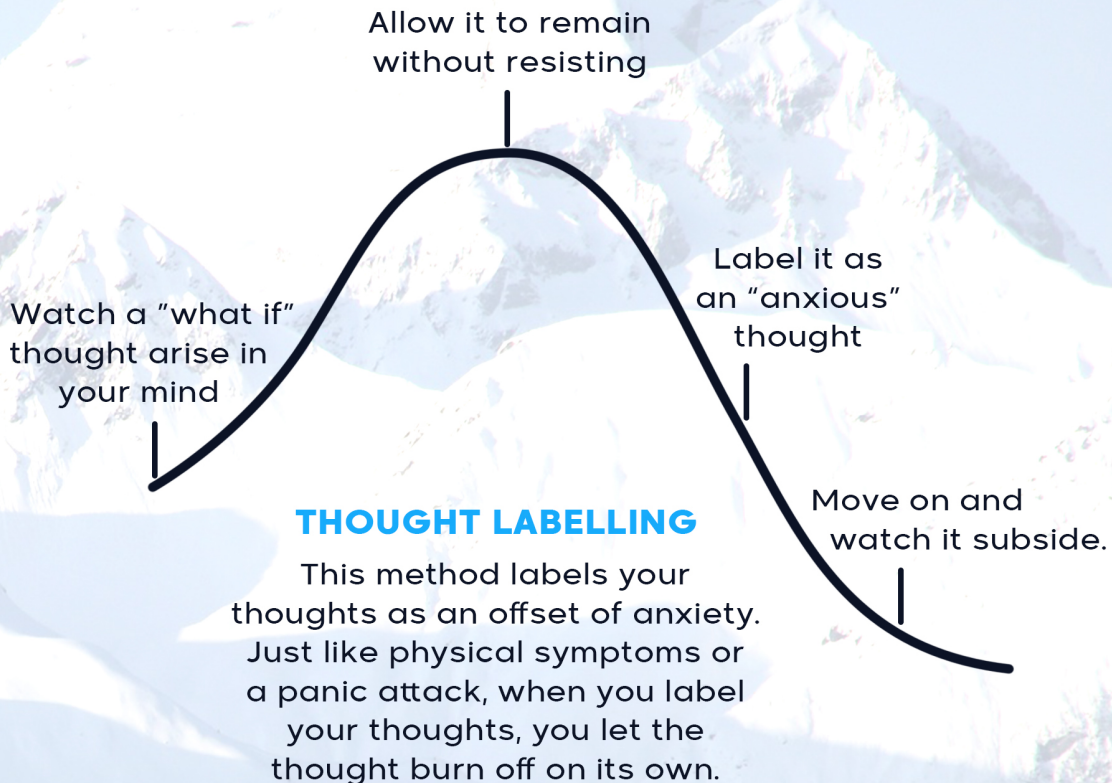
"I still need to go to the grocery store later."

"Even with these symptoms, I'll continue with my work and then enjoy an evening with my friends."

HOW TO RESPOND TO INTRUSIVE THOUGHTS

BYE BYE PANIC MENTORSHIP

THOUGHT LABELLING METHOD



TIP # 1:

You cannot control a thought. Like clouds, thoughts come and go. What determines a thought staying is by engaging with a thought.

TIP # 2:

A thought stays alive if you engage with it. Thinking is active engagement. Acknowledge and label the thought, but don't engage with it.

TIP # 3:

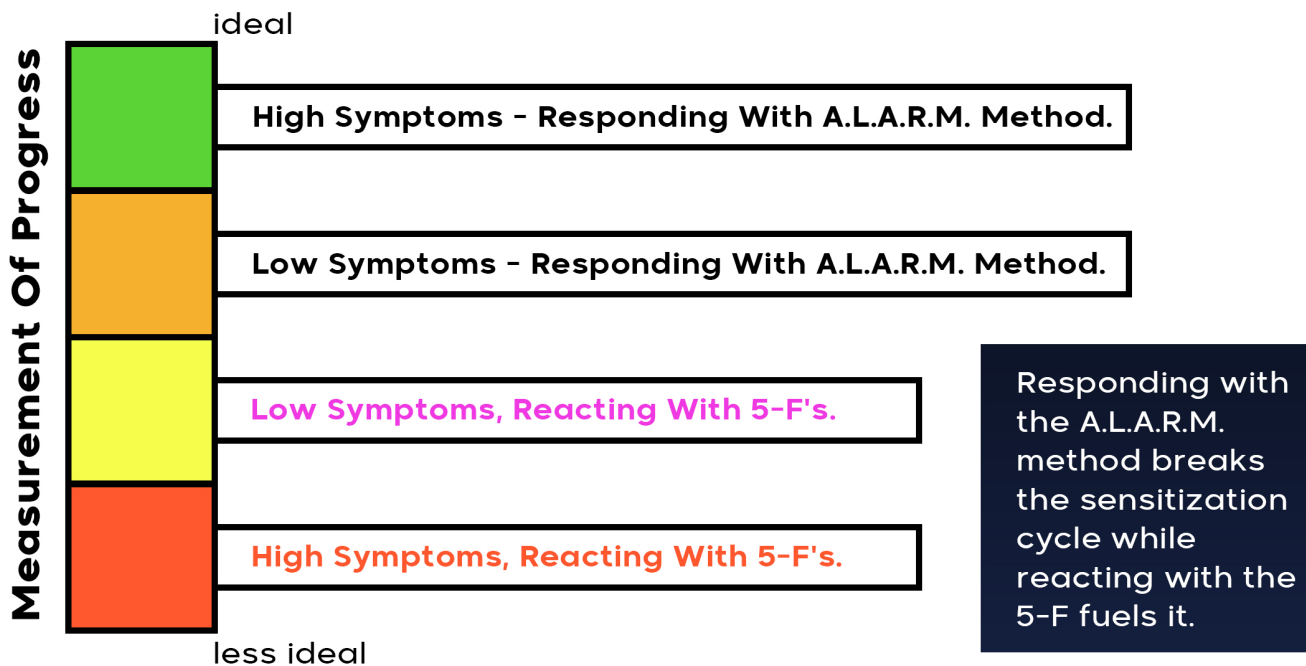
Labeling your thoughts creates distance between you and your thought. If you label and observe your thought instead of engage with the thought, the thought naturally disappears on its own.

Repeat this method whenever you have intrusive, scary "what-if" thoughts that bother you.

HOW TO DESENSITIZE YOUR NERVOUS SYSTEM

PILLAR TWO: PRESENCE - HOW TO MEASURE YOUR PROGRESS

Recovery does not "feel" linear. It often feels like three steps forward, two steps back. Your progress should be measured by how well you are responding to the anxiety symptoms. Specifically when anxiety is highest.



HOW RECOVERY CAN FEEL LIKE

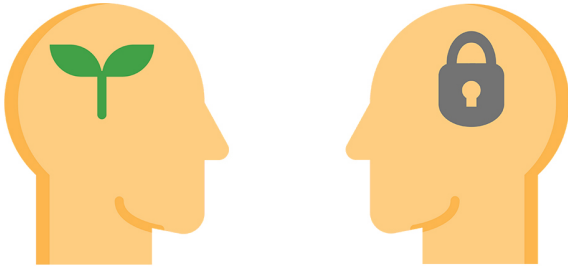


HOW TO DESENSITIZE THE NERVOUS SYSTEM

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PILLAR THREE: BEHAVIOR – HOW MINDSET PLAYS A ROLE IN RECOVERY

GROWTH VS. FIXED MINDSET



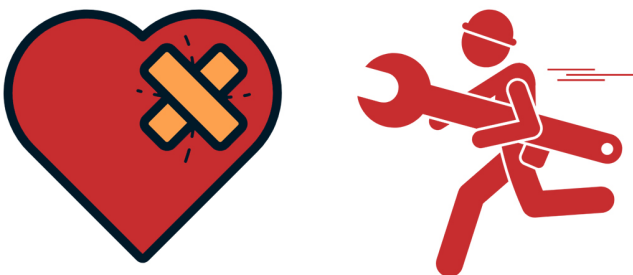
A growth mindset embraces days where anxiety is high as opportunities. A growth mindset also recognizes that this will take patience and effort to create a new habit. A fixed mindset gives up quickly when frustrated and avoids challenges.

PROCESS VS. OUTCOME MINDSET



A process-oriented mindset trusts that if the focus is on the process, the outcome will yield on its own. An outcome-oriented mindset reinforces monitoring their progress by "focusing" on their symptoms. As a result, they reinforce the 5-F's. No matter what happens or doesn't happen, you trust that you are strong enough to handle it.

HEALING VS. QUICK FIX MINDSET



A quick fix mindset chases temporary comfort and does not provide any substantial healing. Healing requires desensitizing the nervous system, not individual symptoms. Recovery is about focusing on long-term freedom, not short-term comfort.

COMPASSION VS. JUDGEMENT

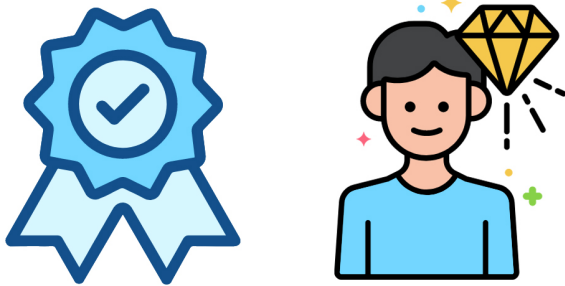


Behaviors like complaining and negative self-talk towards oneself increase amygdala response and anxiety. How you talk to yourself directly affects your nervous system. Showing compassion towards yourself will disengage the stress response and make the journey more accessible and enjoyable.

HOW TO DESENSITIZE THE NERVOUS SYSTEM

PILLAR THREE: BEHAVIOR – HOW MINDSET PLAYS A ROLE IN RECOVERY

EXCELLENCE VS. PERFECTIONISM



Perfectionism can put the body and mind in a state of consistent tension and urgency. Recognize that anxiety will look at everything with a negative bias and magnify that. Perfectionism reinforces that bias. Instead, focus on responding consistently and be compassionate towards yourself. Don't try to heal perfectly or on a schedule.

PROCESS VS. END GOAL



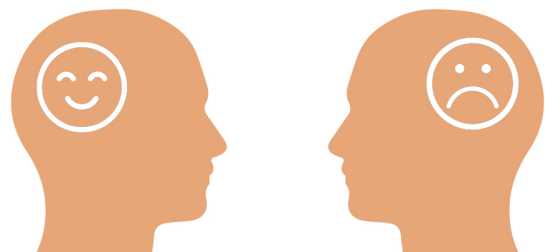
With recovery, the practice is becoming outcome-independent. Anxiety recovery is not the finish line. Instead, recovery is about removing layer as you go through the journey. Being to enjoy the process and the journey of growth and healing will happen on its own.

RESPONSIBILITY VS. BLAME.



Recognize that recovery is your responsibility. While other things may have led you to your situation, the key to your recovery is in your hands. When you recognize that responsibility is within you, that's where freedom arises. Blame leads to victimization and a lack of power for one's healing.

OPTIMISM VS. PESSIMISM



How you interpret the recovery journey will be through your internal filters. Anxiety will look for reasons why this won't work. As you push through challenges and reach milestones, challenge your anxiety and show that no matter what happens, you have what it takes to overcome it.

THE COMMON PATH TO RECOVERY

BYE BYE PANIC MENTORSHIP



1

You begin to realize that symptoms aren't a result of anything physically or mentally wrong but a consequence of sensitization.

2

You begin reliving normally with symptoms present. As you respond to the anxiety (A.L.A.R.M. method), symptoms start disappearing on their own.

3



You begin having days with fewer symptoms with occasional setbacks in between. As time goes on, the setbacks become further apart and less intense.



4

As symptoms disappear, you regain confidence that your mind and body are on your side.



5

You start to uncover thought patterns and unproductive behaviors rooted for years that kept you in the anxiety cycle.

6

You begin using the valuable skillsets you learned from anxiety recovery in other domains in life.

ANXIETY DEMYSTIFIED**MYTHS ABOUT
ANXIETY****TRUTH ABOUT
ANXIETY**

Snap a rubber band on your wrist every time you have an anxious thought.



Studies show suppressing your thoughts makes them more stronger and more frequent. The thoughts you resist persist.

If you struggle with anxiety, it is important to avoid stress and situations that make you feel more "anxious."



Treating yourself as if you are fragile and avoiding risks leads to feeling demoralized. Avoiding anxiety reinforces it to become stronger.

The cause of anxiety disorders are rooted in childhood. So effective therapy must focus on that time period.



Research shows that effective treatment focuses on the here and now, including new skills to focus on recovering from anxiety.

If you eat right, exercise, avoid caffeine, and live a healthy lifestyle, your anxiety will go away.



While some of your anxiety might go away, your anxiety won't be cured. You need more help than just reducing your stress. Learning the mechanics of anxiety, and facing your fears will lead to recovery.

A panic attack will lead to you passing out.



Fainting is not associated with anxiety and usually results in blood pressure dropping. With panic attacks, blood pressure elevates.

You need to eliminate the fear before doing something "scary."



Fear disappears when you take action and show the anxiety that there is no threat. Anxiety disappears when you show it that you're safe.