

Anxiety ~~Cheat Sheet~~

Welcome to my community and congrats for arriving here. I'm pumped that you found me. And now you're going to find out a lot more about yourself. Something that makes me very different from other mindset, mental health, and anxiety experts out there is they usually tell us to hide anxiety, cope with anxiety, and get rid of anxiety, whereas I believe that it's our GIFT, EDGE and SUPERPOWER.

When I wrote my book, Own Your Anxiety, my mission was to change how everyone - regardless of background, financial status, race, and religion - looks at and lives with anxiety. I think my mission has been accomplished; Own Your Anxiety became an international bestseller, my online course teaches and inspires many people daily, and I have the honor of training teams in progressive organizations on mental health mastery tools and resilience.

The ultimate goal of what I do in the mental health and personal development world is to show you that anxiety is your secret edge, superpower, and inner guru.

And today, my free gift to you is to teach you the key tools and mindset shifts you're going to need to know so that you can begin to own your anxiety. You ready?

I am so glad that you're here,

- *Julian*



Disclaimer: Although all information is well researched based on both western medicine and eastern philosophy sources, data, and medical studies no part of this is meant to replace medical advice and council. If you are in a serious health condition the first place to start is your general doctor and/or mental health counsellor. Never feel ashamed. You got this.

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What is Anxiety?

Let's start here. In order to own your anxiety, you kinda need to know what it is and understand a few key terms first. But here's the thing -- anxiety can mean different things to different people. So let's break down some key symptoms:

Anxiety usually feels like (all, some or one of the following):

- Racing heartbeat (I call that the chihuahua in my chest, and it can be managed!)
- Upset stomach
- Dry-mouth
- Sweats (you name the place, it shows up differently for different people)
- Racing mind which usually leads to negative self-talk (this is really important)

Facilitative vs. Debilitative Anxiety

- Not all anxiety is bad. In fact sometimes it's a great thing. But not always. That's why I'm here.
- Debilitative anxiety is when it gets in the way of enjoying your life. Some people get very anxious when socializing, traveling, speaking in public, presenting at work, going for a date, expressing themselves, going to the gym or fitness studio, writing a test, and/or when they're just heading out. It's important to notice if any of these things (which are meant to be enjoyable and part of life) bring on anxiety.
- Facilitative Anxiety is when anxiety actually *helps you* to do something, and to do it well. For example, if you imagine a professional athlete before going to play their sport, they use all of that anxiety and adrenaline to help them "get in the zone". They channel the "energy of anxiety" into their superpower and edge on out there on the field, the ice, or the court. This is when anxiety becomes something we can *harness* and *channel*.

Where Does Anxiety Come From?

Excellent question. I have good news and bad news for you ... Should we start with the Good or the Bad, first? I'm a bad news first sorta-guy, so the bad news is that there are a lot of different places that it might be coming from :(

And ... the GOOD NEWS IS THAT IT CAN BE SOLVED, HARNESSSED, AND USED TO ELEVATE YOUR LIFE AND GET YOU CLOSER TO YOUR GOALS. Yes, I get excited about this as you can probably tell.

In my coaching, course, trainings and book I dive deep in to where it comes from, since this is the "For dummies" version though, I want to live up to my word and not give you a ton of new information to digest, but I want to give you enough information to really get you going on your journey so in terms of where anxiety can come from here are a few suspects that you should look into: food & diet, hydration, caffeine intake, sleep hygiene, drugs, nutrition imbalance, lack of movement and exercise, career, relationships, finances, state of the world, being late, self-talk and being out of alignment.

How to Make It Your Secret Edge

So here's the exciting part ... can I get a virtual fist pump and HELL YEAH! Thank you! IF an athlete can make their anxiety facilitative and a performer can harness their anxiety to give them major stage presence, charisma, and energy ... then why can't you and I? It's a trick question, because unless you are in a very small percent (roughly 10%) of people who experience anxious feelings on a clinical level, leaders in brain health attest that anxiety can be managed, I like to say "Owned", through lifestyle changes, self-awareness and understanding. That's how we make it our secret edge and superpower!

Julian
BRASS

How is Anxiety My Inner Guru?

Great question! You see when your anxiety shows up it's almost always your "Inner Guru" trying to tell you something that if you listen to will actually make you feel so much better and enhance your life in all the right ways. Our anxiety is our "life alarm", it's ringing and beeping and going off, for a reason. It's trying to tell you something! Your problem— no offence, and it's not your fault—is that you've probably been conditioned by society to think that if someone is feeling anxious the remedy is to run from it. That usually looks like letting a goal slip away, dropping the ball at work, cancelling plans, hurting someone you care about (or yourself), drinking an alcoholic beverage, eating too much "comfort food" (which too often is full of crap that makes anxiety worse), or taking drugs (prescription and/or recreational). I'm here to tell you that the majority of the time if we can listen to that *Inner Guru* or that *Life Alarm* both which are waking you up to the truth, you're going to come out a stronger, happier, more successful, and definitely a much more loving (toward yourself and others) version of yourself.

So that's your *Cheat Sheet*. Any questions? Want to learn more? Ready to keep growing?

Reach out anytime by email:
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With you,
- Julian

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