

## FIND EQUILIBRIUM AND REBALANCE

### TIPS FOR DIFFUSING UNHELPFUL FEAR

The following tips are designed as suggestions, which may be helpful in diffusing unhelpful fear or anxiety. Whilst intended to help you develop awareness they are not offered as a substitute for any medical treatments.

1. Learn to **trust your body's wisdom**, if faced with a situation that feels uncomfortable or potentially dangerous, listen to your body. If your intuition tells you "something is wrong" trust it.
2. **Fear** is a **physiological process** and one of the most effective ways to diffuse it, is to find a place in your body that is not afraid. Focus on your body and connect with a place that feels free or neutral. Take some time to deeply be with this feeling of freedom. Notice:
  - How it feels in your body
  - If there is an image that goes with it.
  - If there is a memory associated with this feeling.

This practice helps you to connect with the part of you that is **not afraid**, so that fear does not become the whole story. By tuning in each day you will develop a deeper connection.

3. **Make friends with fear.** Next time you feel afraid of something (which is not life threatening) take some time to develop a relationship with it e.g. notice
  - How it feels in your body and is there a part of the body that feels it most (e.g. shallow breathing)
  - What is telling you it is fear (e.g. sensation, image, feeling, past experience etc.)
  - Is there an image that goes with it?

Then to end this exercise, repeat step two by reconnecting to the place of freedom in your body.

4. **Write a list** of all your fears
5. **Develop a relationship** with each fear on your list. The following questions might be helpful in helping you to understand the fear.
  - Where does that fear live in my body
  - How old is it?
  - What is it trying to protect me from?
  - When I'm no longer investing my energy in this fear I will be....
  - What is it costing me to keep running this fear?
  - What will help me to let go of this fear?
  - Can I see any fear patterns developing here?

6. **Fear is not the whole story.** Remember to reconnect with tip two above and find the place that feels free.
7. **Fear as a chemical trigger.** Look at a picture of the body's nervous system and imagine that fear is a set of responses, which stimulate chemicals to trigger nerve activity for your survival. Develop your understanding about fear and its affects in the body.
8. **Remember a situation** where you had fear but got through it. Ask yourself "what helped me to get through that situation?"
9. **Take bite sizes.** Break overwhelming tasks or feelings down into manageable chunks and deal with each chunk separately.
10. **Visualise.** Ask yourself what life will be like when your energy is no longer hooked into fear and allow yourself to visualise this. Again notice what this feels like in your body. Imagine, this running through your nervous system stimulating chemical transmitters and revitalising your body's neural circuits.
11. **Draw on your resources** or what deeply nourishes you. Ask for help and develop your support networks.
12. **Distract yourself.** Sometimes we need to focus on something else to create some space between our fears. If you feel overwhelmed or frozen with fear, do something to distract yourself e.g. help someone else, go for a slow walk, drink a glass of cool water slowly, visit a museum, smell a flower. Whatever you do, do it slowly and try focus all your concentration on it.

At Wholeheart Works we help organisations, teams and individuals understand the processes and effect of fear on collaborative communication. We inspire and support them to discover how to free their vital energy resources to transform fear into wholeheartedness, integrate wellbeing in business and exercise **Holistic Social Responsibility**.

Our services portfolio includes Holistic Social Responsibility internal brand consultancy, stress management solutions, facilitation, coaching, workshops, therapeutic interventions and e-learning solutions. To find out more information about our services contact Wholeheart Works on 020 8566 4350 or e-mail [info@wholeheartworks.com](mailto:info@wholeheartworks.com) or visit [www.wholeheartworks.com](http://www.wholeheartworks.com)