

HABITS THAT HEAL

AN ANXIETY MANAGEMENT, STRESS REDUCTION, & EMPOWERMENT WORKSHOP

INTRODUCTION

The habit of anxious thinking is an ingrained, common problem for people in their work and personal lives. This leads to unnecessary stress that reduces focus, causes fatigue, and robs people of happiness.

Through a series of self-awareness exercises, the Habits that Heal workshop enables participants to:

- *Identify* anxiety and when an anxiety attack is occurring;
- *Learn* the root causes of anxiety;
- *Understand* how anxiety negatively impacts their lives; and
- *Master* a few surprisingly simple tools that will allow them to overcome anxiety.

Each participant will receive the *Habits That Heal* book and gain access to free downloads of the exercises they learn in the workshop in the book. The workshop is designed to be completed in two and one half hours, but it can be lengthened or shortened as necessary.

WORKSHOP OUTLINE

1. **Introduction.** Share author's background and experience. Explain workshop ground rules, topics, and exercises.
2. **Begin with fear.** Explain how fear is connected to anxiety, control issues, and negative self-talk. This will include a group discussion.
3. **The physical impact.** Demonstrate how our bodies are affected by anxious or negative thoughts. The group will break into pairs and experience this for themselves. We will show how the body believes what we tell it. This will be followed by a group discussion.
4. **What is an anxiety attack?** Participants share their symptoms, which will illustrate that there is nothing wrong with us and that we are not alone. Discuss how to stop anxiety. Lead group through the three steps to stopping an anxiety attack.
5. **The connection to control.** Explain how control issues connect to anxiety and negative self-talk and why this happens. Lead group through a discussion of examples.
6. **The importance of gratitude.** The group will engage in an exercise that demonstrates the power of gratitude to counteract anxiety.
7. **Negative self-talk and personal strengths.** Where does negative self-talk come from and how does it contribute to anxiety? Discuss how we measure or evaluate ourselves. Explain the difference between strengths and learned behaviors. Group exercise will focus on the identification of unique personal strengths.

8. **Conclusion.** The workshop will conclude with a guided relaxation meditation, followed by questions and a book signing.

FACILITATOR'S BIOGRAPHY

Nita Lapinski is a certified hypnotherapist who has studied integrative breath work and bio-energy. She facilitates workshops for team building and transforming anxiety. Besides *Habits that Heal*, Nita is the author of *The Knowing – Awake in the Dark* (a 2014 Silver Medal Winner) and *Meditation Handbook for Beginners*. She lives with her husband in Arizona. Visit her online at www.nitalapinski.com and www.facebook.com/bornintuition.



