



**A PRACTICAL TOOLKIT
FOR MANAGING
ANXIETY AND INTENSE
EMOTIONS**



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WHAT IS NLP?

Neuro-Linguistic Programming (NLP) is a powerful approach to understanding how we think, communicate, and behave. It helps us make lasting changes by exploring how our brain (neuro), language (linguistic), and patterns (programming) work together.

“Neuro” refers to how we take in information through our senses – what we see, hear, feel, smell, and taste – and how our brain processes that information. It’s about how we think, how we store memories, and how we create our internal experience of the world. Everyone’s internal ‘map’ is different – NLP helps us understand and update that map.

💡 When you change how you think, you change how you feel and behave.

“Linguistic” is about how we use language – both with others and within ourselves. This includes the words we speak, the metaphors we use, and our internal dialogue.

Language shapes our reality. NLP helps us identify unhelpful patterns in our communication and teaches us how to speak and think in more empowering ways.

💬 What we say (and how we say it) influences how we feel and how others respond to us.

“Programming” refers to our automatic behaviours, emotional responses, and thought patterns – the things we do without even thinking.

These ‘programs’ are often based on past experiences. NLP helps us rewire old habits, shift limiting beliefs, and create more helpful strategies for life.

🔄 You can change the ‘program’ that’s running in the background – and choose a better one.

In Summary:

NLP helps you understand and work with the connections between your mind, language, and behaviours – so you can take back control, change unhelpful patterns, and move towards the life you want with clarity and confidence.

The Power of Self Talk

One of the most impactful areas we can work on to create meaningful change is self-talk. The way we think, the words we use when speaking about ourselves—both to others and internally—has a profound effect on our confidence, motivation, and self-belief.

It's not uncommon to hear people say things like, "I'd love to try that, but I don't think I could do it," or "I'll give it a go, but I never stick to anything."

Sound familiar?

When we consistently feed our minds with negative self-talk, we are shaping our expectations—and ultimately, our outcomes.

The beliefs we hold about ourselves often become self-fulfilling prophecies.

☁ If we believe we can, we are more likely to succeed. If we believe we can't, we're far less likely to even try.

Our unconscious mind is always listening. It takes our thoughts and self-talk as truth and begins to act accordingly. By becoming more aware of our internal dialogue, and shifting it to be more positive and empowering, we begin to change not only how we feel—but what we achieve.

Reframing Self-Talk: The Language of Self-Belief

Many of us have been conditioned to believe that speaking positively about ourselves is boastful or arrogant. As a result, we often shy away from acknowledging our strengths or celebrating our successes.

Yet if you look at elite athletes and performers, you'll see quite the opposite. Before a big event or performance, it's common to find them in the locker room or backstage repeating affirmations—reminding themselves of their abilities, focusing on their strengths, and building themselves up. In fact, most high-performing individuals now work with mindset coaches because they understand a powerful truth:

Self-belief is everything.

Contrast this with the kind of language many people use when speaking about themselves:

“I’m not very good at...”

“I find social situations really difficult.”

“I have no motivation.”

“I just don’t have the energy.”

“I could never do that...”

Do any of these sound familiar?

This kind of self-talk shapes our experience and limits our potential. By simply shifting the language we use, we can begin to transform the way we feel and what we believe is possible.

For example, instead of saying:

☞ “I’ve got to go to work,”

try:

☞ “I get to go to work.”

Notice how different that feels?

It may seem small, but these shifts in language create powerful changes in mindset. Speak to yourself with the same encouragement you’d offer a friend—and watch your confidence grow.

Self Talk

On the following page make a list of the negative things you say and change them for positives, example below

Negative self talk

I'm not good at this."

"I always mess things up."

"I can't do this."

I'm just not a confident person."

"I'll probably fail."

"Nothing ever goes right for me."

"It's too late for me to change."

"I'll never be as good as them."

Positive reframe

"I'm still learning and improving."

"I've made mistakes, but I'm growing from them."

"I'll give it my best and see what I can learn."

"Confidence is something I can build with practice."

"What if I succeed?"

"I'm facing challenges, but I'm finding my way through."

"It's never too late to try something new."

"Everyone has their own path—I'm focused on mine."

NOTICE THE LANGUAGE THAT YOU USE WHEN YOU TALK TO YOURSELF OR ABOUT YOURSELF

If you notice negative self talk, write it below draw a line through it and write a positive replacement.

NOTES:

SELF TALK CONTINUED...

If you notice negative self talk, write it below draw a line through it and write a positive replacement.

NOTES:

Well Formed Outcomes (goals)

Setting goals in the right way is so important.
When we think about what we want don't want to do any more
we are not looking forward.

Motivation pushes us whereas vision pulls us!
(pushing gets tiring after a while, it's always easier to be pulled)

WRITE YOUR GOAL IN THE BOX BELOW

E.G I ATTEND SOCIAL GATHERINGS, FEELING CALM AND CONFIDENT.

Once you have written your goal in the box complete the
questions below and then revisit the goal, tweak as many times
as necessary until you feel the vision pulling you.

A large, empty rectangular box with a light blue background, intended for the user to write their goal. It occupies the lower half of the page.

**What is the desired outcome? Is it stated in the positive?
(what do you want?)**

**Is the goal self initiated, maintained and within my control?
(is this YOUR goal? is it driven by your desire?)**

**How will you know when you have got there?
(what will you be doing? what will you see, hear and feel?)**

Is the goal clearly defined?

(where, when and how do I want to achieve my goal?)

Does the goal identify necessary resources?

(what resources do you have? what do you need?)

What is the real reason you want it?

What will you lose or gain?

What will happen when you get it?

What won't happen when you get it?

First step to take right now.

Reconnecting with Your Body: Listening to Its Wisdom

We often live in our heads—constantly thinking, planning, worrying—while our bodies quietly carry us through life. But our bodies hold powerful messages. They respond to our thoughts, emotions, and environment long before we consciously recognise what's going on.

This is the mind-body connection: the idea that our mental and emotional states directly influence our physical body—and vice versa.

When we're stressed or anxious, we might feel it as tension in the shoulders, a tight chest, or an unsettled stomach. When we feel calm, confident, or joyful, our body also responds—our breathing slows, our posture opens, and we feel lighter and more energised.

Why It Matters

Reconnecting with your body helps you:

Recognise early signs of stress, burnout or overwhelm

Tune into your intuition and emotional needs

Make decisions that align with what you truly need

Build a deeper sense of calm, presence and self-awareness



Ways to Reconnect with Your Body

Here are some simple yet powerful ways to tune back in:

1. Body Scan

Take a few quiet moments to mentally scan your body from head to toe. Notice areas of tension, discomfort, or ease. Try this daily—either sitting or lying down.

2. Mindful Movement

Engage in slow, intentional movement like yoga, tai chi, stretching, or walking. Focus on how your body feels as it moves—rather than how it looks.

3. Breath Awareness

Your breath is a direct link between your mind and body. Try placing one hand on your belly and one on your chest. Notice your breath without changing it. Can you slow it down? Deepen it?

4. Journaling Body Messages

At the end of each day, ask yourself: What did my body try to tell me today? Were there moments of fatigue, restlessness, tension, or peace? Write it down and start noticing patterns.

5. Gut Instinct Check

Before making a decision, pause and ask yourself: How does this feel in my body? Does it feel light, open, and energising—or tight, heavy, and draining?

6. Hydration, Nutrition, and Rest

Sometimes the most basic care is the most powerful. Are you giving your body what it needs to feel safe and nourished?

When we start listening to our bodies—really listening—we develop a kinder, more intuitive relationship with ourselves. Your body is not just a vessel; it's a wise partner in your healing, growth, and transformation.

Let your body speak. It already knows.

Square Breathing

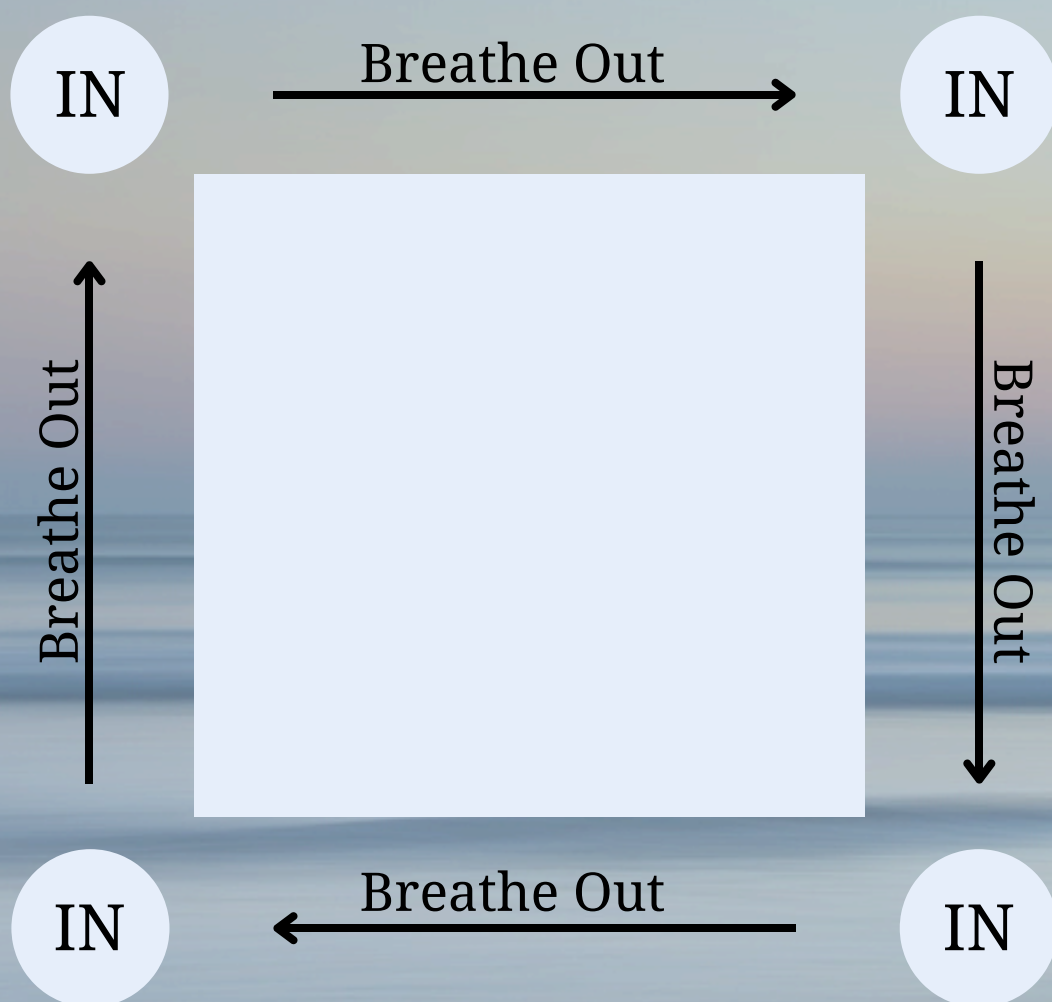
Square breathing, also known as box breathing, is a breathing technique that can relieve stress and reset the mind and body after a stressful situation. The technique works by slowing down the breath and focusing on the out breath. People who have experienced panic attacks report that they feel they cannot breathe. This is because they are constantly trying to breath in but actually haven't emptied their lungs to allow the fresh in breath.

Square breathing is a simple yet powerful relaxation technique that can be practiced anywhere at any time.

I particularly like this technique as there is no counting involved, and you can start at any pace you like and gradually slow down your breathing as you move around te square.

Begin by looking for a square, it could be a window, a picture, a tile, or even the TV. All that matters is it has 4 corners.

As you run your eyes along the long side slowly breathe out, on each corner take you will naturally take a breathe in. You will notice that your breathing slows the more times you go around.



Practice this several times a day, make it part of your daily routine.

Gratitude

☀ The Power of Gratitude

Research consistently shows that practising gratitude is strongly linked to greater happiness and emotional wellbeing. People who regularly reflect on what they're thankful for experience more positive emotions, savour life's moments more fully, enjoy better physical and mental health, and form stronger, more supportive relationships.

Gratitude shifts our attention from what is lacking to what is already present and valuable in our lives. And as we know—what we focus on expands. By intentionally noticing the good, we train our minds to seek out the positive, even during challenging times.

Why Gratitude Matters:

- Helps reduce stress and anxiety
- Increases resilience and optimism
- Encourages a more balanced perspective
- Improves sleep, mood, and overall wellbeing
- Strengthens connections with others
- Focus on What's Working

When we take time to reflect on what we've achieved and what we feel proud of, we strengthen our belief in our ability to grow, adapt, and overcome.

This self-recognition helps us stay focused, motivated, and aligned with our goals.

Gratitude is not about ignoring difficulty—it's about choosing to acknowledge the good that exists alongside it.

**WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR
EACH DAY FOR A WEEK**

Monday

☐☐☐

Tuesday

☐☐☐

Wednesday

☐☐

NOTES:

☐

Thursday

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Friday

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Saturday

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Sunday

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MEDITATION

Meditation can wipe away the days stresses, bringing with it a feeling of inner peace and calm.

Spending even a few minutes in mediation can leave you feeling calm and relaxed.

You can practice meditation anywhere you are, so any time feelings of stress or anxiety start to creep in, meditation can help ease those feelings.

During meditation, you focus your attention and eliminate the many jumbled thoughts that may be crowding your mind and causing stress. This process can result in enhanced physical and emotional well-being. It can help you manage the information overload that builds up during the day causing you additional stress.


Meditation can help calm those thoughts in the moment and those good feelings can carry on throughout your day.

HERE ARE SOME EXAMPLES OF TYPES OF MEDITATION.

MANTRA MEDITATION

This is a lovely simple technique that is particularly useful if you are out in a busy area or just somewhere that you can feel your stress rising. It is very simple, you just silently repeat a calming word, thought or phrase to prevent distracting thoughts.

GUIDED MEDITATION

- With guided meditation you form mental images of places or situations you find relaxing. Often you will be guided into your journey of visualisation by a voice (usually recorded) It can really help you to form a clear relaxing picture.
- You can find a free guided meditation here [CLICK HERE](#) 
- you can also find lots of lovely guided meditations online.

MINDFULNESS MEDITATION

This type of meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment. In mindfulness meditation, you broaden your conscious awareness. You focus on what you experience during meditation, such as the flow of your breath. You can observe your thoughts and emotions, but let them pass without judgment, focus fully on what you are experiencing in that moment. If you are walking in a park, notice each step, notice the sounds of the leaves crunching under foot. Notice the feel of the air on your face, is it cool or warm? really notice the colour of the leaves, totally absorb yourself in the moment.

JOURNALING

Journaling is a wonderful way of managing overwhelm by getting thoughts out of your head and onto paper.

Journaling can help you:

- **Manage anxiety**
- **Reduce stress**

Journaling helps control your symptoms and improve your mood by:

- **Helping you prioritise problems, fears, and concerns and day to day 'stuff'**
- **Tracking any symptoms day-to-day so that you can recognize triggers and learn ways to better control them**
- **Providing an opportunity for positive self-talk and identifying negative thoughts and behaviors**

When you feel stressed and overwhelmed, keeping a journal can help you identify what's causing that stress or anxiety. Once you've identified your stressors, you can work on a plan to resolve the problems and reduce your stress.

TRY THESE TIPS TO HELP YOU GET STARTED JOURNALING :

- Try to write every day. Set aside a few minutes every day to write.
- Make it easy. Keep a pen and your journal handy, make it appealing and one you'd enjoy writing in.
- Write or draw whatever feels right. It's your own private place to discuss and create whatever you want to express your feelings. Let the words and ideas flow freely. Don't worry about spelling mistakes or what other people might think.
- Use your journal as you see fit. You don't have to share your journal with anyone.

Keeping a journal helps you create order everything feels overwhelming. Look at your writing time as personal relaxation time. It's a time when you can de-stress, wind down and get all of your thoughts out of your head. Write in a place that's relaxing and soothing, maybe with a cup of tea. Look forward to your journaling time. And know that you're doing something good for your mind and body.

STEPS TO TAKE NOW!

What are you going to implement right now?

Remember change nothing and nothing changes.

1

WATCH YOUR SELF TALK

Start to notice the language you use when talking about yourself.

2

SET YOUR GOAL IN THE RIGHT WAY!

Well formed outcomes will make it much easier to stay on track. Really spend time on this so you can attach real feeling.

3

GROUNDING

Practice connecting with your senses daily. It is a lovely way to start noticing how you have the power to move your attention to wherever you want. The more you connect the more you notice.

4

GRATITUDE

Practice gratitude daily. When you wake or before bed (or both) this will train your brain to seek out positives rather than negatives.

5

MEDITATION

introducing meditation to your day is a lovely way to calm a racing mind and reduce feeling of overwhelm.

6

JOURNALING

Get into the habit of journaling daily. It will help clear your mind and manage feelings of overwhelm.

7

BE KIND TO YOURSELF

You are doing your very best in this moment.

**For further support
please feel free to contact
Sarah for an informal chat**

**Find out
More**

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Monthly Newsletter Here**

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