

# Leveraging **Anxiety** And managing the side effects

Musings of an Ontological Coach

SWIPE



# Understanding Anxiety

Human beings desire for safety - a sense of certainty (knowing what is happening next) and the power to control how things unfolds (knowing what to do to survive). That is how our survival instincts play out.

Anxiety is a combination of the FEAR (of uncertainty) and the POWERLESSNESS (to cope with the uncertainty). Anxiety heightens our anticipatory senses and drives the energy within our body in a forward trajectory.



**KEEP SWIPING**

# When Anxiety Drives Performance

A person who leverages anxiety, engages the anticipatory senses intuitively. There is an ability to anticipate what needs to happen and what needs to get done to move forward.

This person uses the forward energy to move ahead and get many things done. A person fueled by anxiety is usually one who performs and achieves results.



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# When Anxiety is Overdone

Overwhelmed by anxiety, a person can often go into a super controlling mode. That can look like excessive planning, diving too deep into details and micromanaging people.

This feeling of seeking extreme control (in order to increase a sense of certainty and power) is what drives people crazy.



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# When Anxiety Meets Wisdom

## 1. Practice slowing down.

Not being able to slow down shows our body is not able to regulate the adrenaline within us. We are practicing too much anxiety and operating in turbo mode.

Practice taking slow and deep breaths.  
Practice walking or driving in slower pace.  
Such practices increase the capacity in our bodies to slow down the pace when needed.



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# When Anxiety Meets Wisdom

## 2. Practice being present.

Being present allows us to choose wisely in the moment. We can choose to leverage anxiety when we are in work mode. We can choose to lower our anxiety when we are collaborating and connecting with people.

An increasing sense of anxiety is a clue that we are losing our ability to be present and make choices wisely. We are worrying too much and have become too future-oriented in a negative way.



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# When Anxiety Meets Wisdom

## 3. Practice taking small risks.

We can regularly choose to try something that we usually do not do. This can mean trying new types of food, taking a different route for a jog, saying yes to something we will usually say no to and vice versa.

This practice increases our ability to deal with the unknown. We grow to be less anxious when we are unsure of how things will unfold.



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# When Anxiety Meets Wisdom

4. Practice enrolling others for support.

Learning to ask for help reduces the sense of powerlessness that drives anxiety. We grow to be more confident and assured that we can tap on the resources and community support that is around us.

This practice increases our ability to deal with the sense of powerlessness and reduces anxiety.



ONE MORE



# When Anxiety Meets Wisdom

## 5. Exercise.

Under threat, our body is geared to move faster. We generate the same kind of adrenaline that drives performance. By exercising, we can use up the extra energy in our body and this helps relieve physical stress.

The practice of regular exercise increases our ability to regulate the energy flow within us, ensuring we do not go on overdrive.

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