

MINDFULNESS FOR ANXIETY

THE ULTIMATE
PROGRAM FOR
CHANGE



COURSE SYLLABUS & SUPPLEMENTAL RESOURCES LIST

IMPORTANT:

Please download & save this PDF document so you can easily access the links in each lecture.

Throughout the course there will be many resources that I refer to & exercises for you to do. As you complete each video lecture please refer to this document to check for links & info.

I want the absolute best for you and to see massive shifts in your anxiety, to do that I'm asking you to take charge and be proactive. Take your time to go through each lectures info and if something sparks your interest then I encourage you to dig deeper into your own research.

A NOTE ON REVIEWS:

Based on what you have seen so far, how would you rate this course?



Select a rating

Ask Me Later

Throughout the course, UdeMy will ask you to create & update a review - perhaps before you've been able to form an opinion.

If you're excited about the course, even if it's early, please let us know by giving us 5 STARS!

UdeMy ranks us by recent reviews. If our average drops below 4.55, we are penalized! Please consider the consequences of your decision before leaving a 4 star review!

Thank you very much.

- Financial

- Spiritual

- Mental/creativity

- Social

- Health/physical

COMPLETED

SECTION 1 - UNDERSTANDING ANXIETY

- **Lecture 6: Human evolution (ancient brain/new society)**

- [Evolution: Technology vs Humans](#)

- [Why do we fear public speaking?](#)

- **Lecture 7: How our brain works**

- [The Amygdala in 5 minutes](#)

- *HOMEWORK*

- When the bodily sensations of anxiety come on, Instead of trying to push them away just say: "Thank you, I know you're trying to help me and I appreciate that. However there's no real danger here"

COMPLETED

- **Lecture 8: Conscious mind / Unconscious mind**

- *HOMEWORK*

- When fear and anxiety come up and you haven't pushed them away, it's time to ask: "I wonder where this fear is coming from?"

- Answer:

COMPLETED

- **Lecture 9: How experience & baggage affects us**

- *HOMEWORK*
- Significant fearful events from my life + how they made me feel
- Initial list:

- 24 hours later:

COMPLETED

- **Lecture 10: The difference between fear and anxiety**

- [The present moment](#)

- **Lecture 11: End of section 1 - Congratulations**

- **Section 1 Quiz**

SECTION 2 - HEALING YOUR ANXIETY

- **Lecture 12: What is healing?**

- **Lecture 13: Compassion for self & others**

- *HOMEWORK*
- Compassion for Self (next 7 days)
"No matter what you have or haven't done, you are worthy of love"

- | | |
|-------|------------------------------------|
| Day 1 | <input type="checkbox"/> COMPLETED |
| Day 2 | <input type="checkbox"/> COMPLETED |
| Day 3 | <input type="checkbox"/> COMPLETED |
| Day 4 | <input type="checkbox"/> COMPLETED |
| Day 5 | <input type="checkbox"/> COMPLETED |
| Day 6 | <input type="checkbox"/> COMPLETED |
| Day 7 | <input type="checkbox"/> COMPLETED |

- Compassion for Others (next 24 hours)
 "That's simply me living a different life"
 Day 1 COMPLETED

- **Lecture 14: Being aware of your triggers**

- *HOMEWORK*
- Triggers for my anxiety (people, places, events, etc)
- Initial list:

- 24 hours later:

COMPLETED

- **Lecture 15: Awareness Technique**

- [Download audio of awareness technique here](#)

- *HOMEWORK*
- Listen to the audio once a day for the next week
 - Day 1 COMPLETED
 - Day 2 COMPLETED
 - Day 3 COMPLETED
 - Day 4 COMPLETED
 - Day 5 COMPLETED
 - Day 6 COMPLETED
 - Day 7 COMPLETED

- **Lecture 16: We are all onions**

- **Lecture 17: Your new friend...meditation**

- [8 week mindfulness study at Harvard](#)
- [Different types of meditation](#)
- [1 Giant Mind app](#)
- [Pause app](#)

- *HOMEWORK*
- [Download mindfulness meditation here](#)
- After listening, write down what came up for you

COMPLETED

COMPLETED

- **Lecture 18: Make it R.A.I.N.**

- **Lecture 19: Inner child healing**

- *HOMEWORK*

- Picture or photo of inner child in wallet

COMPLETED

- [Download inner child meditation here](#)

- Listen to meditation once for each of your triggers

From lecture 14

COMPLETED

- **Lecture 20: Journaling**

- Questions for get you started

- Sit quietly and anchor to your breathing

- Take a few deep breaths and feel the sensations in your body

- Acknowledge those feelings

- What emotion is that sensation? (anger/fear/hurt/sadness/etc)

- Label it, give it that name

- If that emotion, that part of you could talk, what would it say?

- Give yourself free reign here, be completely unedited. No one will read this

- What would this part of you like to do? (even though it isn't going to)

- Be raw, don't hold back. Describe exactly what it would like to do

- Even if you write messy and use swear words, that's ok

- Get it all out on paper

- What am I anxious about? (the situation that brought on the emotion)

- What would I like to do if there were no consequences?

- After this has been written down, we have expressed the emotion

- Now is a great chance to go deep within and ask more pressing questions

- Why am I feeling like this again?

- Why am I feeling trapped?

- Why is this happening to me?

- What am I sad about?

- What am I afraid of?

- What's hurting inside?

- What do I regret?

- Where is this really coming from?

- Who can I blame?

- Now you've gone deep with the dark side, balance it out with the light

- What is it I truly want?
- What do I appreciate?
- Where do I have forgiveness?
- Where do I feel love?
- What do I want to apologise for?

- **Lecture 21: End of section 2 - Congratulations**

- **Section 2 Quiz**

SECTION 3 - TIPS FOR MANAGING ANXIETY

- **Lecture 22: Setting up your environment**
 - [Benefits of Vitamin D](#)
 - [Fear based news media](#)

 - **Lecture 23: The importance of sleep + sleep hacks**
 - [How to activate 'night shift' mode on phone](#)
 - [F.lux for taking blue light out of laptop screen](#)
 - [Sleepytime app](#)
 - [Sleep Smarter by Shawn Stevenson](#)

 - **Lecture 24: How to breathe**
 - [Wim Hof documentary](#)
 - [Breath pacing app](#)
 - [Heart and breathing coherence \(part 1\)](#)
 - [Heart and breathing coherence \(part 2\)](#)
 - *HOMEWORK*
 - Diaphragm breathing
(twice per day for the next 2 weeks)
- COMPLETED
- **Lecture 25: Nutrition suggestions**
 - [Less nutrition due to poor soil](#)
 - [Organifi green juice](#)
 - [Anxiety and gut bacteria](#)
 - [Magnesium spray](#)
 - [What is a float tank?](#)

 - **Lecture 26: End of section 3 - Congratulations**

 - **Section 3 Quiz**

BONUS MATERIAL

- **Lecture 27: Anxiety & guided sleep meditations**
- [Download both meditations here](#)
- [Blog: The last 5 minutes before you go to sleep](#)

- **Lecture 28: Anchoring exercise**

- **Lecture 29: Grounding techniques**
- [Schumann resonance](#)
- [Grounding mat](#)

- **Lecture 30: Thank you for inspiring me**
- Please feel free to connect with me and share your progress
- I will answer any questions you have and help where I can in helping you become your greatest version
- Much love, peace out

If you enjoyed this course please remember to leave a 5 STAR review. Udeemy ranks instructors by their 'recent reviews' metric, and if our average drops below 4.55 then we are penalised.

Thank you so much.