



THE MIND STRENGTH METHOD

MANAGING ANXIETY IN UNCERTAIN TIMES

Dr Jodie x



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Dr Jodie Lowinger is an internationally acclaimed anxiety, mindset & resilience expert and high-performance coach delivering engaging keynotes and workshops to organisations and schools.

She connects deeply with her audiences, sharing her expertise on anxiety, resilience, wellbeing, emotional intelligence, peak performance, and building a winning mindset.

Based on her best-selling book, *The Mind Strength Method: Four Steps to Curb Anxiety, Conquer Worry and Build Resilience*, Dr Jodie empowers audiences with a MIND STRENGTH TOOLKIT to conquer fear, build resilience and achieve success.

“As an anxiety expert, I have found that human behaviour is highly responsive to the right practical tools to build happiness, wellbeing and success - no person needs to suffer in silence”

Dr Jodie x

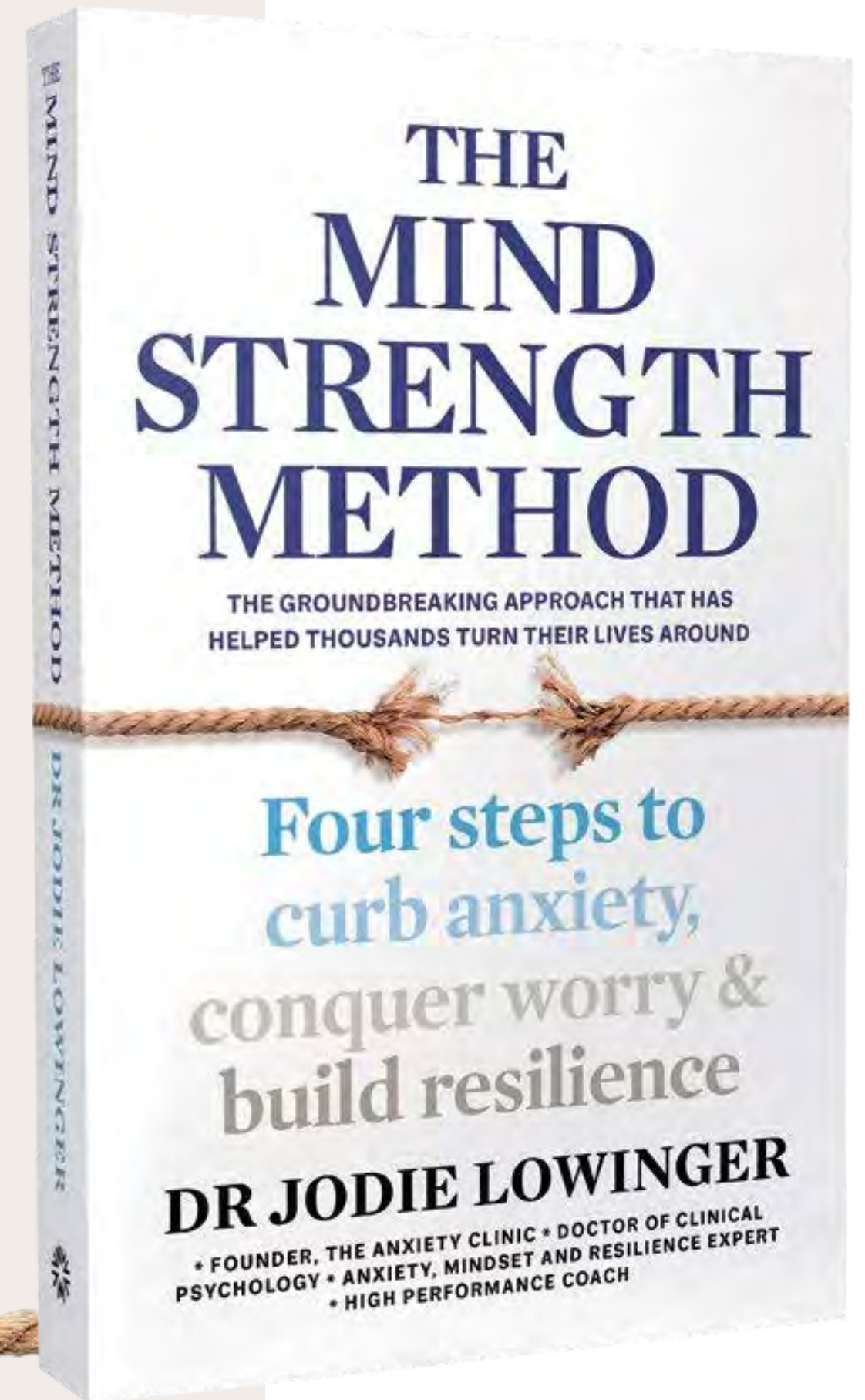
WHAT IF YOU COULD TURN ANXIETY INTO YOUR SUPERPOWER?

THE MIND STRENGTH METHOD

The Mind Strength Methodology offers a logical and practical toolkit using the best evidence-based techniques to:

Overcome fear-driven thoughts and behaviours and turn them into empowered action. Break free from being bossed around by worry and your inner critic. Build a resilient, high-performance mindset.

Woven through with relatable case studies, simple diagrams and illustrations, The Mind Strength Method challenges the stories you've been telling yourself and helps you to move forward in your life with enhanced confidence, resilience, happiness and wellbeing. It is a go-to guide for anyone who feels they are caught in fight-or-flight mode and a must-read book in the midst of uncertainty.



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Anxiety in the time of Covid-19

In this time of extreme uncertainty the human race is feeling a whirlwind of emotions. Fear and anxiety are at a global peak.

Our brains are running in overdrive,

“Will we go back into lockdown?”

“Will my business survive?”

“Will my livelihood be threatened?”

“Will my life be threatened?”

We are currently on a scary, white knuckle roller coaster ride.

As human beings we struggle with uncertainty. It ignites our most primitive survival instincts. In times of uncertainty we are always on the alert, predicting and preparing, anticipating what's coming around the corner. Is it friend or is it foe?

We fight uncertainty with worry in an attempt to eradicate it. The Covid-19 crisis is perhaps the most challenging anxiety inducing event we will encounter in our lifetimes.



Understanding Anxiety

In order to address feelings of worry or anxiety around this unprecedented situation, we need to understand what they really are.

Worry is the human brain's attempt to gain certainty in uncertain times. We worry to get more certainty and control, but we end up focusing on all of the things that could go wrong. The outcome of worry is that we feel more out of control. Worrying leads to catastrophising – it's a snowball effect that grows bigger and bigger.

“The more we worry, the worse we feel. Worry is a futile mental process.”

Dr Jodie x



What happens in our Brain?

Uncertainty triggers anxiety as our brain responds to these perceived threats as if they were real. It is one of our most primal human survival instincts – the flight or fight response.

When we are threatened by uncertainty our rational mind shuts down. We move from our usual state of vigilance to a heightened state of hypervigilance. The Amygdala, the part of our brain that is responsible for processing emotions, gets hijacked and we are overtaken by a primitive instinct to fight or run.

Ask yourself, “how do I react in times of stress and uncertainty?” Do you snap at your coworkers, or lash out at family members? Or perhaps you withdraw, avoid and shut yourself off from people and situations?



Anxiety is a Superpower

Anxiety is a core part of being human. Our instincts have been finely honed over millennia to keep ourselves and our tribe safe.

Anxiety is ultimately a part of our common human experience – we can look at it as a special kind of superpower.

In fact, people who are more predisposed to anxiety are often the loveliest human beings. They have a good analytical mind and a deep sense of empathy and compassion. They truly care about the wellbeing of themselves and their loved ones.

Let's just say, they care because they care.

Transformational Strategies for Managing Anxiety

1

Notice the Worry Story

Notice the worry thoughts that are taking hold. What is worry telling you? Can you experiment with noticing the story, closing the book and putting it back on the shelf?

2

Breathe

Stop for a moment and focus on your breathing. Take long slow out breaths and let your lungs fill up naturally. Taking time to consciously breathe out builds a pause between the situation and your response. This takes you out of flight or fight.

3

Acknowledge Thoughts & Feelings

Notice and validate the anxious thoughts and feelings, try not to struggle against them. The struggle is what keeps us in fight or flight.

4

Accept the Uncertainty

Accepting and acknowledging the uncertainty reengages our rational mind. It allows us to stop struggling against the uncertainty and takes us out of fight or flight.



5

Bring Your Mind Back to the Present Moment

We gain greater certainty by focusing on the present moment. This gives us a greater sense of control.

6

Move From Worry to Problem Solving

Stop for a moment and focus on your breathing. Take long slow out breaths and let your lungs fill up naturally. Taking time to consciously breathe out builds a pause between the situation and your response. This takes you out of flight or fight.



7

Stand Up to Anxiety with Powerful Mood Boosters

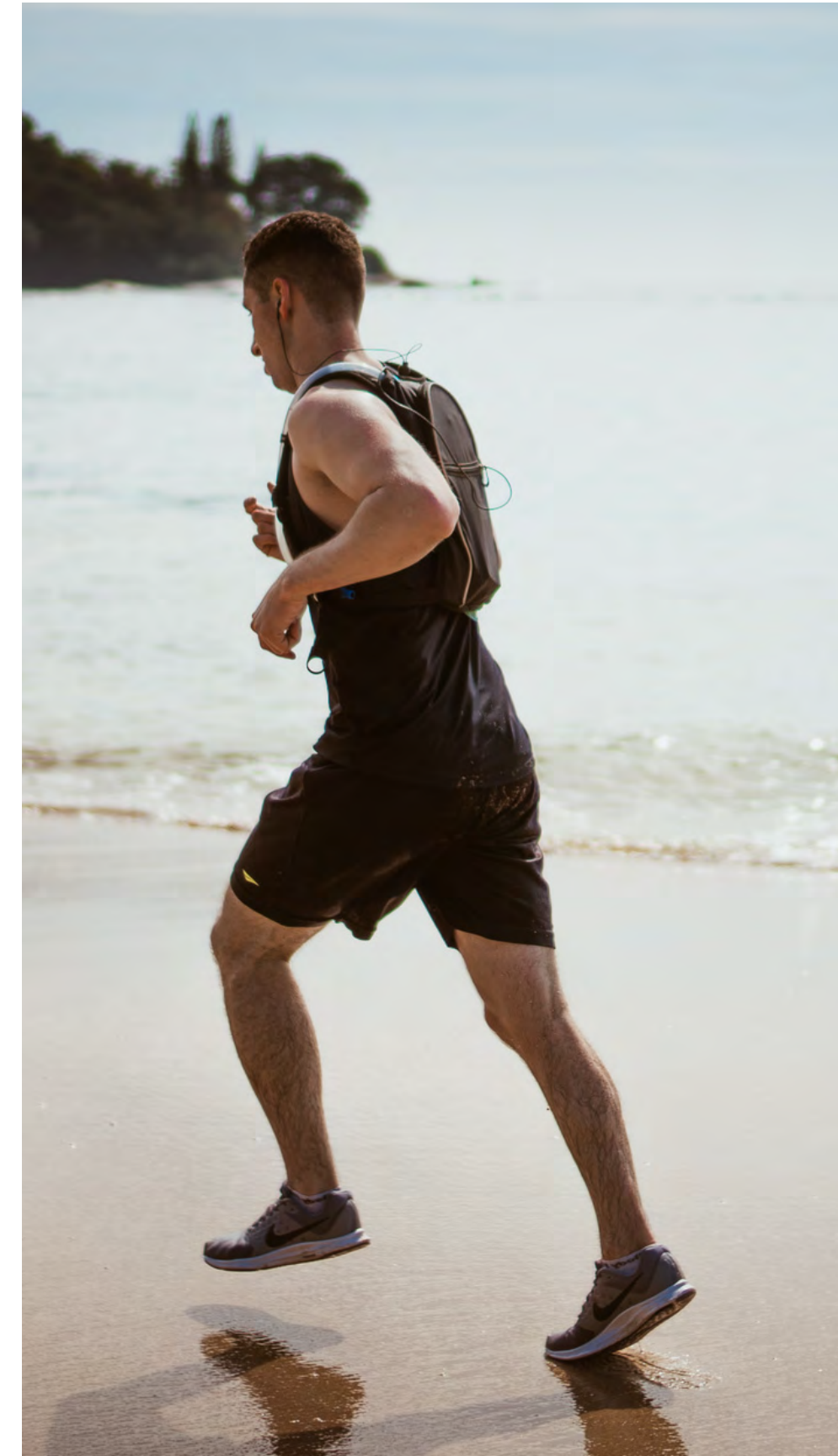
Try to do one of the following things every day keeping in mind that small is better than not at all!

- Exercise and movement
- Meditation and relaxation
- Achievement, challenge or mastery
- Something pleasant or fun
- Kindness and gratitude
- Connect with others

8

Seek Out the Silver Linings

Our mind will tip us to the negatives and worry will highlight the threats. Be purposeful in counteracting this by finding the silver linings, the opportunities and the connections amidst the disconnection.



Turning Anxiety into Action

Anxiety isn't always a bad thing – as biological beings, we all experience anxiety to some degree. It can help us stay alert, spur us to action and motivate us to solve problems. However, anxiety becomes a problem when it is constant, overwhelming and impacts our daily lives.

If your anxiety has escalated to a level where it affects your relationships with others; your work or family responsibilities; your relationship with alcohol, food or drugs; or stops you from doing every day activities, it is time to reach out for help. Anxiety is a helpable experience - there is no need to suffer in silence.

The right scientifically supported methods are highly effective when it comes to helping people with anxiety. Psychologists like the team at the Sydney Anxiety Clinic are highly experienced in giving anxiety sufferers the tools to manage their feelings and move from anxiety into action. Our methods are fast and effective and we are fully equipped to carry out appointments remotely via online or phone sessions during this difficult time.



Keep in touch

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