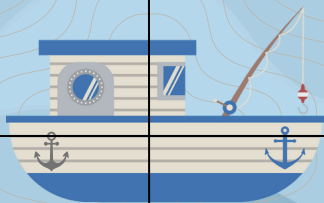


YOU CAN'T STOP
THE WAVES
BUT YOU CAN
LEARN TO SURF

– JON KABAT-ZINN

LIKE WATER, I WANT TO
BE ADAPTABLE—
SLIPPING THROUGH
BARRIERS, YET STRONG
ENOUGH TO MOVE THE
WORLD.

– MICHELLE WILLIAMS



SHIPS ARE SAFE IN THE
HARBOUR, BUT THAT'S
NOT WHAT SHIPS ARE
BUILT FOR

– JOHN A. SHEDD

NOT EVERY RIPPLE
KNOWS ITS REACH—
BUT IT STILL MOVES THE
WHOLE LAKE

– SAM KINSEY-BRIGGS



Invisible Anchors That Might Be Holding You Back

Anchor 1: Comfort Zone

It feels safe. You know what to expect. But nothing grows here.

- ☛ Take one uncomfortable step. That's where growth lives.

Anchor 2: No Clear Goal

You're busy, but unsure why. Every move feels like a guess.

- ☛ Set a simple, clear goal this week – clarity = momentum.

Anchor 3: Fear of Failure

You wait for perfect. You stay still.

- ☛ Try. Learn. Adjust. Failure's a tool, not a verdict.

Anchor 4: Self-Doubt

You feel like a fraud – even when you're not.

- ☛ List 3 things you've done this year you're proud of. Remind yourself: you belong here.

Anchor 5: Weak Network

You're doing great things – but alone. Opportunities need connection.

- ☛ Reach out to one person today. Your future is relational.

R - RECOGNISE

The first step is simply pausing and acknowledging the emotion you're feeling. It might be anger, sadness, fear, shame, or anxiety. Recognise it without rushing to fix, judge, or deny it.

"Oh, this is anxiety I'm feeling."

A - ACCEPT

Instead of pushing it away or criticising yourself for feeling it, accept that it's present. Acceptance doesn't mean you like it – it means you stop resisting reality. Resistance often makes emotions stronger.

"It's okay that I'm feeling anxious. It's human"

I - INVESTIGATE

Ask yourself: What does this feeling need right now? Look at the emotion with interest, not judgment. Where do you feel it in your body? What's triggering it? What's underneath it?

"I feel tightness in my chest. Maybe I need reassurance or rest."

N - NURTURE

Respond like you would to someone you love. Offer comfort, not criticism.

Maybe that means breathing deeply, stepping outside, or speaking kindly to yourself.

"I'm here for you. You're allowed to feel this"



Feeling Stuck? Walk It Out

When you're in:

Freeze → Walk
Fight or Flight → Walk
Confusion or Overwhelm → Walk
Despair or Shutdown → Walk

Before you decide...
Before you react...
Before you spiral...
WALK

- 🚶 Walking is one of the most powerful ways to regulate your nervous system.

- 🔗 Research shows it reduces activity in the amygdala – the part of your brain responsible for fear and stress.

- ★ And the more regularly you walk, the less reactive your brain becomes over time.

**Every step is a signal to your brain:
You're safe. You're moving forward. You're okay.**

Top 8 Micro-Habits for an Anxious Brain

Name your emotion out loud

- Increases emotional awareness and activates the rational brain to reduce overwhelm.

Use the "Fact vs. Opinion" cognitive exercise

- Helps challenge distorted thoughts and anchors you in reality.

Repeat: "This is uncomfortable, not dangerous"

- Reframes anxiety and reminds the brain you're safe, reducing fear response.

Take a 10-minute walk without your phone

- Supports nervous system regulation through bilateral movement and presence.

Scan your body for tension and consciously soften it

- Builds body awareness and releases stored stress.

Visualise a calming, safe place

- Triggers the parasympathetic nervous system and creates emotional safety.

Keep a daily "tiny wins" list to track your healing

- Reinforces progress and builds self-trust over time.

Do 2 minutes of box breathing

- Calms the body, lowers cortisol, and trains your nervous system to self-regulate.

