

Noticing anxiety patterns

Is your anxiety running on autopilot?

Your mind and body are responding exactly as they're designed to. This resource helps you notice these responses, creating moments where different choices become possible.

Anxiety has kept humans safe for thousands of years. Today, this system turns on for everyday worries that are not actually dangerous.

When we notice our anxiety patterns - in our thoughts, body, brain and energy - we can step back from automatic reactions and choose how to respond.

NOTICING THOUGHTS

- Worries pop up quickly
- Small worries feel bigger
- You move away from difficulty
- You need to be completely sure

We create these thoughts, even if it does not feel like it. When we notice them happening, things naturally slow down, giving us space to choose..

NOTICING BODY SIGNALS

- Breathing changes
- Heart beating faster
- Body feels hot or cold
- Muscles get tight

Your body is doing exactly what it should to protect you. When you notice these signals, remember you are responding to something that feels unsafe, not something that is unsafe.

NOTICING BRAIN RESPONSES

- Tasks feel too big to handle
- Hard to focus
- Hard to get started
- Can't sit still

Your brain uses energy protecting you from danger. To save energy, it creates quick responses. When noticing this, you can pause and remind yourself that you are safe.

NOTICING SAFETY RESPONSES

- Backing away from what worries you
- Checking things over and over
- Getting ready for the worse
- Pulling away from others

These patterns developed to help you feel safe. Noticing them helps you recognise when they're protecting you and when they're limiting your choices.

Next time you notice anxiety, **pause**. Take a moment to notice what is happening - in your thoughts, body, brain, or energy. This moment helps you choose what to do next.