

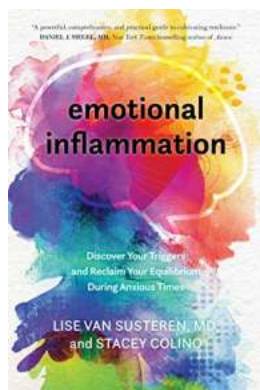
# Discover Your Triggers And Reclaim Your Equilibrium During Anxious Times

Life can be overwhelming at times, especially during moments of anxiety. Whether it's due to work pressures, relationship troubles, or the weight of everyday responsibilities, anxiety can take a toll on our mental and physical well-being. Understanding our triggers and finding ways to regain equilibrium is crucial for navigating through anxious times.

Anxiety triggers vary from person to person, and it's essential to identify the specific factors that contribute to your anxiety. By recognizing and addressing these triggers, you can develop effective strategies to manage anxiety and regain control over your life. Let's explore some common triggers and strategies to help you find your equilibrium again.

## The Power of Self-Awareness

Self-awareness is the cornerstone of understanding your triggers. By acknowledging and examining your thoughts, emotions, and behaviors, you gain valuable insights into what sets off your anxiety. Journaling can be a helpful tool to record your experiences and reflect on patterns or recurring themes.



## Emotional Inflammation: Discover Your Triggers and Reclaim Your Equilibrium During Anxious

**Times** by Stacey Colino (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 1070 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled  
Word Wise : Enabled  
Print length : 272 pages



Take note of situations or events that trigger your anxiety. It could be specific social situations, upcoming deadlines, or even certain individuals. By pinpointing these triggers, you can begin to develop a proactive approach to manage them effectively.

## **Recognizing Physical Symptoms**

Anxiety manifests not only in our minds but also in our bodies. Common physical symptoms include rapid heartbeat, difficulty breathing, muscle tension, and digestive issues. Understanding how anxiety affects you physically can provide clues about your triggers.

Pay attention to your body's response during anxious moments. Is there a particular physical sensation that accompanies your anxiety? It could be a tightness in your chest or a knot in your stomach. By recognizing these physical symptoms, you can start identifying the trigger that initiates your body's stress response.

## **Exploring Past Experiences**

Our past experiences shape who we are today and can contribute to our anxiety triggers. Traumatic events or deeply troubling experiences may resurface during anxious times, creating a sense of unease. It's important to acknowledge and process these experiences to effectively manage anxiety.

Consider seeking therapy or counseling to work through any unresolved past issues. Professional guidance can provide valuable techniques and tools to process trauma and develop healthier coping mechanisms. Remember, you don't have to face your anxiety triggers alone – seeking help is a sign of strength.

## **Building Healthy Coping Mechanisms**

Once you've identified your triggers and gained insight into their origins, the next step is developing healthy coping mechanisms. While it's tempting to engage in unhealthy habits like excessive alcohol consumption or self-isolation, these behaviors only offer temporary relief and can exacerbate anxiety in the long run.

Instead, explore activities that promote relaxation and self-care. Deep breathing exercises, meditation, and regular physical exercise can help reduce anxiety levels. Engaging in hobbies or creative outlets can also provide a sense of purpose and distraction from intrusive thoughts. Experiment with different techniques until you find a combination that works best for you.

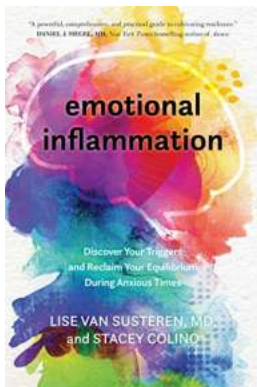
## **Seeking Support from Loved Ones**

Building a support network is crucial for navigating anxious times. Reach out to loved ones who can offer a listening ear, understanding, and encouragement. Having people who genuinely care about your well-being can provide a sense of comfort and assurance.

Don't hesitate to express your needs and feelings to those close to you. Letting them know how anxiety affects you and what support you require can foster stronger connections and understanding. Remember, you are not alone in this journey, and together, you can reclaim your equilibrium.

Anxiety can be a challenging hurdle to overcome, but by discovering your triggers and developing effective coping mechanisms, you can reclaim your equilibrium during anxious times. Self-awareness, recognizing physical symptoms, exploring past experiences, building healthy coping mechanisms, and seeking support from loved ones are vital steps towards managing anxiety and regaining control over your life.

Take one step at a time and remember that everyone's journey is unique. With dedication and perseverance, you can discover the resilience within yourself and emerge stronger, even in the face of anxiety.



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A Powerful Guide for Overcoming the Emotional Challenges of Our Turbulent Times.

A rising number of people today are troubled by a phenomenon for which they don't know there's a name. This condition is called emotional inflammation—a

state not unlike post-traumatic stress disorder, but one that stems from simply living in today's anxious, overwhelming, and tumultuous world. If you've suffered from sleep problems, hyperreactivity, persistent grief, or inescapable worry about the future—especially triggered by the nonstop news cycle—then you're probably dealing with emotional inflammation.

The good news is: there's something you can do about it.

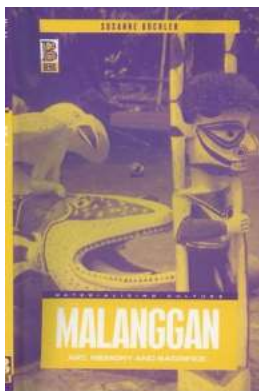
With *Emotional Inflammation*, general and forensic psychiatrist Dr. Lise Van Susteren joins writer Stacey Colino to present a breakthrough guide to help you become grounded and resilient in these turbulent times. You'll begin by determining your "reactor type" to better understand how your body and mind respond to stress overload. Then you'll learn the vital steps of the powerful RESTORE program for recovering inner balance, personal effectiveness, and joy in your life:

- **Recognize Your Feelings:** how to identify, unpack, and learn from difficult emotions
- **Evaluate Your Triggers:** pinpoint what sets you off and how you can moderate your reactivity
- **Steady Your Body's Natural Rhythms:** keys for restoring your natural, healthy internal equilibrium
- **Think Yourself into a Safe Space:** work with your mind to remain flexible, thoughtful, and adaptable
- **Obey Your Body:** essential self-care practices for diet, exercise, stress management, and more
- **Reclaim the Gifts of Nature:** revitalize your healing connection to the natural world and its awe-inspiring benefits
- **Exercise Your Power:** become an "upstander" who takes effective action from a

place of compassion, hope, and love

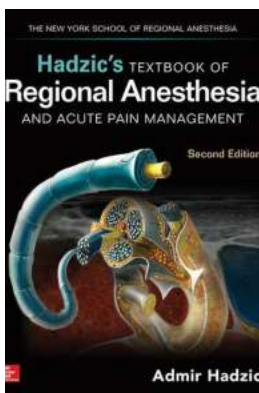
Completing the basics of this method, the authors share key insights on how to personalize RESTORE to fit into your life based on which of the four reactor types you identify with—Nervous, Revved, Molten, or Retreating.

You can't always control the crises and catastrophes that are swirling around you. But that does not mean you're powerless against the status quo—nor do you need to be at the mercy of the physiological, psychological, and spiritual stress responses inside you. With Emotional Inflammation, you now have an invaluable guide to help you cope with the challenges of a turbulent world, calm your body and mind, and reclaim a sense of peace, purpose, and connection to others.



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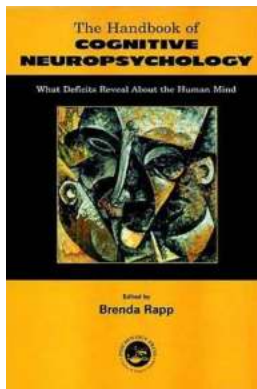
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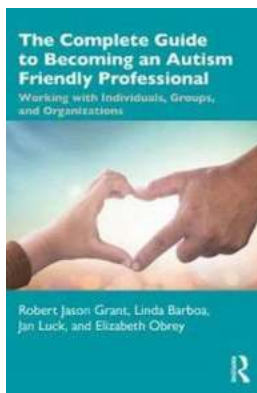
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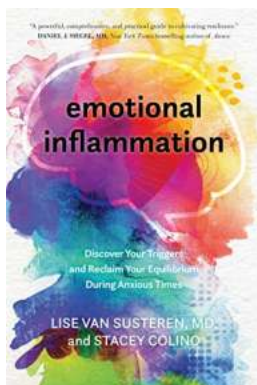
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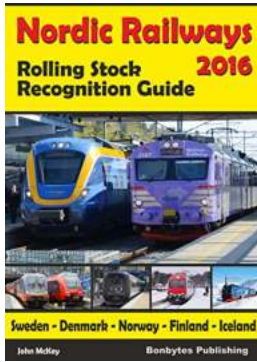
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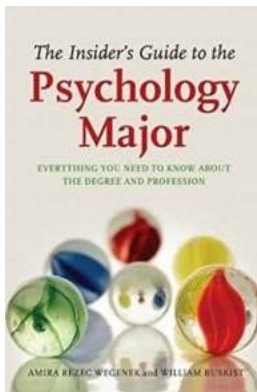
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