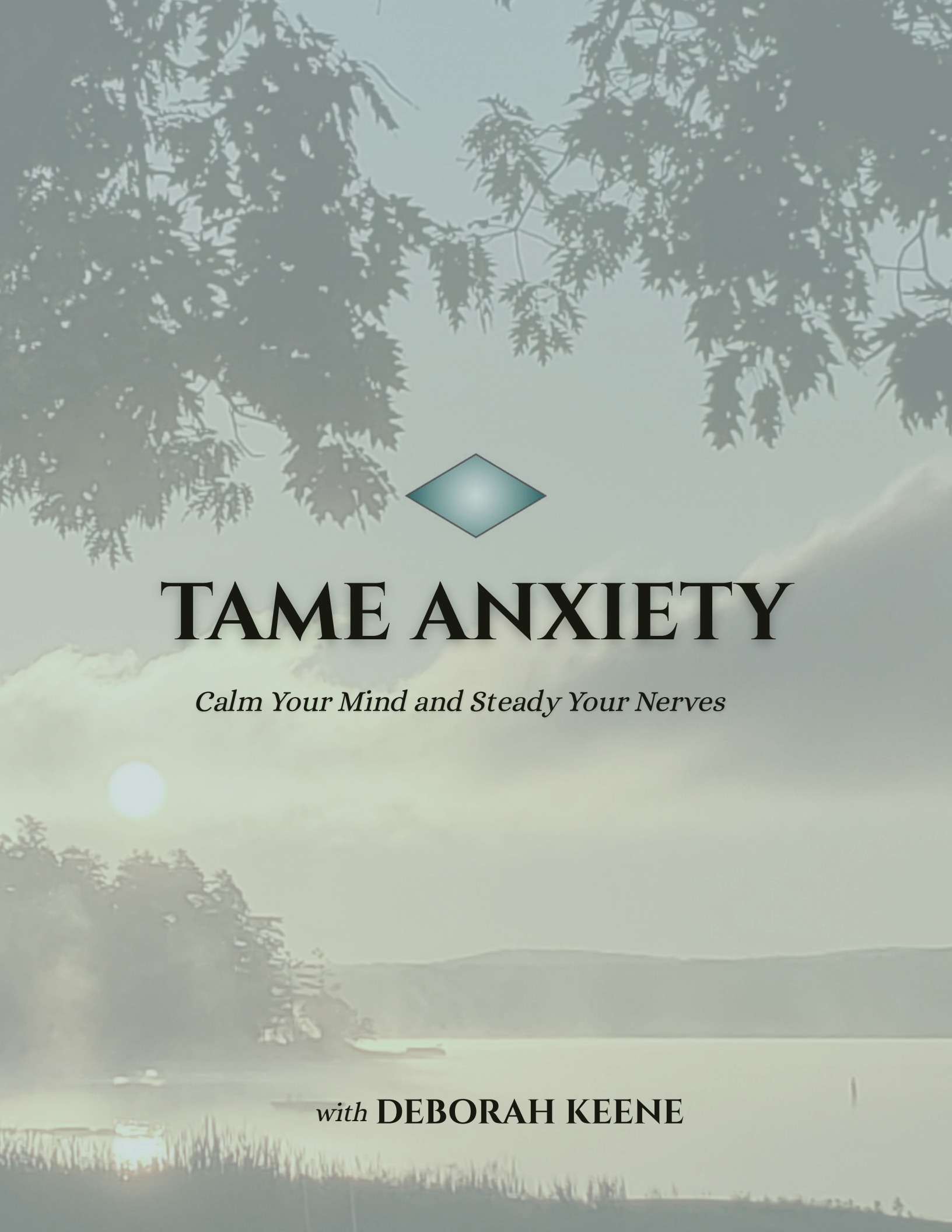

TAME ANXIETY

Calm Your Mind and Steady Your Nerves

with **DEBORAH KEENE**

WELCOME

Welcome to the Tame Anxiety workbook.

This guide is designed to help you integrate the teachings from the course and handbook into your daily life. Through reflection, exercises, and guided practices, you will create a personalized plan to support your journey toward inner peace and confidence.

How to Use This Workbook

- Complete each section as you progress through the course.
- Take your time with the exercises and journal prompts.
- Revisit the affirmations and checklists whenever needed.
- Keep track of your insights and progress.

Setting Your Intention

What do you hope to gain from this course?

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UNDERSTANDING YOUR ANXIETY TRIGGERS

Reflection:
What situations, thoughts, or experiences trigger my anxiety?

Day	Situation	Thoughts	Physical Sensations
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Reflection:
What patterns do you notice?

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FOOD & NOURISHMENT TO TAME ANXIETY

Self-Assessment: How do different foods make me feel?

□ Energized and calm

□ Jittery and anxious

□ Sluggish and tired

□ Grounded and nourished

Simple Meal Ideas & Herbal Support

- Warm, grounding meals like soups and stews
- Herbal teas (chamomile, lemon balm, tulsi)
- Reduce caffeine and sugar intake

Reflection:

One small food change I can make to support my nervous system is...

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SELF-CARE PRACTICES FOR CALM & STABILITY

Daily Self-Care Checklist:
□ Drink warm herbal tea
□ Take deep breaths
□ Stretch or move gently
□ Spend time in nature
□ Unplug from screens
□ Set healthy boundaries

Reflection: What self-care looks like for me.

Guided Exercise: Create a "Calm Corner" in Your Home.
Describe or sketch what this space includes.

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LIFESTYLE:
DAILY SELF CARE CHECKLIST

By incorporating even a few of these self-care activities into your daily routine, you can create a more grounded and peaceful foundation to manage anxiety. Pick one or two from each section.

Morning Routine

- ◇ Wake up at a consistent time each day.
- ◇ Practice deep breathing or a short meditation (5-10 minutes).
- ◇ Write down three things you're grateful for in a journal.
- ◇ Stretch or do light yoga to awaken your body.
- ◇ Eat a balanced breakfast with protein, healthy fats, and fiber.

Physical Well-Being

- ◇ Move your body through exercise, such as walking, yoga, or dancing (at least 20-30 minutes).
- ◇ Drink plenty of water throughout the day to stay hydrated.
- ◇ Incorporate nourishing meals with whole foods and limit caffeine and sugar.
- ◇ Spend time in natural sunlight or fresh air for at least 15-20 minutes.

Emotional Well-Being

- ◇ Journal your thoughts and feelings to release stress.
- ◇ Practice affirmations or positive self-talk.
- ◇ Connect with a loved one through a call, text, or in person.
- ◇ Set boundaries to protect your energy and say no when needed.
- ◇ Practice self-compassion by acknowledging your feelings without judgment.

Mental Clarity

- ◇ Take regular breaks from screens, especially social media.
- ◇ Focus on one task at a time instead of multitasking.
- ◇ Read a book or engage in a creative hobby to redirect your thoughts.
- ◇ Create a prioritized to-do list to stay organized and reduce overwhelm.

Evening Routine

- ◇ Reflect on your day and write down one positive moment or accomplishment.
- ◇ Wind down with calming activities like reading, listening to music, or taking a bath.
- ◇ Turn off electronic devices at least 30 minutes before bedtime.
- ◇ Practice gratitude or set intentions for the next day.
- ◇ Maintain a consistent bedtime for quality sleep.

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CREATING AN ANXIETY FREE ENVIRONMENT

Energy Clearing Exercise

- Decluttering
- Smudging with sage or incense
- Using soft lighting and calming sounds

Reflection: What spaces in my life need more calm?

Action Plan:
One step to create a more supportive environment:

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MOVEMENT: RELEASING ANXIETY THROUGH THE BODY

Daily Movement Tracker

Date	Activity	How I Felt After

Reflection: How does my body feel before & after movement?

Breathwork Practice: Write down how it feels to breathe deeply:

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MEDITATION, MANTRA, & YOGA FOR INNER PEACE

My Personal Mantra:

Guided Meditation Journal:
What did I notice?

Simple Yoga Sequence:

- Cat/Cow for nervous system balance
- Forward fold for calming
- Child's pose for grounding

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LIFESTYLE:
WHAT TO DO (DIFFERENTLY)

Learn to listen deeply and tend to the inner landscape. Create self awareness; pay attention to the messages from our minds, hearts, and bodies.
How have you created a space of quiet for listening today? What did you hear?

Become aware of the stories we've been telling ourselves; our inner dialogue.
What words or phrases have you told yourself today? Have they been critical or kind?

Find the right balance between relaxation and activity. Slow down. Settle physically.
Describe what you have done today. Did you do chores? Did you rest? How much time did you give yourself to do those things?

Seal up. Think containment: wrap yourself up, cover your head, wear a shawl, or place a blanket over your lap when sitting.
What did you notice when you contained your energy? Did you feel more or less vulnerable? Safe? Scattered or settled?

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AFFIRMATIONS FOR PEACE & CONFIDENCE

I am safe, supported, and at ease.

I release fear and embrace calm.

I trust in my body's ability to find balance.

I am stronger than my anxiety.

I allow peace to flow through me.

Print these and place each one in your car, your pockets, your desk as a reminder.

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INTEGRATION: MY ANXIETY-TAMING PLAN

My Go-To Calming Practices

□ Morning breathing practice
□ Herbal tea ritual
□ Movement or yoga
□ Evening screen-free time
□ Journaling
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Reflection: How has my relationship with anxiety shifted?

Commitment: One small daily action to keep moving forward:

This workbook is your guide to lasting calm. Use it as a companion on your journey, and remember: You are stronger than your anxiety.

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DEBORAH KEENE

Deborah is a mother, grandmother, (and great-grandmother) who has dedicated over 50 years to the studies and practices of India's ancient sciences.

She is a beloved yoga teacher, mentor for women, and Ayurvedic practitioner whose teachings are grounded in her in-depth studies, direct experiences, and personal transformations. She brings 40 years of experience to her offerings.

Her passion and life's work is to support others to be free of anxiety, insecurity, and all that is holding them back from living a happy and healthy life.

Deborah loves spending time with family, gardening, dancing, music, hiking, her work, and all things horses!

To learn more about Deborah and how she can support you on the path to loving yourself and being free of anxiety, fear, and all that may be holding you back, please visit www.TheDeborahKeene.com.

- She Who Knows ~ Six Month Mentoring
- The Wise Woman Sanctuary is a membership with live and on-demand recorded classes and wisdom teachings
- Ayurvedic nutrition and lifestyle consultation

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