TAME ANXIETY

A HANDBOOK TO CALM YOUR MIND AND STEADY YOUR NERVES



DEBORAH KEENE

THE WISE WOMAN PATH



WELCOME.

THIS IS YOUR INVITATION TO BE CALM AND STEADY.

Thank you for your interest in this Tame Anxiety Handbook.

I know anxiety really well. I struggled with anxiety for a long time. I suffered greatly inside for many years.

I started to turn my life around when I began my studies in earnest of Yoga and Ayurveda in the early 1980's. I applied the teachings and practices to my own life and over time my life changed in huge ways. I became more relaxed. I worried about things much less. I felt better, looked better, slept through the night, and had a lot more energy.

In this handbook, I share some of the tried and true measures that I have used for myself and with countless others to break free from the grip of living an anxious, stressed out life.

It is my sincere wish that you find the calm that lives deep in your own center and that you are empowered to live a happy, healthy, life.

I wish you blessings on this journey,

Deborah



UNDERSTANDING ANXIETY

Anxiety can be debilitating. It is our body's natural response when we start living "outside" of ourselves and let external events and environments consume our thoughts and actions.

Webster's Dictionary defines anxiety as: "An abnormal and overwhelming sense of apprehension and fear often marked by physiological signs such as tension, increased pulse, and sweating."

When we're anxious, we may not even feel the ground beneath us. You've heard of the term "ungrounded" or being "lost in the clouds." Those qualities of floating in air are characteristic of the Vata Dosha. Vata, the air element, may have us floating and uncertain.

Ayurveda defines anxiety as an imbalance of Vata Dosha in the nervous system which has spread. Vata, the air element, becomes aggravated with excess movement and/or stimulation, (physical or mental), skipping meals, or being in dry, light, rough, or cold environments, often associated with fall and early winter seasons. But these qualities can also be found in the foods we eat, the places we go, who we interact with, and what we do. In order to heal anxiety. we need to balance Vata in our bodies, mind, food, environment, relationships, and activities.

WHAT TRIGGERS ANXIETY

- Disregulated daily rhythms; being out of sync with our constitution and Mother Nature
- Skipping meals; erratic meal times
- Off sleep and wake cycles
- Excessive movement/travel
- Too much stimulation: talking, computer, cell phones, television, loud music
- Dry, rough, cold qualities
- Processed foods, alcohol, caffeine, nicotine, junk foods
- Adrenal exhaustion/thyroid disease
- Deficiencies in magnesium, B vitamins, amino acids, D3, Omega 3's, high pranic foods
- Shallow breathing
- Disturbed mind/not being situated within ourselves

WATCH FOR THESE WARNING SIGNS OF ANXIETY

- Dry, itchy skin
- Digestive issues such as gas or bloating
- Constipation
- Sleep disturbances/insomnia
- Indecisiveness
- Trauma
- Big changes
- Overwhelm
- Feeling scattered or stressed
- Insecurity/fear
- Restlessness--can't sit still
- Being overly talkative
- Exhaustion



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FOOD TIPS TO TAME ANXIETY

NOURISH YOUR DIGESTIVE SYSTEM

- Tonic Soups (pre-cooked)
- Ghee -- use generously daily
- Oatmeal (bland carbs, nutritive, slippery, slimy, retains water and reduces blood sugar over time)
- Consume good quality proteins
- Think: WARM, MOIST, COOKED
- Reduce intake of caffeine and alcohol





FAT-SOLUBLE NUTRIENTS

- Coconut oil
- Almonds
- Almond milk
- avocados
- Squash
- Pistachios
- Seeds
- Dates
- Milk Products
- Bone Broth
- Turmeric





CARMINATIVE SPICES

- Basil
  - mildly warming
  - reduces gas
- Black Pepper
  - a diuretic
  - slighty drying
  - use with oily foods
- Coriander
  - washes toxins
- Fennel
  - #1 gas remedy
  - flushes urinary system
  - improves digestion
- Cumin
  - regulates fire
- Dill
  - good for children and adults



SEEDS

- Cardamon
  - helps break up mucus
- Clove
  - enhances circulation
  - improves digestion
- Cinnamon
  - enhances circulation
  - improves digestion
- Nutmeg
  - acts as a sedative

Don't forget the Herbs: chamomile, ashwagandha, licorice, and passionflower!

ELEVATED VATA IS A HALLMARK OF GENERAL DIGESTIVE INSTABILITY

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A LIFE WITHOUT ANXIETY

DAILY SELF CARE

- Consistent daily routine of sleep, wake, and eat
- Get outside and be in nature
- Increase the qualities which are balancing: warm, moist, smooth, stable and heavy (Foods with lots of liquids)
- Sweet, sour, and salty tastes
- Oil on and in the body (Oil massage with Sesame oil for Winter)
- Clear the lymphatic tissue (Vata in the lymph is how the aggravated qualities spread): sip hot water every 10- 20 minutes
- Include turmeric daily in foods or drinks.

WHAT TO DO

- Learn to listen deeply and tend to the inner landscape.
- Become aware of the stories we've been telling ourselves; our inner dialogue.
- Find the right balance for us between relaxation and activity.
- Create self awareness; pay attention to the messages from our minds, hearts, and bodies.



- Slow Down
- Settle Physically
- Seal Up: think containment: wrap yourself up
- Cover your head, wear a shawl
- Place a blanket over your lap when sitting



BE GENTLE WITH YOURSELF



CREATE SELF-AWARENESS



REST WHEN YOU'RE TIRED

Prana follows focus: We feed that which we think.

If we look for the good and focus our attention on the positive, we nourish that.
If we feed our worries, we will have more worries.

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CREATE THE ANXIETY-FREE ENVIRONMENT

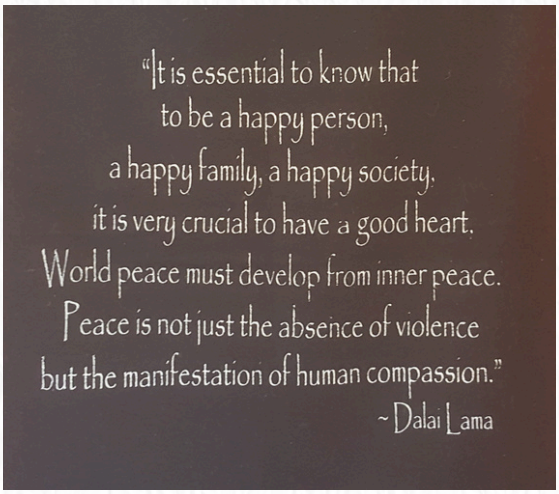
EXTERNAL ADJUSTMENTS

- Dim the lights
- Light a candle
- Reduce noise
- Step away from your computer
- Periodically turn off your phone and television

PHYSICAL ADJUSTMENTS

- Tapping: cross your arms and tap with fingers, tap alternately right and left
- Acupressure: place index and middle fingers in the center of the forehead





INTERNAL ADJUSTMENTS

- Relax. When we relax the energy moves down.
- When we are in the grip of an anxiety attack the prana (energy) is forced upward.
- We lose our ability to remain connected to all the different aspects of ourselves; to the truth of who we are which is love itself.
- We become more identified with our minds.
- Fear takes hold.
- We must include relaxation daily to keep anxiety at bay.

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REMEMBER THE 3 M's

- MOVEMENT
- MEDITATION
- MANTRA

MOVE THE BODY

Connecting to the physical body can be one of the quickest ways to ground, even Standing. Here's a Standing Practice: Stand feet hip width apart - micro bend knees. Place hands on lower belly with right hand on top of left. Breathe deeply; long slow deep breaths for 2-11 minutes

MEDITATE

Here's a suggestion for a simple practice: Sit, take a pause, take a breath, come into the present moment. Place the hands on the heart space; place awareness (focus/mind) on the heart space. Breathe long, slow, and deep

MANTRA

Find the path that suits you. Chanting creates a vibration that moves stuck energy. So Hum and Sat Nam are two, easy to remember chants.



MOVE THE BODY

Run, skip, dance, walk, climb stairs, squats, anything



MEDITATE

Find a quiet place and let go of the thoughts. Find the path that suits you. Even 11 minutes of steady breathing can help calm you.



MANTRA

Chant "SO HUM" which means, "I am that" - "I am all that I wish to be" - "I am already that."

Sat Nam: "Truth is my identity" The truth is I am whole and complete just as I am.

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YOGA

Yoga can benefit three aspects of ourselves that are often affected by stress and anxiety: our body, mind, and spirit.



COMPLETE YOGIC BREATH

- Three-part breath
- Breathe into the lower trunk and then lift the breath into the middle
- Lift breath into upper body

LEFT NOSTRIL BREATHING

- Close the right nostril with the right thumb
- Inhale and exhale through the left nostril only
- Repeat for 1 - 3 minutes









YOGA POSES TO REDUCE ANXIETY

- Legs up the wall pose
- Spinal Movements
- Backbends
- Forward Bends
- Twists
- Child's Pose
- Dog Pose
- Shavasana - resting pose -relaxation on belly or back



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ABOUT 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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CONTACT DEBORAH KEENE AT:

207-589-4254
deborah@thedeborahkeene.com
@deborahkeeneyoga
www.thedeborahkeene.com