



with janeenherskovitz

# Facing Fear: Cheat Sheet

## TIPS:

- Recognize what you can control and what you cannot; plan for what you can and let go of the rest.
- Take inventory of what you're afraid/worried about and if you can't do anything about it right now, acknowledge that and move on.
- Make sure you own it this problem. If you don't, let it go.
- Look back and reflect on other fears you've had in the past and what happened.
- Make friends with fear; talk back to it. Thank it for what it's done for you, but that you don't need it now.
- If you have a spiritual practice, like prayer or meditation, make it part of your day routine.
- Utilize mindfulness- just notice what you're feeling, don't get swept away by it.

## Heart Focused Breathing Exercise: ([heartmath.com](http://heartmath.com))

1. Focus on the area around your heart.
2. Breathe normally and deeply, while focused on the heart area.
3. Picture something you're grateful for.