

Irene Lyon

# ANXIETY GREATEST HITS

## FREE CHEAT SHEET

Anxiety isn't just mental – it's physiological.

And because it's linked to our survival responses (that fight, flight, freeze energy), it can show up in unexpected ways, or be there under the surface without us even knowing it...

Deeper healing is required to resolve anxiety.

To explore this topic from a nervous system POV, we compiled this downloadable cheat sheet of all our “greatest hits” on anxiety.



### DIY: Ancient anxiety medicine

This exercise is a great way to re-centre yourself and bring you back to your body (and the present moment) when things are a little bit anxious.

DIY:  
ANCIENT  
ANXIETY  
MEDICINE



### 3 things to know when healing anxiety

Here I answer a common question: what to do when we feel more sensations in our body that are intense? Put simply, what do we do when we start to feel more ‘anxiety’?

3 THINGS TO KNOW  
WHEN  
HEALING  
ANXIETY



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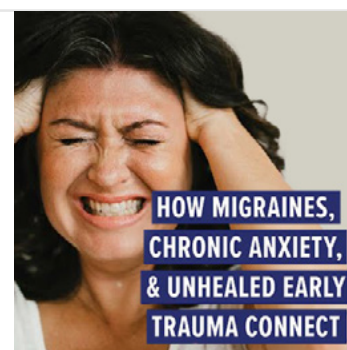
## The unknown causes of anxiety. (Things your doctor would never ask you.)

Adverse early childhood experiences are rarely talked about when helping people recover from anxiety.



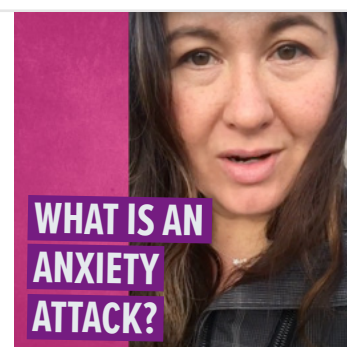
## How migraines, chronic anxiety, & unhealed early trauma connect

“Things” that get treated separately in our medical, health, and even mind-body worlds, but are actually all connected...



## [Trauma Tips #4] What is an anxiety attack?

The term ‘anxiety’ is used A LOT in daily conversation. Here I explain what anxiety REALLY is and what it might be like to reframe it from a physiological point of view.



## How to build capacity to heal anxiety

Anxiety is stored up survival stress looking to find a way out, which means the more capacity we can build to be with it, the easier it'll be to heal it.



## Healing anxiety, addictions, and repressed anger – SBSM success with Jerika

Are quick fixes that aim to “bio-hack” the vagus nerve to be tried or trusted? Find out in this interview with Jerika.



## Why might we experience anxiety when learning about childhood trauma?

Anxiety is stuck survival stress. When learning about its origins, you may feel this stuck survival stress bubble up.



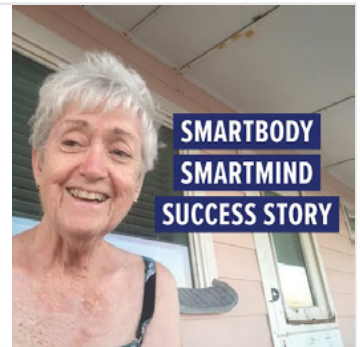
## Coming out of functional freeze and healing anxiety – Ellie’s SBSM Success Share

Ellie shares how she found greater empowerment in learning how to help and heal herself.



## Never too late to heal anxiety – Mary’s SBSM Success Story

Mary is 77 years old, and in doing SBSM learned so much about the nervous system and is healing her anxiety.



# WHERE TO FROM HERE?

Your nervous system health journey has just begun!

## Stay on track

Receive expert guidance, non-dumbed down education, and practices to bring you back into your nervous system, into your body, and into your environment (these things combined create the 'medicine' that awaits us). [Check out all our programs](#) and [upcoming events](#).

## Stay connected

Learn alongside fellow explorers, with weekly inspiration and time-sensitive updates so you never miss a beat! [Join my email list here](#). (Please share this information with others you feel would benefit from it, too.) [My YouTube channel](#) and [my private Facebook group](#) are the best places to keep in touch and ask questions. And [my Instagram](#) is best for fun, quick visuals and reminders.

If you are looking for a mantra in the journey to nervous system healing and health, let it be this:

**Evolve and thrive, rather than purely survive.**

It really is time for us to take this next step.

Are you ready for it? I am. I hope you are.

— Irene Lyon

