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## A RESEARCH SUMMARY

### Two Simple Steps to Overcome Anxiety with EQ (Miller, 2017)

<https://bit.ly/6Sssoa>

- Tell yourself how you feel. Name emotion to tame it.
- Labeling emotions lessens intensity, bridging the gap between thoughts and feelings
- Give your feelings a different spin by reframing to the positive
- Instead of trying to calm yourself by saying, "I'm not nervous," try, "I'm excited!"
- Effectiveness of this "anxious reappraisal" is shown at Harvard Business School
- Change where you choose to put your focus: from anxiety to excitement or opportunity

### Know Yourself Better Than Yesterday (Label Your Thoughts, 2021)

- When you start paying attention to your thoughts, you notice patterns
- Includes list of 24 thought patterns, such as: imagining, criticizing, predicting, analyzing, validating, self-deprecating, complaining, worrying, anticipating, remembering, drifting
- Being aware of our thoughts helps us decide, overcome obstacles, and be compassionate
- Labeling is an effective tool to create separation between your self and your thoughts
- This leads to the powerful choice of what you're going to do about it

## Name your worries, then start letting them go!

### Worries:

- Not enough time
- Not being enough
- What-if thinking
- Anticipation of project
- I can't get everything done
- Impostor syndrome
- Overwhelm
- Overthinking
- Anxiety

### Strategies:

- Prioritize with a brain dump
- Dismissing negativity, "I am enough" mantra
- Replace "what-if" with "and-if"
- Begin, even if it's a small start
- Re-evaluate definition of "what needs to be done"
- Value your voice and needs over your fears
- Pick one thing to accomplish, and do it well
- Be yourself, trust the process, do your best
- Breathing exercises

*Worrying is like sitting in a rocking chair.  
It gives you something to do but it doesn't get you anywhere.*  
English proverb

*Don't believe every worried thought you have.  
Worried thoughts are notoriously inaccurate.*  
Renee Jain, tech entrepreneur and life coach



### The GC Team Presents Personal Tips

**Sara:** Instead of thinking about what could go wrong, replace it with “and if” (insert a coping plan here). It helps refocus the worry to a solution and reduces anxiety.

**Jason:** Every time I encounter heavy worry, I think of a statement from my dear friend: “Worry is a useless emotion. It serves no positive outcome”. I know that’s debatable, but it helps shed the mental weight.

**Heather:** When worry comes up, I try to remember one thing: can you do anything to solve this worry? If so, do it now. If not, stop worrying. Worrying alone won’t solve anything.

**Hill:** My continuous worry is that I can’t get everything done. To help, I prioritize what is most important, reevaluating my definition of “needs to be done”. I complete the high priorities and allow myself some grace to get to what didn’t make the top of my list a little later.

**Tim:** I still have fights with impostor syndrome. My main strategy is realizing the worry doesn’t serve me. If I need to know something, worry about sounding stupid doesn’t serve me. Setting aside the worry to get an answer to my questions serves me well. While working on a team, worrying about what people will think when I speak on an issue doesn’t serve me. Making my voice heard and ensuring the project doesn’t cause harm serves me and others.

**Kelsey:** I worry a lot about not being able to make everyone happy. I let myself fade into the background. When I get like that, I take some time for myself and do something I enjoy. Even though others’ feelings are important, you have to take care of yourself to pour into others.

**Kristen:** I worry about the future, the end game, the big picture. When I worry, I get caught up on all the small things in day-to-day life. It’s like torture if I don’t catch it. I know it’s important to self-reflect, but it’s also important to have balance. I try to trust the process, be myself, do my best every day, and not overthink insignificant details.

**Elyse:** Verbalizing a worry to myself or someone else is helpful. Worries tend to be magnified in my mind, less so once I get them into the open.

**Biz:** I’m trying to stay upbeat about major projects by practicing positive self-talk. Instead of worrying about failing, it’s important to build confidence.

**Michelle:** Mine is similar to Hill’s in that I worry I’m not getting back to clients quickly enough. I remind myself that same day response isn’t always possible and that they’ll appreciate the same full attention others are getting within a reasonable time frame. I also remember a quick acknowledgment I’ve seen their request can be better than no response that day.