

Anxiety tracking!

Let's face it... a lot of things make this C-PTSD life a living nightmare, but anxiety might be the largest crisis we deal with every day.

So. Do you know WHY you're so anxious? What's upsetting your brain? Specific times of day, activities, people, expectations?

Yeah, most of us don't know, either. So let's put this mystery to bed. First, by paying attention.

Step one: Identify the transition points in your day. Notice each time you move from one state of being/doing to another.

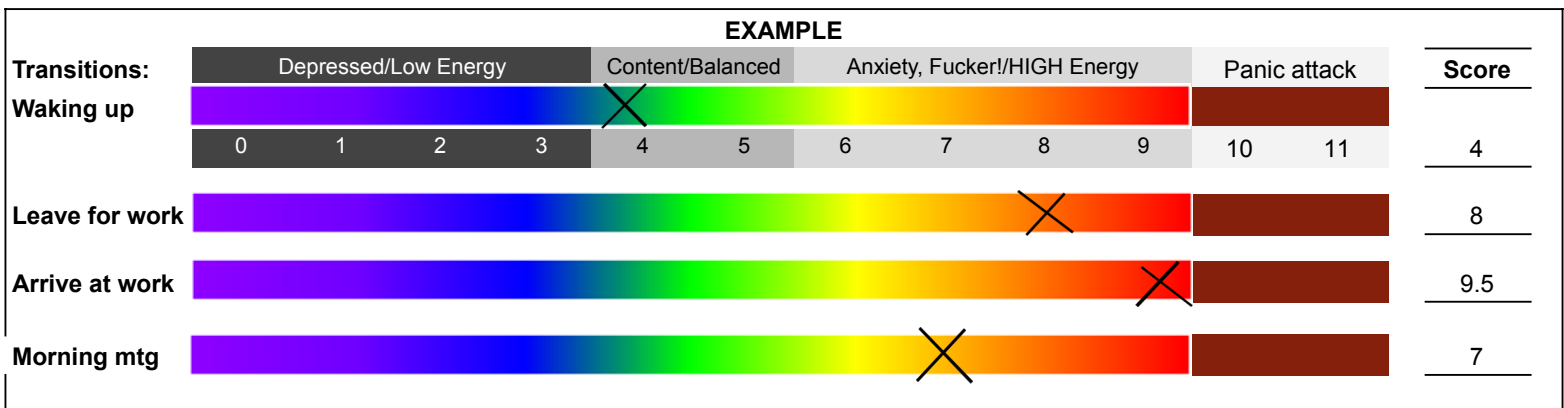
EX: wake up, go to work, arrive at work, come home, wind down. The more experiences, the better your data set.

Step two: Take 20 seconds to note your inner landscape. Breathe, push your back into a chair, notice your guts. How're you feeling?

EX: High or low energy? Tense? Agitated? Done with it ALL. "meh." Surprisingly... fine?

Step three: Mark your current level of inner turmoil on the provided scale, or create one that works with your own brain-anatomy.

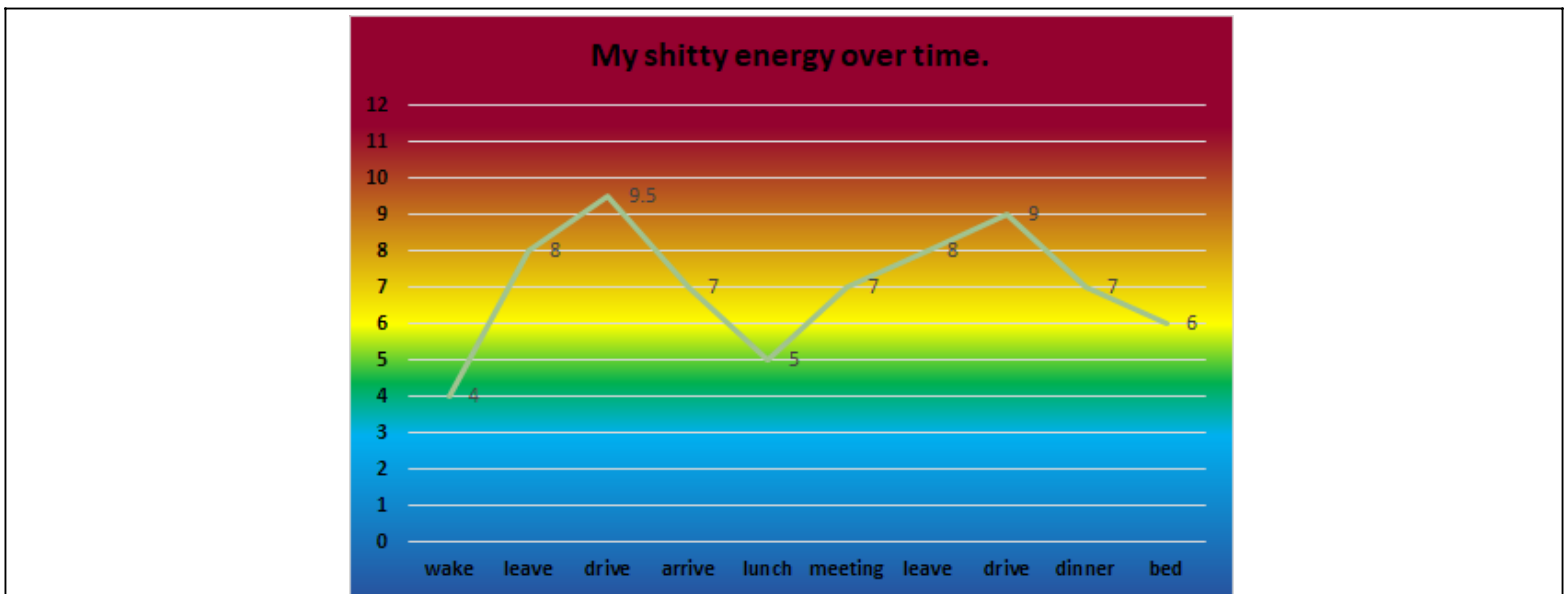
EX: change the colors, ditch the numbers, start at -5 & end at +7. Whatever helps you translate feelings into data.



Step Four: Take it one stride further. Turn this disjointed information into a comprehensive visual. Graph those data points!

EX: Check this graph. If it works for your scale, great! If not, modify the X and Y axis with different numbers or colors.

Your brain, your data, your experiment. Make it work for you!



Step five: Repeat for several days, capturing both similar and varying activities based on your daily life and obligations.

HINT: Keep gathering data. The more, the better. Repeatability reduces inaccurate artifacts in your experiment.

Final outcomes: Learn to get into your head and body throughout even stressful situations. Start noticing your feelings and conditions.

Get educated on naming your experiences. Begin identifying trends in daily energy levels. Increase brain-body connection.

