

Journal Questions

If you'd like to, these journal guides will help you dig that bit deeper into the topics, helping you apply the words to your own life and mind. Remove any pressure from yourself to 'complete' this guide, or write reams of notes. They are simply here for you to use if and as you wish, whether you just consider them in the quiet of your mind, write one-word answers or consult them for particular topics.

CHAPTER 3

Less Anxiety

3.1 – What is anxiety?

Can you identify some of the worries and anxieties you have at the moment?

.....

.....

.....

.....

Has motherhood changed your experience of anxiety? If so, why and how?

.....

.....

.....

.....

How does anxiety feel for you in your mind and body? Do Anna's descriptions of the nervous system resonate with you?

.....

.....

.....

CHAPTER 3

Less Anxiety

3.2 – Health anxiety

If health anxiety robs us, what do you feel it robs you of?

.....

.....

.....

.....

Which of the health anxiety tips might you like to try?

.....

.....

.....

.....

If you can identify trauma as something that may be fuelling your anxiety, what support can you seek?

.....

.....

.....

3.3 – Intrusive Thoughts

What has been your understanding of intrusive thoughts, and has it changed through hearing Anna speak about them? If so, how?

.....

.....

.....

.....

CHAPTER 3

Less Anxiety

What did you find reassuring about intrusive thoughts? Write this down so that you can recall it with more ease when you next experience an intrusive thought.

.....

.....

.....

.....

If you can identify trauma as something that may be fuelling your intrusive thoughts, what support can you seek?

.....

.....

.....

3.4 - Tips to help anxiety

Note down the insights about the anxiety response that were the most helpful to you from the video.

.....

.....

.....

Which anxiety tips stood out to you most? Which ones would you like to try as you fall asleep tonight?

.....

.....

.....

CHAPTER 3

Less Anxiety

Write down a favourite mantra to recall when you next feel anxious.

.....

.....

.....

NOTE: In instances of trauma, grounding exercises aren't always appropriate as sometimes we protect ourselves emotionally by seeking distance from how we feel. If you are struggling due to any trauma, you are deserving of support. Please consult the contacts page.

3.5 – Birth trauma

I will not be inviting you to journal about birth trauma as exploring trauma is best done with supportive guidance. If you are left with any residual feelings of unease or trauma around your labour, you are deserving of support, please consult the contacts page.