

Anxious About the Future?

Do you ever feel restless for no reason?

Do you have trouble focusing, experience mood swings, or feel tension in your body - especially in your chest or stomach?

Have you lost interest in things you used to enjoy?

You may be experiencing anxiety.

Anxiety is more than just worry - it's a future-oriented emotional response. It's often triggered by vague, unpredictable, or uncontrollable thoughts about what *might* go wrong. Unlike fear, which is short-lived and tied to a specific threat in the present moment, anxiety is like a shadow stretching into the future, convincing you that something is always about to go wrong.

It can show up as:

- Excessive worry about work, health, relationship, or finances.
- Constantly dwelling on “what if” scenarios.
- Physical symptoms like trembling, sweating, shallow breathing, or muscle tension.
- Mental fog, difficulty concentrating, or feeling “on edge”

So what can you do about it?

The answer isn't in forcing the future into place - it's anchoring yourself to the present.

Mindfulness is a powerful way to quiet the storm of anxious thoughts. Here is a simple practice to ground yourself.

1. **Look:** Find and name 3 things you see.
2. **Listen:** Notice 3 sounds you can hear.
3. **Move:** Gently move 3 different parts of your body - your fingers, shoulders, or toes.

As you do this, bring your attention fully to each sensation. Breathe slowly. Let yourself *arrive* at this moment.

You can also try:

- Journaling your anxious thought to get them out of your head
- Gentle movement like walking or stretching
- Breathwork, such as inhaling for 4 counts, holding for 4, exhaling for 4
- Limiting your time spent “doomscrolling” or consuming stress-inducing content
- Speaking with someone you trust, or seeking guidance from a coach or therapist

Remember: anxiety thrives in uncertainty, but confidence grows when we focus on what we can control - right now, today.

You don't have to be stuck in the loop of worry. Your future is shaped by the thoughts you plant in the present.

And if you need to help learning how - I'm right here.