



Coping with Stress & Anxiety

Mount La Dole, Switzerland

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Introduction

Even if we, in our personal lives are having a wonderful day, something in the world around us, will cause us to feel stressed, worried or sad. The negativity that we are inundated with definitely causes us physical and emotional harm. So how do we avoid such horrible events, or better yet, how can we handle these horrible events when they are brought to our attention?

When we hear or read something violent or horrific on the news, we are left feeling helpless and troubled. This, in itself affects how we handle our own challenges and problems. In order for us to create or protect our individual happiness and serenity, we must learn to discipline ourselves concerning what and who we allow into our life and personal space.

Many believed that Covid would bring about a positive change, and we would become a better humanity. However, it did not happen, and instead, we see and feel more separation, divide, violence and fear.

The only way to cope and handle this onslaught of despair and negativity is to become the leader of our own world. We have the ability to create a world, within a world.

This is not based on finances, it is based on beliefs and disciplines.

Even though we are part of the collective, we are unique in our ability to manifest our own little heaven on earth. This can happen in a grand way, or even in the smallest of endeavors. We can be living in a one room apartment, but that apartment can be filled with magnificent treasures, beauty and sacredness. This not only instills in us peace of mind, but a much healthier existence, as our well-being is no longer at stake.

Our planet is part of a much vaster universe and this universe is limitless. This limitlessness is something that we can infuse into our own life system. We no longer “settle”, or just survive. We become a player in the much bigger picture that says: “I will not just endure and count me in for sure!”

Empowering Beliefs

What we think is what we are, and what we create. Therefore, the primary goal is to believe that our life can be magical and wonderful, no matter what is happening around us or in the world. We can be empowered, even under trying circumstances. One enlightened thought transmutes a hundred darkened ones. Each of us has the ability and wherewithal to discipline our minds to shape shift a negative reality, just through understanding our thoughts, feelings and actions.

Exercise 1

Fear

One cannot feel brave if one does not feel scared.

Fear is definitely an emotion that can either hold us back, or catapult us to our highest potential. Many times, our fear is associated with our wisdom. We face life realistically and know that danger lurks in certain places and within many situations. On the other hand, our fear can be stimulated from a previous wound that holds us back and paralyzes us. Therefore, the first step to empowering ourselves is to face our fears, head on and study where they come from. Question yourself, asking is this a wisdom, or is this a wound?

What fears do you have that need to be examined and sourced?

How can they be utilized if a wisdom, or overcome, if a wound? Make a plan of action as to how to use the wisdom or overcome the wound.

Exercise 2

Discernment

Those with merit allow in – those with none, ferret out.

Discernment is a wisdom that was and is used by all sacred tribes. The Hopi's believe that there can be a tribe of 1,000 people, however, if 999 think righteously and 1 does not, yet allowed into the tribe – the whole tribe can fall. Discernment is vital to the success of our integrity, our happiness and even our life. We need to study, contemplate and have patience. Things and people that look so good, can be truly the opposite, and some things and people that look so bad, can equally be the opposite. Discerning before deciding is, and always will be, our greatest safety.

Who is in your life that you do not feel safe with? Can this be transformed, and if not, can you let go?

Is there anything you are involved with, business or otherwise where you do not feel safe? Can this be handled so that you feel safe, and if not, can you change the situation?

Exercise 3

Problem Solving

To everything challenging, there is a solution.

The above statement is very true, but the solution may not be what we hoped for. Acceptance and non-attachment are the keys to a peaceful and successful life. There is so much out of our control, and in truth, the only thing we can control is ourselves. Free will choice has indeed created quite a mess, and the global situation has indeed created quite a turmoil. Therefore, the wisest thing we can do is to let go of what we cannot control and take charge of what we can control. Once that happens, the solution and answers find their way into our mind and heart. We can finally breathe a sigh of “relief”.

What, who and where do you feel out of control, and why?

With what, where and whom are you attached to, and can you let go? If not, why?

Exercise 4

Mistakes

The opportunities to learn and grow.

Mistakes are necessary for our personal development and empowerment. However, if we keep making the same mistakes over and over again, the only end result will be frustration and depletion. Success cannot be achieved without having the courage to make mistakes. As a humanity, why are we so addicted to perfection? It is absurd! Only those who are willing to try will rise. Only those who are willing to try will learn what is good for them and what is not. And what is not - is as important as what is!

Are you afraid to make mistakes? If so, why? If not, what mistakes that you made taught you the most?

Are you attached to perfection? If so why? Can you let go of your need for perfection? If not, why?

Exercise 5

Confusion

The fastest road to anxiety and defeat.

Nothing will derail success and serenity like confusion; therefore, it is of the utmost importance to find clarity and certainty, whether that be in a relationship or in a situation. Confusion leads to doubt, helplessness, despair, and failure. Yet, there are so many confusing things transpiring in our larger world. What is truth or what is deception; who is right or who is wrong; what is best for us or what is wrong for us...and it goes on and on. We may never find the real truth, or what is best for us, outside of ourselves. Therefore, to eliminate confusion, we need to focus on what is our own truth and what we are certain about in our own life.

What are you confused about that you can let go of and get certainty? If so, how?

What are you confused about that you can find a clarity and commit to? If so, how?

Exercise 6

Higher Thinking

Higher thinking - the higher we think – the better we feel.

Read the wisdoms and mark if you truly believe them. If not, why?

There is indeed a higher plan that we can all source.	Y	N
There are universal truths that have nothing to do with this world.	Y	N
Being a people pleaser eradicates our self-empowerment.	Y	N
Open-mindedness is like water – close-mindedness is like metal.	Y	N
When we are the initiator of kindness, we feel a sense of safety.	Y	N
The unseen is more powerful than the seen.	Y	N
Being flexible can be our greatest strength.	Y	N
Truth is all that matters for pure energy and good karma to manifest.	Y	N
We must not set anyone up to fail – and that includes ourselves.	Y	N
For every ending, there is a beginning.	Y	N
Beauty is the most beautiful when felt, not seen.	Y	N
Compassion heals all deep wounds, for another or ourselves.	Y	N
Denial leads to much bigger problems.	Y	N
The energetics of the “WE” is much more powerful than the energetics of the “I”.	Y	N

Challenges and difficulties are much easier... if we have faith.	Y	N
Never think that the pain of others does not affect us.	Y	N
Thinking limitlessly always pays off – but without a timeline.	Y	N
When happiness lives within us, it is permanent: when it is derived from something outside of ourselves, it is temporary.	Y	N
There is never a good reason to be unjust.	Y	N
Feeding the feeling of victimhood leads to disempowerment.	Y	N
Needing to be right always brings conflict.	Y	N
Being vigilant for what is right takes great might.	Y	N
Money is meant to be the root of all good.	Y	N
Flattery, to be truly received and felt, must be sincere.	Y	N
Miracles do happen to those who are willing to believe in them.	Y	N
Holiness can always be encountered, even in the darkest of places.	Y	N
The wounds of the past are not meant for the future.	Y	N
Believing we can is the first step to knowing we can.	Y	N
Doubt destroys inspiration and activation.	Y	N
We are always worth our constant effort.	Y	N

Exercise 7

Tips to Empowerment

Score yourself on each tip. 1 being weak and 5 being strong.

- _____ Being of service, even in the smallest way is empowerment.
- _____ Being kind, even to a stranger is empowerment.
- _____ Being generous, even when we don't have much is empowerment.
- _____ Being truthful, even when it is scary is empowerment.
- _____ Being committed, even when it is difficult is empowerment.
- _____ Being forgiving, even if it takes time is empowerment.
- _____ Being compassionate, even to those who have hurt us is empowerment.
- _____ Being aware, even of the tiniest details is empowerment.
- _____ Being conscious, even of things that bring us despair is empowerment.
- _____ Being loving, even to those who don't deserve it is empowerment.
- _____ Being respectful, even to all living things is empowerment.
- _____ Being understanding, even to those we don't comprehend is empowerment.
- _____ Being contemplative, even in the midst of freneticism is empowerment.
- _____ Being different, even when others just want to be accepted is empowerment.
- _____ Being rational, even when others are irrational is empowerment.
- _____ Being joyful, even when others will be jealous is empowerment.
- _____ Being grateful, even for the fact that we have life is empowerment.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper or a document template. There are no margins, text, or other markings present.

Exercise 8

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?

Coping Tips

Remember.....

It has been proven that when a door closes, a window opens.

Look for an avenue of escape when the road seems dangerous.

We will only be loved by how we love ourselves.

Mistakes are our best opportunity to become masterful.

Accept the fact that the question “why?” may never be answered.

Sadness and grief are the extensions from our hearts.

To discern is wisely saying that someone must earn.

Thinking we can control another is but an illusion.

Denial never works as a coping technique.

The most calming feeling is when our intentions are pure.

Be prepared to weather the storms equipped with the appropriate gear.

Believe that truth will always set us free.

Beauty has nothing to do with facial features; it's an inside job.

Laughter and humor are the best remedies, with no ill side effects.

Tranquillizers are known not to make us tranquil.

The most fundamental empowerment is to know thyself.

Patience is the best coping mechanism of all.

Our vulnerability is our greatest protector, as it keeps us centered.

Dealing with our stress intelligently is the reward of better days to come.

A simple task becomes stressful when done reluctantly.

The trouble with stretching the truth is that it will snap back at us.

Moderation and meditation are great stress reducers.

Our anxiety rises if anchor life to a single hope.

Optimism and faith are the best medicines for anxiety and stress.