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Your thoughts and beliefs shape your habits, and your habits affect how you think, feel, and do. Being Emotionally Resilient means you are better equipped to deal with difficult situations - past and present - which enables you to build and maintain your mental health and fitness.

*I can help you achieve this.*



**TEDx Colomiers**  
x = independently organized TED event  
Thinking independently together



**ISAE SUPAERO**  
EXCELLENCE WITH PASSION



Burson-Marsteller



**WORKSHOPS**



# Creating a Positive Mindset and Self-Help Tools

“ It is mathematically impossible to get directions to a new destination if you don't know where you are starting from. The same can be said about your life.

In order for you to create a set of self-care objectives, you must know where you're starting from and where you want to go...

**WHAT'S WORKING IN YOUR LIFE RIGHT NOW?**

**WHAT'S NOT WORKING?**

**WHAT VALUES AND BELIEFS HAVE YOU HELD THROUGHOUT YOUR LIFE THAT YOU HAVE STUCK TO, NO MATTER WHAT?**

**WHAT ARE YOU WILLING TO DO TO BRING IN SOME CHANGES THAT YOU WANT, NEED AND DESIRE?**

**WHAT ARE YOU NOT WILLING TO DO, TO COMPROMISE ON, TO CHANGE?**”

## What is self-care?

Self-care is an important part of living a healthy and happy lifestyle. Looking after yourself both mentally and physically is crucial to taking control of your health.

Self-care doesn't have to involve a huge time commitment, and it doesn't have to cost the earth. It could be taking a bath, relaxing with a good book, taking a walk outside or eating your favourite food. It's about making a commitment to putting yourself first, even just for a while.

## What are the benefits of self-care?

- Self-care can boost your self-esteem

- Self-care protects your mental health
- Self-care can lead to better relationships
- Self-care creates stronger boundaries
- Self-care protects your energy
- Self-care reduces stress and anxiety
- Self-care encourages creativity and motivation
- Self-care strengthens your overall health...

## What is Mindset?

Your attitude	Outlook on life	Persona
Behaviourism	Way of thinking	Mental make-up
Frame of mind	Beliefs and values	Your character

We can create our own mindset, based on HOW we **want** to FEEL, THINK and BE.

### **Our brain does not know the difference between past, present and future memories!**

So, for example if we lack self-confidence – this is the neural template/mind maps in our brain from the PAST, being re-thought, re-felt, into the PRESENT. Our brain simply follows preset-up templates, until we change them (neuroplasticity).

**This means each one of us can change - but only IF we want to.**



## **HOW:**

*Think about how you want to feel instead* – this is what we call ‘creating a future memory.’ So, if it’s self-confidence, imagine how confident you want to feel and be instead of the *old you*.

The trick is you really need to imagine it:

Smell it,

Taste it,

See it,

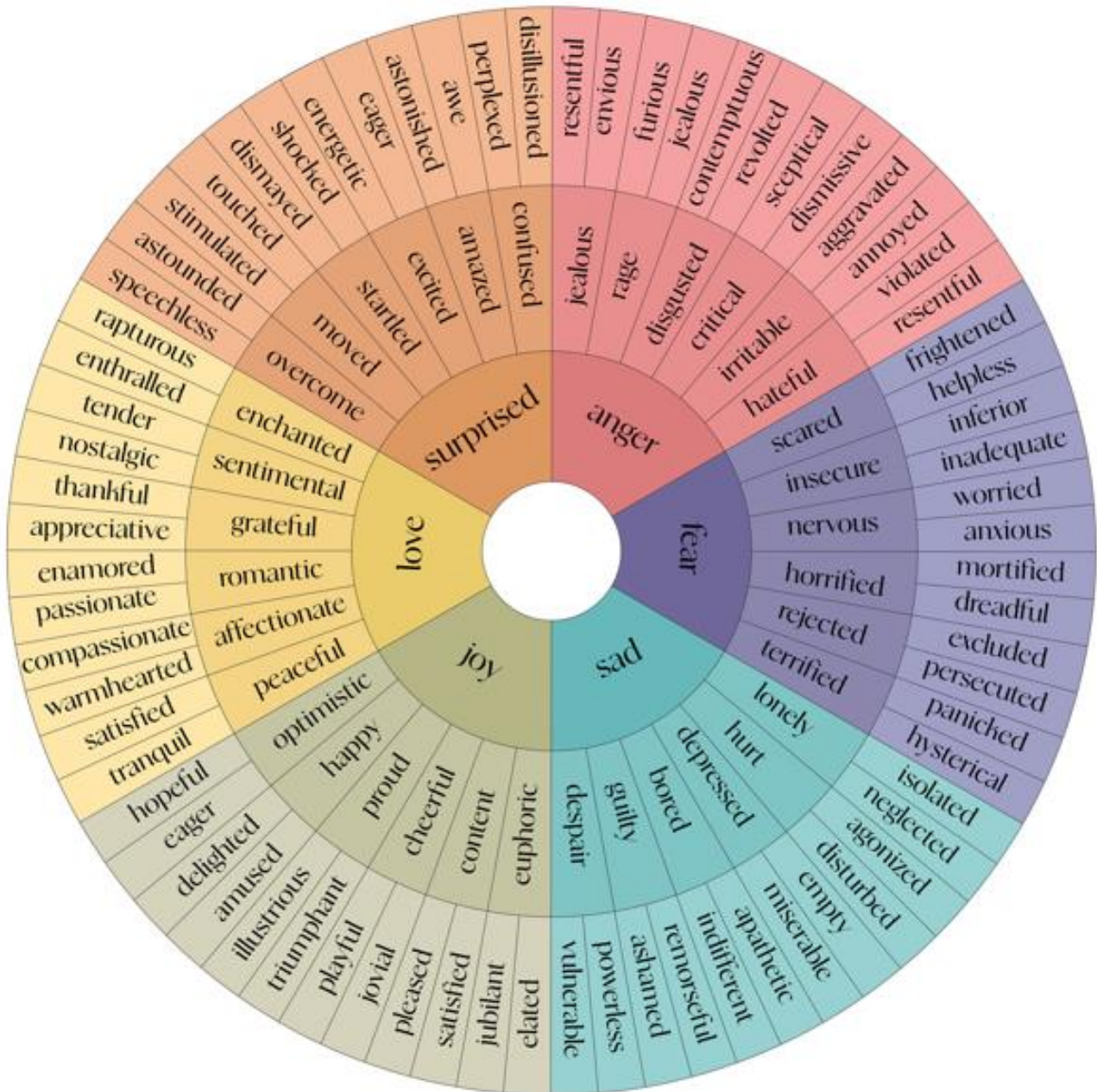
Feel it

**BE IT...**

*Neuroplasticity in action* - your brain creates a new template, a new mind map. If you practice it enough, it becomes reality.

**Another fact** – the brain does not distinguish between a belief and a fact. If you believe you are uncomfortable in social situations, for example, that belief becomes your reality. We can achieve so much more in life if we believe we can!

# Your Feelings Wheel

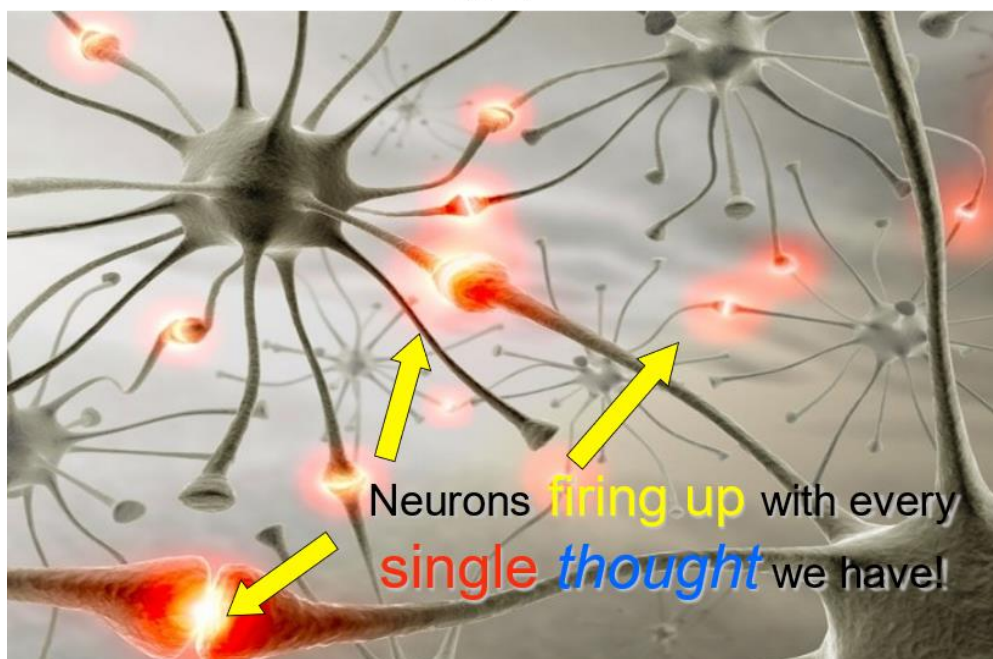


## Keeping an anxiety/stress diary to check on how grounded and connected you are:

1. Date
2. Time
3. Where Am I?
4. Who am I with?
5. What can I see?
6. What can I hear?
7. What can I smell?
8. What can I taste?
9. What am I touching?
10. What am I feeling?
11. Why might I be feeling like this?
12. What am I thinking about - about me and about my environment?

You will start to see a pattern and recognise the triggers. Now you can implement strategies...

With each NEW thought, our neurons rewire...



## Worry, Stress and Anxiety

What are the differences between worry, stress and anxiety. It's part of our freeze (too scared to move), flight (run away) or fight subconscious reactions.

There are two main types of anxiety:

- A learned response (a reaction to what happened in the past, a life event) that your brain replays whenever something similar is seen, heard or felt.
- Learned behaviour from those around you. Your friend has anxiety, you feel their anxiety and you take on some of that anxiety.
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## Worry

**Worry does have an important function in our lives.**

When we think about an uncertain or unpleasant situation unable to pay i.e. paying our rent or doing badly in our exam - our brains become stimulated.

When we worry, **it calms our brains down**. Worry is also likely to cause us to problem-solve or take action, both of which are positive things.

**Remember: Worry is helpful only if it leads to change - not if it turns into obsessive thoughts.**

# Stress

Stress is a physiological response connected to an external event.

In order for the cycle of stress to begin, there must be a stressor – usually an external circumstance.

Results in the fight-or-flight-or-freeze response.

1. Adrenaline and cortisol is released.
2. The heart rate goes up
3. Blood gets pumped to our limbs and away from our digestive and reproductive system.
4. Pupils dilate to help us see
5. Mind becomes hyper-vigilant.
6. The blood sugar levels go up, too.

This a healthy stress response when the cortisol level rises and falls quickly - as soon as the presumed threat is out of the way.

Chronic stress, is when your body stays in this fight-or-flight-or freeze mode continuously (usually because the situation isn't resolved)

Chronic stress is linked to health concerns such as digestive issues, an increased risk of heart disease and a weakening of the immune system.

# Anxiety

If stress and worry are the symptoms, anxiety is the culmination.

Anxiety has a cognitive element (worry) and a physiological response (stress), which means that anxiety is experienced in both mind and body

**SO** Worry happens in the mind, stress happens in the body, and anxiety happens in the mind AND body.

Remember how stress is a natural response to a threat? Well, anxiety is the same thing... **except there is no threat.**

**Anxiety can be likened to a response to a false alarm**

According to the **WHO** (World Health Organisation), anxiety is 'a major contributor to the overall global burden of disease'.

At present, anxiety is the widest cause of depression worldwide, according to the World Health Organisation.



## SELF-CARE ASSESSMENT

Self-care activities are the things you do to maintain good health and improve wellbeing. You may find that many of these activities are things you already do as part of your normal routines. This Self-Care Assessment helps you consider the frequency, or how well, you are performing different self-care activities across five important life domains: **Emotional, Physical, Social and Spiritual**. The goal of this self-assessment is to help you learn about your self-care needs by spotting patterns and recognising areas in your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive but serves as a starting point for thinking about your self-care needs.

Using the key provided below, rate how well, or how frequently, you believe that you engage in each activity.

1	I do this poorly	I do this rarely, or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
4	I would like to improve on this	I would like to do this more frequently

### Emotional self-care:

Enjoying hobbies	1	2	3	4
‘Unplugging’ from technology (e.g., email, social media)	1	2	3	4
Expressing emotions and feelings (e.g., talking, journaling)	1	2	3	4
Appreciating own talents, accomplishments, and strengths	1	2	3	4
Taking days off/rest days from responsibilities	1	2	3	4
Learning about or exploring new things (e.g., hobbies, foreign languages)	1	2	3	4
Practicing self-nurturing activities (e.g., gentle walk)	1	2	3	4

Laughing about things	1	2	3	4
Taking a holiday, escape, or mini break	1	2	3	4
General emotional self-care	1	2	3	4
Other, please specify	1	2	3	4

### Physical self-care:

Attending preventative health appointments (e.g., dental or GP check-ups)	1	2	3	4
Resting when unwell	1	2	3	4
Drinking enough water	1	2	3	4
Getting sufficient sleep	1	2	3	4
Enjoying group exercise (gym classes, hobbies)	1	2	3	4
Eating regular meals	1	2	3	4
Exercising outdoors	1	2	3	4
Maintaining good hygiene	1	2	3	4
Eating a healthy diet	1	2	3	4
General physical self-care	1	2	3	4
Using alcohol as a coping tool i.e. to relax, to sleep, to de-stress	1	2	3	4
Other, please specify	1	2	3	4

### Social self-care:

Making time for friends or family	1	2	3	4
Staying in contact with distant connections you still care about	1	2	3	4
Seeking support when it's required	1	2	3	4
Engaging in mentally stimulating discussions	1	2	3	4
Being intimate/romantic with partner	1	2	3	4
Asking for help when you require it	1	2	3	4
Doing fun activities with others/ enjoyable group activities	1	2	3	4
Spending quiet private time with partner	1	2	3	4
Making new friends/ talking to new people	1	2	3	4

Other, please specify	1	2	3	4
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**Spiritual self-care:**

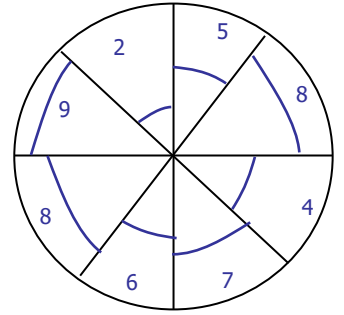
Enjoying outdoor/nature time	1	2	3	4
Volunteering for charity/community	1	2	3	4
Religious practice	1	2	3	4
Practicing gratitude	1	2	3	4
Meditating	1	2	3	4
Allocating quiet time for reflection	1	2	3	4
Applying personal strengths, talents, or values	1	2	3	4
Appreciating beauty (e.g., music, art, literature)	1	2	3	4
General spiritual self-care	1	2	3	4
Other, please specify	1	2	3	4

**What are you *stress levels* on a day-2-day basis – 10 being very high (please circle box)**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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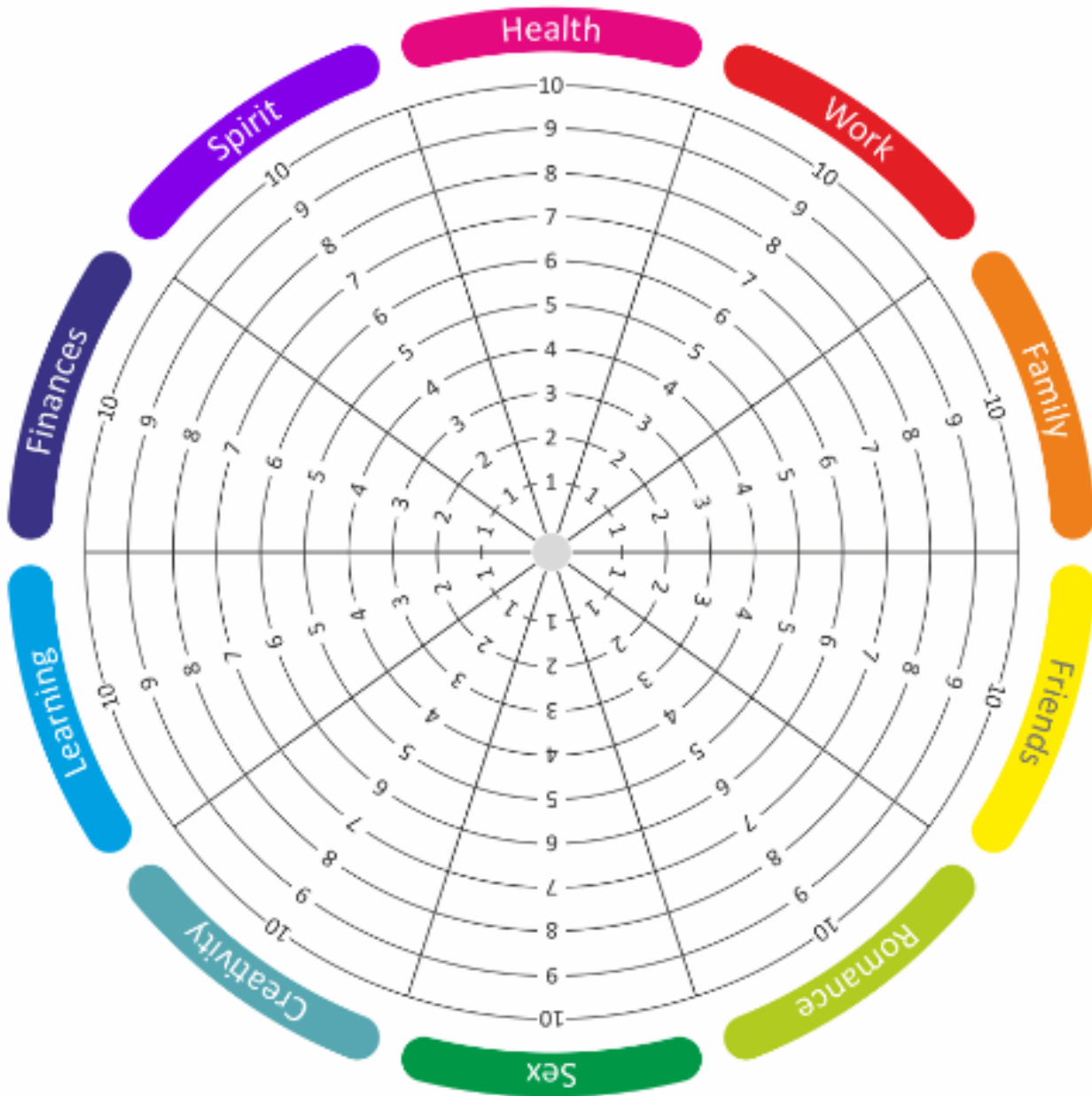
# Your Wheel of Life!

Example



TODAY'S DATE:

Note: 10 high, 0 not good enough!



Reflect...

What do you want to change?

What can realistically change?

Are you committed to that change?

Who or what will prevent you from implementing some of those changes?

## **Your Daily Seven-Point Action Plan for Success**

1. Exercise for thirty minutes per day - ideally outside. Exercise has such a profound effect on happiness and well-being that it's been proven to be an effective strategy for overcoming stress and anxiety.

2. Accept that anxiety is a learned behaviour. Remind yourself that the feelings of anxiety do not belong to you. When you feel any of those old unwanted sensations, look around yourself and reassure yourself that there are no dangers.

**Remember** our brain does not know the difference between a fact (the earth is round) and a belief (i.e. I feel intimidated in social settings, I cannot be me without alcohol, I am not good enough...)

3.. Eat three meals a day. Choose nutritional foods, and limit your sugar, alcohol and caffeine intake (because anxiety is physiological, stimulants may have a significant impact).

4. Increase the **Joy** in your life. Build a complimentary set of neural pathways so that your brain begins to default to feelings of joy and relaxation. As you continually instruct your brain pay attention to good feelings, it will notice them more and more often.

**Remember** our brain does not know the difference between past, present and future – create feel good ‘future memories’ thus building new neural connections/mind maps.

5. Talk to yourself in a confident/kind way. Keep making those big, bold, positive pictures in your mind. Remember - the more we think and focus on how we want life to be, the more possible it is to create it...

6. *Anxiety Distraction Technique* - distraction can be a good way to fend off any sudden symptoms of anxiety. This can also allow you to “take a step back from the world” and take a more considered approach to the situation, rather than a “reactive” one.

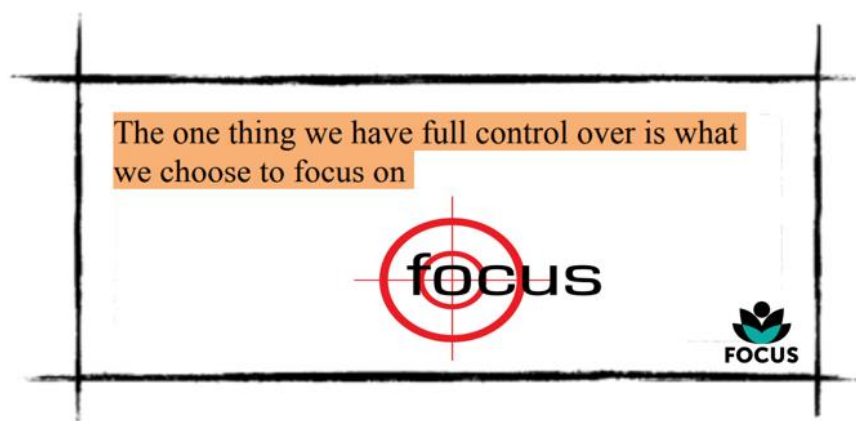
Distraction is simply taking your focus onto something else for a few moments. If you do this for around three minutes, you will find that any sudden symptoms will dissipate.

Choose any one of these distraction techniques:

- a. Visualise being in your favourite place/favourite holiday destination, close your eyes and imagine every aspect of that place - what it looks like, sounds like and feels like to be there...
- b. Count backwards with your eyes closed from 200 in multiples of 2 - if you forget where you were, simply pick up where you think you left off, and allow your mind to wander to wherever chooses.
- c. Engage in an “active activity” i.e. taking yourself for a walk, or creative activity, like drawing or painting.

7. Get plenty of sleep. Good quality sleep is essential for a healthy mind and body. Insufficient sleep can have a detrimental effect on your mood, and sleep deprivation increases anxiety levels.

**REMEMBER:** Your past does not have to equal your future



# Tools to STOP anxiety

## 1. Deep Breathing Exercises (Box Breathing)

- **How:** Inhale for 4 seconds, hold for 4, exhale for 4, and hold again for 4.
- **Why:** Regulates the nervous system and helps calm the mind quickly.

## 2. Grounding Techniques (5-4-3-2-1 Method)

- **How:** Focus on 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- **Why:** Shifts attention away from anxious thoughts to the present moment.

## 3. Progressive Muscle Relaxation (PMR)

- **How:** Tense and then relax each muscle group in your body, starting from your toes and moving up.
- **Why:** Releases physical tension that often accompanies anxiety.

## 4. Journaling for Emotional Release

- **How:** Write down your worries, fears, or feelings, without judgment or self-editing.
- **Why:** Externalizing emotions reduces their intensity and allows you to process them.

## 5. Mindfulness Meditation

- **How:** Focus on your breath or a particular object while allowing thoughts to pass without judgment.
- **Why:** Trains the brain to stay in the present and reduces overall anxiety over time.

## 6. Cognitive Reframing

- **How:** Identify anxious thoughts and challenge their accuracy. Replace negative assumptions with more balanced, realistic ones.
- **Why:** Helps break the cycle of negative thinking that fuels anxiety. (You could imagine a photograph with this unpleasant frame around it – imagine removing the old

frame and putting a new frame around it. Suddenly that same photograph could look different!)

## 7. Movement and Exercise

- **How:** Engage in physical sport or even stretching.
- **Why:** Exercise releases endorphins and reduces stress hormones, calming both body and mind.

## 8. Scheduled Worry Time

- **How:** Set aside a specific time each day. In that *Worry Time* you can worry as much as you like. Remember if you cannot resolve it, move on to the next.
- **Why:** Helps prevent anxiety from taking over your entire day by confining it to a specific time slot. *Also*, when we get to the specific *Worry Time* often it's no longer irrelevant! It was only our imagination that was triggered.

## 9. Creative Visualisation

- **How:** Close your eyes and imagine how you want to feel and be instead – remember you are now creating a *positive future memory*, and the brain creates a new mind map and stores this as the updated memory.
- **Why:** Visualising and feeling it creates new mind maps (neuroplasticity)

## 10. Limit Stimulants (Caffeine, Sugar)

- **How:** Reduce intake of stimulants like coffee or energy drinks, especially during stressful times.
- **Why:** Stimulants can heighten anxiety and mimic the physical symptoms of panic.

## 11. Social Connection

- **How:** Talk to a friend, family member, or support group when feeling anxious.
- **Why:** Verbalising fears can reduce their intensity and create a sense of connection. **Remember it is our imagination; it is NOT real.** Our imagination is powerful and can be used negatively and negatively. Make it work for you, not against you.



## 12. Technology Breaks (Digital Detox)

- **How:** Set aside time each day to step away from social media, news, or excessive screen time.
- **Why:** Reduces anxiety triggers that can arise from overstimulation or information overload.

## 13. Self-Compassion Practice

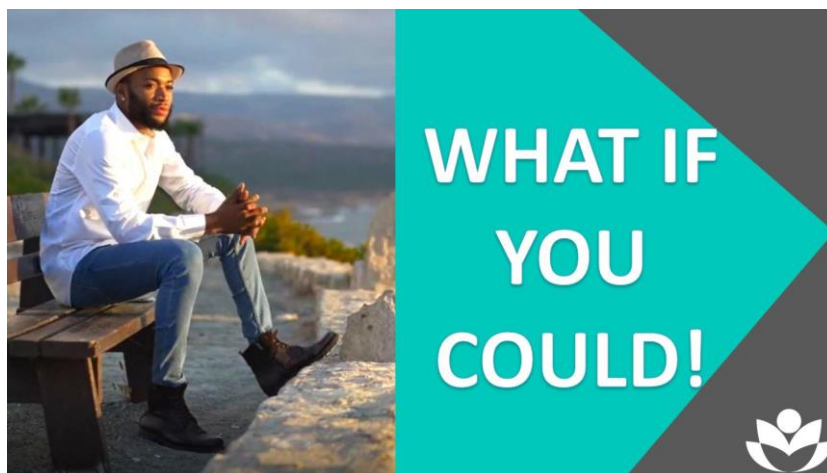
- **How:** Practice kind, non-judgmental self-talk, and treat yourself with the same compassion you'd show a friend.
- **Why:** Reduces self-criticism, which often fuels anxiety. After all, you'd never speak to a friend the way you sometimes speak to yourself!

*Feeling vulnerable is nothing to be ashamed of –  
it's something we all experience at different points in our lives.*

If it feels overwhelming, ask for professional help.

**Mental fitness, emotional fitness is no different than our *physical fitness*.**

**It requires regular practice!**



Always remember you are good enough. 😊

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