

HOW TO DEAL WITH FEAR

Caroline van der Weerd, Msc.



FEAR IS AN ENERGY



Anger is fear in a positive state
Fear is anger in a negative state



It's not something we can touch.
We cannot get rid of it.
We can only transform it.



□ All fear stems from the same root cause:
the fear of death

2 TYPES OF FEAR



EXISTENTIAL FEAR

□ Alertness while crossing a busy road or being under attack by a dangerous animal



NON EXISTENTIAL FEAR

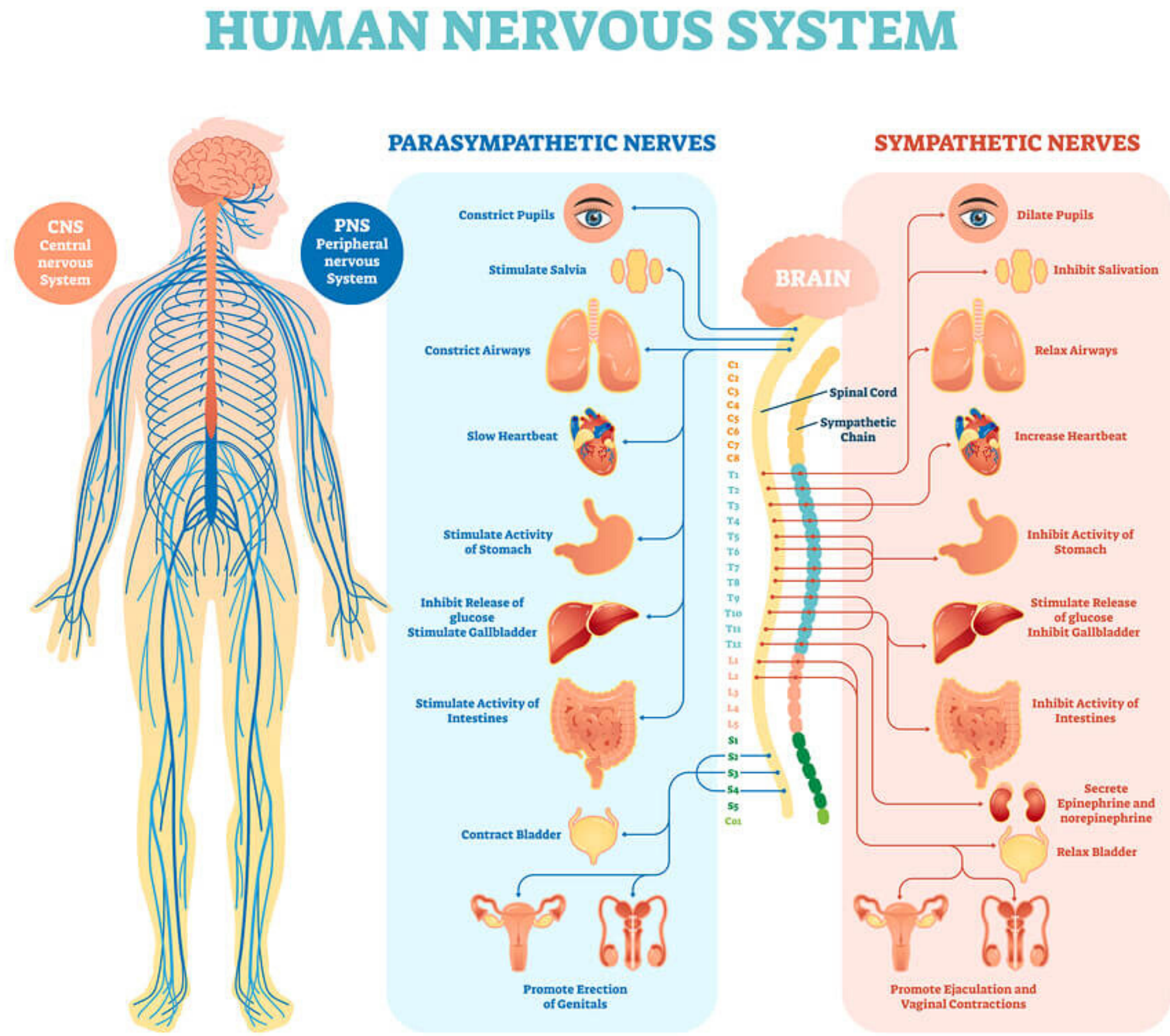
Fear created by our mind
Stress = Fear of the future
Depression = Fear of the past

FIGHT OR FLIGHT AND REST & DIGEST

In healthy individuals the parasympathetic and sympathetic nervous systems maintain a balance: homeostasis. However, in our current lifestyle, we don't de-stress our body anymore.

Result:
Sympathetic dysfunction

Symptoms:
Anxiety, depression, chronic stress, damaged blood vessels, increase blood pressure, build-up of fat, headaches, blurred vision, insomnia, breathlessness, palpitations, inability to relax, poor digestion.
Just to name a few :-)



THE #1 CURE: BREATHE

ALTERNATE NOSTRIL BREATHING

5-10 min

- ☀ In the morning & evening
- ☀ After work-out
- ☀ When feeling stressed





IF YOU'RE NOT
BLISSFULLY
HAPPY
YOU'RE DOING
IT WRONG

FEAR IS PART OF LIFE

"If everyone feels fear when approaching something totally new in life, yet so many out there are 'doing it', despite the fear, then we must conclude that fear is not the problem."

SUSAN JEFFERS



It's not the virus that should be ended



It not your family that should listen



It's not that career that should make you happy



THE PROBLEM IS YOUR MIND

WORK ON YOUR BODY

1. Breathe



2. Hydrate



3. Eat healthy
foods



4. Exercise
& Rest



TRAIN YOUR MIND



MEDITATE

Create awareness by observing your thoughts. Get to know yourself.

And if you don't have 10 min a day, you don't have a life



TAKE RESPONSIBILITY

Act as if you've chosen it yourself



CHANGE THE STATE YOU'RE IN

Practice gratitude, do 10 burpees, call someone you love. Don't dwell!



GET HELP

Get a coach who knows how to help you



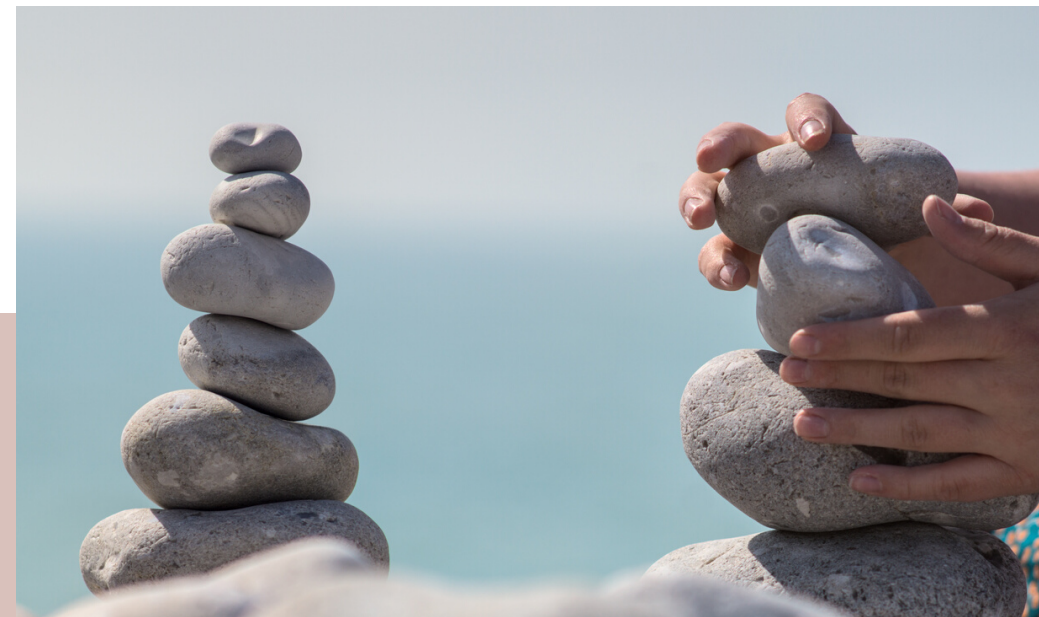
WE WOULD LOVE TO HELP YOU



AUTHENTIC LEADERSHIP

Powerful and transformative 1-1 sessions that give you the tools and practices to change your life.

Result: Authentic Leaders that transform their life and the people they lead.



STRESS & BURNOUT PREVENTION

Insights, tools and techniques on how to prevent, reduce and deal with stress and burnout

Result: Thriving Employees



TEAM BUILDING

Insights, tools and techniques to increase productivity, improve communication, create trust and focus.

Result: A Team That Thrives

"It's not about the
circumstances,
it's about who you become in
those circumstances"

Caroline van der Weerd, Msc.
Owner/Founder Ignition Retreats



I'm here to help.

Please don't hesitate to contact me if you have any questions and/or comments:

✉ caroline@ignitionretreats.com

☎ +31 6 41 808 421

☎ +66 99 308 3619

www.ignitionretreats.com

