

Anxiety & Boundaries Support



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Hello, I'm Geneviève! I'm a holistic therapist, yoga teacher, and educator.

At the heart of my practice is a passion for offering a holistic approach to health and healing through mindful movement and mental health.

I help my clients heal from trauma and build healthy relationships with themselves and others.

My areas of focus, in research and in work, involve combining approaches from yoga therapy and interpersonal neurobiology, specifically for relational trauma and anxiety.

I strongly believe in the benefits of balancing practices that provide integration of the mind and the body.

Essentially, I want to help you understand yourself so that you can consciously create a fulfilling life.

Learn more about me [here](#).

1. Anxiety First-Aid Kit

- Go-to for Anxiety + Panic
- Mindful CBT considerations for anxiety

2. Boundaries

- What are they + Why do they matter
- Boundary Work: self-care, work, relationships

3. Yoga for Anxiety

- Yoga poses
- Breathwork + Meditation

4. Wellness for Anxiety

- Herbal blends
- Essential Oils

5. Support

Anxiety First-Aid Kit



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Thing to keep in mind when you feel panicked

1. You are not going to die - it will pass
2. Place ice in your hands, wrists, + neck.
3. This is a panic attack. A physical manifestation.
4. You can focus your mind and ease this
5. You are in control - You will be ok
6. Drink cold water
7. Do not resist the thoughts - this will worsen it
8. Find 5 things you can see, 5 you can smell, 5 you hear, 5 you can feel, etc.
9. Slow your breathing + keep taking deep breaths
10. Smell an essential oil, fruit, candle, or even food you have around your space that makes you happy
11. Think of things that make you happy and let yourself be happy.
12. If you can sit down and journal, do so.
13. If there is someone you can call, do so
14. Breathe. Breathe. Keep breathing.

You can ask yourself some questions and offer yourself some considerations when dealing with anxious thoughts. Journaling is also great!

1. What are my thoughts? Take your time.

Breathe.

2. How are they making me feel? (including physical symptoms) Sit with it. Feel. Breathe.

3. If this is how I feel, can I sit with it, accept it, and remind myself that I am safe? So, I am safe.

Breathe.

4. What evidence proves my fear?

5. What evidence disproves it?

6. What are the old stories being told? What old wounds are being activated?

7. What if I offer an alternative truth to my thoughts?

8. How does all that make me feel? **Keep breathing.**

9. Who is a safe person I can reach out to right now for support?

10. Can I do something that makes me happy right now?

A really important thing to remember here is to let yourself feel your feelings. It helps to accept where we are and sit with it. Allow yourself to feel validated in your experience. This will decrease resistance.

Tips for self talk: Try replacing "should" and "must" with "it feels good to try...", "it's healthy for me when...", "It is helpful to..." + "I feel sad" instead of "I am sad". This will create space between you and the experience.

A framework to consider when trying to regulate yourself

1. Three Deep belly breaths
2. This is uncomfortable, but I can handle this
3. I FEEL *insert feeling*. I feel this, but know I am safe here and now.
4. I am not my thoughts and feelings. I am not people's judgments of me.
5. I accept and love myself fully as I am
6. This is my journey. I am learning to grow and heal.

Boundaries



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Boundaries are guidelines that you can create to identify reasonable and safe ways for other people to behave towards you, and how you will respond when someone passes those limits.

The reason why boundaries are important is because the lack of clear boundaries is damaging to us.

First of all, when we do not have clear boundaries, we are likely to overwork ourselves and give too much, without taking the time to check in and tend to our own needs. This is unhealthy for us.

Secondly, if we lack clear boundaries in our relationships, we can develop resentment toward the other person, because we are constantly doing things we don't want to do. This can show up the most when we are involved with toxic people. In these cases, toxic people are taking advantage of the fact that we do not set clear boundaries and are often being emotionally and psychologically hurtful, in the hopes that we will continue to "let it go".

Lastly, it's important to note that boundaries are ALWAYS necessary. In order to have a healthy relationship with another and with ourselves, we need to be clear and intentional with our boundary work.

Whilst there is so much that can be said about boundaries, I will outline some points in this ebook that pertain to basic boundary work, self-care, and easing stress and anxiety.

Boundaries for Self-Care

Self-care is not a reward, it's a necessity.

This is the first thing I want you to consider getting used to.

I know how difficult it can be to take a break or leave things for later, but trust me when I tell you that this practice will save you.

It's quite easy to have the days pass us by because we are consumed with doing all the things we need to do. We watch the lists get longer, we are not eating or drinking properly, and the end day ends. We go to bed stressed, and wake up the next day exhausted and anxious. This cycle repeats itself over and over, resulting in chronic stress, burnout, and anxiety.

Sound familiar?

Boundaries for Self-Care: Daily Practices

Consider being mindful and consistent with routines.

Routines require boundaries, because when you feel like doing what doesn't truly serve you (immediately getting on your phone, for example), you must be disciplined and remember what is better for you. Deep down, we know what is truly healthy for us.

This does not mean that your job and other responsibilities are not important! Of course, they are.

However, what's most important, is your health and wellbeing. **You cannot live your most optimal life if you do not take care of yourself first.**

Boundaries for Self-Care: Daily Practices

This can mean **taking a few minutes every morning BEFORE you start checking you emails and notification**, or even taking an hour (or more) so have some tea (or other), do some gentle yoga, have a nice show, etc.

At night, this can look like taking some time to read a good book, or spending some quality time with your partner and/or kids. It can mean doing some breath work and meditation at night to let the day wash away.

During the day, **have mini-routines**, so to speak. Time block your day and take nice breaks in between. For example, working 1-2 hours, then taking a break to hydrate, move, get some fresh air, then working 2-4 hours, and take another break, etc.

Boundaries for Work

Not everything has to be done now!
Believe me when I say that I am very familiar with the idea of being so focused on getting "everything" done, that I would barely get up all day and spend 14+ hours a my desk.

This was something I could do for a couple weeks, but then, it would become too much for me to sustain.

Because I had no boundaries with myself and my work, I was just eating up all the hours in the day that I could! It led me to feel disorganised, burned out, and anxious. Even when I has time off, I was not really able to take it because I just felt I has to keep working.

Do you know what I mean?

Boundaries for Work: Daily Practices

First of all, I would recommend spending a lot of time getting creative about your self-care.

This is the foundation for all of this. At home spa days, Netflix nights, and bubble baths with candles are all brilliant, but I also mean investing in yourself. **Investing in a therapist (doesn't have to be me), investing in learning something new, investing in your health.**

Secondly, if there are work relationships making boundary setting more difficult for you, my advice would be to remember that your mental health is the most important thing.

Nothing is worth sacrificing your mental health.

If your work situation is challenging, but you really cannot leave, I would get "extra intentional" about your self-care outside of work.

Boundaries for Work: Daily Practices

When it comes to people asking you to do things about which you do not feel comfortable, please consider being honest about that with them.

You might be surprised at how understanding people can be when you simply are honest. Often, people just don't know that they are pushing you too far.

Lastly, it's also important to respect other people's boundaries. For example, if I know my colleague has a certain boundary about doing work after 6pm, even if I am happy to work later, respecting that boundary is important. This will also allow you to understand the other side of boundary work.

In healthy relationships, both people have boundaries that need to be respected.

Boundaries in Relationships

This all brings me to my last point: Boundaries in relationships.

I chose to start with self-care, because it is the foundation on which the rest grows. Then, I talked about work, because most of us have work and other responsibilities that can cause stress.

Now, I want to touch on relationships because these are where we have most of our hearts invested.

Moreover it involves another person.

Healthy relationships look like: mutual respect, healthy boundaries, consideration of boundaries, open communication, honest and trust, able to be apart and tend to personal needs, and more...

Toxic relationships look like: very blurry boundaries or lack thereof, no respect for another's feelings, thoughts, or space, emotionally draining, chaotic/stressful, resentment, discomfort, high intensity arguments, and more

Does any of this resonate with you?

Boundaries in Relationships: Daily Practices

Most of us, if not all of us, have been in both healthy and unhealthy relationships. Most of us have also been in relationships that must be maintained and cared for in order to continue being healthy. I say "most of us", but as a rule of thumb, healthy relationships are worked on.

Whilst I will not get into any details here about relationship boundaries (I do have other resources for this if you need them), I will give some general tips that will help with feeling depleted, resentful, and anxious in your relationships.

Boundaries in Relationships: Daily Practices

- **It's ok to say no and place clear boundaries in general:** if you and your partner/friend are committed to maintaining a healthy relationship, boundaries will be respected.
- **You do not have to justify yourself:** If people want to understand more about your boundaries, you can explain. Otherwise, choosing to save your energy rather than depleting yourself to fight with someone intent on misunderstanding you is your right. It's also a kind of self-care.
- **Healthy Boundaries increase intimacy:** people often think that boundaries are there to cut people out, but that's not entirely true. Open and honest conversation can bring your and your loved one closer, even if the conversation is uncomfortable. Those talks can be a bit awkward, but they are worth it!
- **Toxic behaviour is never ok:** under no circumstances is it ok to be mistreated. You do not have to put up with this. You deserve better.
REMEMBER: the people who fight you on your boundaries the most, are the ones who benefited most from you not having any before.

Yoga for Anxiety



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Yoga for Anxiety: Breathwork + Meditation

- Lengthen your exhales
- Big Deep Belly Breathing
- 3 part Yogic breath: whilst inhaling, expand the belly, then the rib cage, and finish with the chest. On the exhale, bring the chest down, then the rib cage, and soften the belly last.
- Equal breathing: maintaining your normal breath, count 1-2- 3-4 as you inhale through your nose, and exhale counting the same 1-2-3-4
- Lion's breathing (stick out your tongue and give a big + loud exhale!)
- Alternate nostril breathing (in left, out right, in right, out left, etc.)
- Guided mediation
- Visualisation
- Calming apps and podcasts

Yoga for Anxiety: Poses

1. Baddha Konasana (Bound Angle Pose)
2. Ustrasana (Camel Pose)
3. Dhanurasana (Bow Pose)
4. Bridge Pose
5. Comfortable seated position (meditation cushion or a comfortable blanket to sit on if possible)
6. Cat + Cow Poses
7. Uttana Shishosana (Extended Puppy Pose)
8. Paschimottanasana (Seated Forward Bend)
9. Dandasana (Staff Pose)
10. Uttanasana (Standing Forward Fold)
11. Urdhva Hastasana (Upward Salute)
12. Viparita Karani (Legs up on the wall or with a block for support placed near the sacrum)

Wellness for Anxiety



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Wellness for Anxiety: Herbal Blends

Herbs are one of my favourite things to play with, blend, and use for tea, remedies, and DIY cosmetics.

1. Herbs

Lavender

Chamomile

Passionflower

Heather

Calendula

Rose

Valerian

Ginseng

2. Blends

Chamomile, Heather, Elderflower

Mint, Fennel seed

Calendula, Chamomile, Lavender

Wellness for Anxiety:

Essential Oils

I love using my oil diffuser! I have some go-to oils and blends that I want to share with you.

1. Oils

Lavender

Chamomile

Bergamot

Orange

Ylang Ylang

Patchouli

Lemon Rose

2. Blends

Lavender, Eucalyptus, Peppermint

Bergamot, Orange

Clary sage, Lavender, Bergamot

Anxiety & Boundaries Support

Helpful Links:

[The Mindful Psychology Podcast](#)
[Website](#)
[Contact me](#)
[Book an appointment](#)

This content is for educational purposes only and does not replace or stand in for therapy. This content does not speak to any specific situations, but does offer general tips and tools for easing anxiety, managing stressful situations, and offers information about health and wellbeing.

If you need help, please reach out to a health care professional.

You can always reach out to me.

Whether we work together or whether I refer you to someone, I am here to help and support you.

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