

WOCAndAllies_EP94

Elaine Lou Cartas: Anxiety can be both good and bad. It's a spectrum, like joy is. And I want to remind you that anxiety wants to protect you. For example, maybe you smell fire. That creates anxiety. And you realize you need to run. And you saved your own life! Anxiety can be good. Anxiety also comes up in our daily life. For example, maybe you did a mistake at work.

Whoopsie. Your boss or co worker talks to you about it. You apologize. It makes you feel anxious. Maybe you're You are used to wanting to talk about it right away, and I relate to this. It comes with an attitude. You're like, I didn't, I, yeah, I'm so sorry about it, but I didn't have all the information.

And then you regret things. So at the moment, It's important to ask when you're feeling anxious and you're triggered about it, what do you have control over? And when you have a conversation with someone, you could tell the other party, Hey, let me take a breather and walk and get back to you on how I can fix this and make sure it doesn't happen again and go take a walk.

That's what I need to do whenever I have a difficult conversation with someone, whether it is work or personal. This just actually happened with a client I've been working with. So he's an executive for this big international company. And one of his goals was to improve his relationship with his team.

And what's interesting is he actually. hits all his KPIs. Like he delivers results and if anything he exceeds his results. It's just the soft skills, the communication. And we identify that he needed to work on self regulation. So whenever he receives an email or goes into meeting where he didn't receive good feedback.

He actually now walks outside in his beautiful office that has a park to self regulate and then goes back to work and has a conscious conversation. Or maybe he received an email even waiting a day to respond back. So here's something I realize even myself that you can relate to. As a reminder, I am not a therapist and you might have a different experience, but unfortunately, how we grew up does affect how we communicate.

to others as an adult. And when I was younger, C feedback got yelled at. There was always a feeling for me to be defensive. and that carried on as an adult for me. And it's about retraining our brain on what to do in this, those situations. And for me, I'm mindful when I do get triggered. I work on these five powerful questions.

I ask myself when a trigger point or anxiety comes up. So you're going to want to write down these five questions. If I go through it too quickly, go back and rewind, every 15 second button on your podcast, or if you're driving, just quickly see where the timestamp is. you know exactly where to rewind it when you finally get home and you could write it down.

So these are five questions to ask when anxiety shows up. One is what can you learn from it? what is it there to teach you? What have you been ignoring to ignore you? So that's number one. Two, anxiety wants to protect you. So what are you feeling anxious about right now? See, the first step is awareness of what that anxiety is.

So what are you feeling anxious about? Number three. At this moment, what do you have control over? So maybe you're feeling anxious from this conversation you have with another individual.

Remember, you cannot control that individual. You can control yourself, how you react, and what you can do. Number four, what can you do to calm yourself down?

what's great is we've just had these Olympics and, they're feeling anxious right before they perform. And we just saw Suni Lee, like having affirmations with herself. Like you could see her lips moving. just before I was going to hit record, I am. Recording this on Sunday and I was just watching the USA women's volleyball.

I think it was like semi quarters before quarters and it was cute. They had a break. The two USA women partners, like they were holding hands. They took a huge breath. They closed their eyes. They visualized I don't know, like looking at the Olympics is just Or watching the Olympics is just perfect to see how these higher performing athletes deal with anxiety and what they do to calm themselves down.

So what can you do to calm yourself down? And number five, what's one baby step you can take to solve the problem? I think what makes us so anxious, Oh, we need to solve this problem. Big mess, but okay, what is that one baby step you can do? So let's use this example with a client who I'm working with right now, with these five questions I asked, I started working with a doctor who used to have a seven figure practice and in the past two years, the revenue has decreased.

They are scared to look at their numbers, which unfortunately happens with a lot of female business owners, just because we weren't taught or educated and we didn't want to learn it. But. They were scared to look at their numbers and they were getting anxiety about it. So I asked these five questions. I asked, one of them, what can they learn from that?

From the situation? They responded, I need to understand my numbers. And the second question I asked was what anxiety wants to protect them from? They shared that they didn't want their numbers to show them that it is that they're feeling. And I asked, what if numbers, just to follow up in this specific situation, what if the numbers are there just to show you what you need to work on?

Maybe You'll learn what expenses to delete. Your numbers can show you where to focus on to do more revenue generating activities. And you get to go through each line in your line item for your P&L report. Do I need this or that? And when going through these questions, I've had clients share, Oh, yeah, I do have control over this.

This is what I could start doing. It can get easy to avoid anxiety by just doing more work. okay, I just need to make more money and going this hamster wheel of busyness, but I will tell you that the hard work when it creeps up, it's actually not doing the busy work. The hard work is looking at what you need to work on, understanding the situation problems, what's in your control and start creating baby steps of what you can do to shift and change.

And so much, it is about educating yourself. So the fourth question I asked my client is what they could do to calm themselves down when it comes to their numbers. And they shared it's like breathing, moving their body, because we know how anxiety just feels in our bodies. Anxiety, like I shared earlier, is what Olympians feel before they perform this big event.

And I'm just thinking about that beautiful picture of Simone Biles, meditating, her legs crossed, closing her eyes and meditating before doing the vault to win gold. So what can you do with your

body to calm down? And the last question I ask my clients is, what is one baby step they can do to start solving the problem?

And for this specific client, it was, okay, I need to reach out to my bookkeeper, get the P&L reports first, and ask about it. And I also, share, I'm going to record another podcast episode, but I have told my clients when they are having anxiety about their numbers and money and scare test their bookkeeper tax account.

I'm like, look, if you don't feel safe talking about numbers, you're not getting the information you want. Fire them. Find someone who's better, that you could talk to money, numbers is an intimate relationship and anyone that's in your team when it comes to, that helps you with your money and numbers needs to make you feel safe.

And if you don't, let them go. Anyways, I'm digressing and giving a sneak peek on the next podcast episode, but let me stick to anxiety right now. as a reminder, I am not a licensed therapist. if anxiety is feeling really extreme for you, and I think about like if you need further support, please seek a therapist. You can go to [psychologytoday.com](https://www.psychologytoday.com) to look for therapists in your state or country, and look at the options and settings to find a therapist that you feel aligned with.

Interview as much as you want to because it's like dating. It's about finding the right fit. So just a reminder on the five questions when anxiety comes up because it can actually be a good thing to help you change your mind. Something in your life. So one is what can you learn from it? Two, anxiety wants to protect you.

So what are you feeling anxious about right now? Three, at this moment, what do you have control over? Four, what can you do to calm yourself down? Five, what is one baby step you can do to solve the problem? And to give you some hope, of when you face the anxiety just creeping up. Just want to give you some updates on what's happened on those two clients I was sharing.

The client who wanted to improve his relationship with this company, he just realized that there's just a toxic work environment and culture and you decided to leave. So just knowing sometimes ending a relationship, whether it's like a romantic relationship or even work, is a good solution.

it may not be the solution you thought was going to happen. So I always tell my clients, be unattached to how you're going to get the solution or result. It might be something you may not have expected. And then the doctor who wants to learn more about their numbers were just starting so now they are getting clarity about their numbers or they know where to cut and focus on to get more clients and how to systemize things in their practice.

So anxiety can be good. I remind people it's like when we were teenagers or kids when we had a bad feeling about a friend or an ex but we didn't listen to our guts. Anxiety can be that intuitive sidekick telling you what you need to work on or let go of to help you be whole, to be yourself. And if you need further support to create a more sustainable business career in life, then schedule a complimentary coaching call with me to see if it's a good fit to work together at [elainelou.com](https://www.elainelou.com).

[com forward slash call](https://www.elainelou.com). That's E L A I N E L O U dot com forward slash call.