

Freedom from Stress & Anxiety audio program instructions:

1) Day 1 and Day 2:

- ❖ Play and actively participate in **AnxietyAway** mp3 (~ 13 minutes)
- ❖ This may be played any time of day, but may make you drowsy, so be sure to not be driving or doing anything that requires much mental focus. You may feel like taking a short nap after you play this.
- ❖ This audio is infused with energy healing that is designed to create calmness and peace and let go of any emotional triggers of anxiety as your body allows.

2) Day 3 and for the next 2 weeks:

- ❖ Play **DailyCalm** mp3 (~5.5 minutes):
- ❖ After the short introduction you will only hear healing music and this can even be played silently if desired.
- ❖ This audio is infused with energy healing that is designed to create calmness and as your body allows.
- ❖ This is recommended to be played in the evening as it may also cause drowsiness.

3) For acute anxiety symptoms:

- a. **Be sure to seek medical attention if you have any concerns with shortness of breath or difficulty functioning**
 - ❖ Immediately Pause, sit down and take 3-5 slow comfortable deep breathes.
 - ❖ Breathing techniques:
 - 4 count breathe: Breathe in count 1 2 3 4, hold count 1 2 3 4, breathe out count 1 2 3 4. Repeat 4 times. (You can do this with a count of 3, 4 or 5, whatever feels most comfortable.)
 - Breathe like you are breathing in and out of your heart. Breathe into your heart, Breathe out of your heart.... Do this 5-10 times comfortably
 - ❖ Donna Eden Energy Medicine techniques reduce anxiety levels
 - a) Hold one hand across your forehead about a minute and one hand across the occipital ridge on the back of the head. Breathe comfortably as possible.
 - b) Or Hold one hand over heart chakra – chest. With other hand tap the line between the 4th and 5th fingers, between wrist and start of fingers (with stressor or fear or anxiousness right in your thoughts.) If anxiety hasn't subsided within 1 minute, switch hands and do for another minute. Do this each time the stressor/fear comes up to gently release the trigger and impact.
 - ❖ If possible, while you are experiencing symptoms (or as soon as possible after) play and actively participate in **CalmRelaxGroundMeditation** mp3 (~6.5 minutes). This is a great calming centering meditation to play any time.
 - ❖ Replay **DailyCalm** for 2-3 more evenings.

Peace, calm, ease and joy to you, Susan Flerchinger SusanFlerchinger.com susansenergy@gmail.com

These audios are not meant for distribution except by my consultation. Thank you.

* Note: These services are not meant as a replacement for medical or other professional guidance. Information and material presented are for educational purposes only.
