

# CONFIDENCE BOOST

I know you're going to love it.

Hey, hey! Welcome to the first new-look Confidence Boost!

It's bursting with juicy tidbits and I'm so happy to be sharing it with you, !

## **This month we're talking about anxiety.**

We all know that voice of doubt, the flood of fear. It can really get in our way. So I've put together some insights – from *podcasts to Netflix shows* with a sprinkling of my own tips and tricks – to dig a little deeper into the topic and help you get out of your own head.

## ***So why are we, as introverts, more likely to experience high levels of anxiety?***

It all boils down to the fact that we're wired slightly differently to extroverts. One of the ways this is true is how we respond to *two* different chemical messages/neurotransmitters – dopamine and acetylcholine (*and no, I can't pronounce it either!*).

Dopamine, like *espresso*, makes you want to get up and achieve things, be around people, get in and among it all. And it makes you feel great for doing those things.

Acetylcholine, like *herbal tea*, makes us feel good when we do quieter, more meaningful things like having a heart-to-heart with a friend.



It will come as no surprise to you that introverts need less 'coffee' to feel good. We quickly feel overwhelmed and exhausted when we get too much. Give us the calming, warm hug of 'herbal tea' any day. I suspect most people see anxiety as a hindrance, right? But *the right level* of anxiety can actually be helpful.

Imagine you're about to talk in front of a crowd of people. While feeling too *anxious* can be immobilising, getting locked in fight or flight mode, a bit of anxiety gives you an adrenaline boost to sharpen your senses, clear your head, get you geared up. It will make sure you've taken the time to prepare properly, for fear of not being ready. It shows you care. It's not always a bad thing!

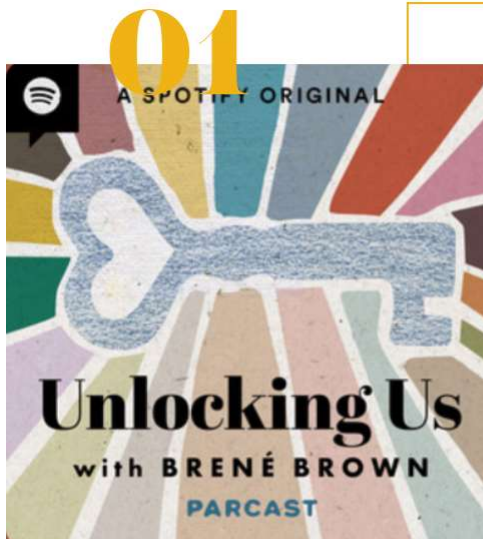
Why not try these tips to prepare you for speaking publicly. They'll help you feel in control and ready to dazzle!

1. Map out some talking points.
2. Think of some questions to ask them – it's a two-way thing!
3. Prepare a story to tell to illustrate your point.
4. Or perhaps use the nifty little acronym TED – **T**ell me more about... / **E**xplain how you... / **D**escribe the...

Hit [reply](#), I'd love hear your experience of anxiety in a good way and we'll all see how we can use it for the better.

Each month I'll recommend a podcast to tickle your earholes that ties in sweetly with our theme.

I'm jumping straight in this month with the [queen of vulnerability herself – Brené Brown!](#)



## Listen Up

Their straight-talking, warm Texan banter and anecdotes really bring this topic to life in a way that makes you go, 'Yeah, that's completely relatable.' Enjoy!

[LISTEN HERE](#)

In this series of podcasts, The Summer Sister Series, Brené chats with her siblings about the cringey and inspiring truths of human imperfection.

[This episode](#) is all about learning to create calm and stillness, and letting go of anxiety as a lifestyle.

[Spoiler alert?] They all realise they are awful at it!

But listen up to how they work through what rest means to each of them, how anxiety and fear of judgement show up in their own lives, and how they don't give up trying to let go. And just wait till you hear Brené's surprising revelation about how her parents reacted to her introversion as a child.

## Watch Out!

Go grab a cuppa and watch Clea and Joanna work their magic mantra – EDIT / CATEGORISE / CONTAIN / MAINTAIN – then take a look around your own home. Where are your stress points? The areas that make you feel self-conscious and uptight?



I was all over the Marie Kondo method in 2020, were you?

So you can imagine how excited I was this month to find another show to help me get my *bloody* life in order!

If you've not already met, let me introduce you to Netflix's *Get Organized with the Home Edit*.

Two professional organizers – Clea and Joanna. Some messy celebs and disorganised everybodies. A mountain of identical baskets, boxes and bags. One overworked label maker.

Put'em together and what have you got? 45 minutes of colour-coded, neatly folded, anxiety-busting inspiration. *(And as a cheeky bonus, you get to have a snoop around Chris Pratt's garage and Reese Witherspoon's wardrobe!)*

But did you know that getting organised is super good for relieving anxiety? When you get into it, it's obvious.

Think about how we feel when all we see is mess, when we can't find what we're looking for and we're about to welcome a friend into our home.

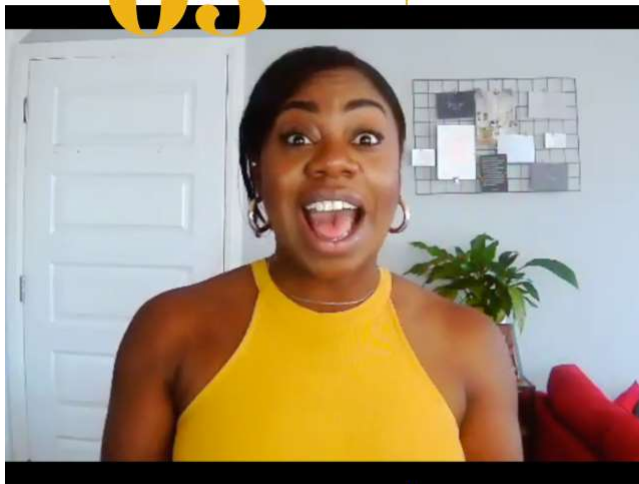
Out of control. Stressed. Ashamed. Panicky?

And how do we feel when we see neat and tidy rows of organized items all in their own logical space, waiting for the next time we need them?

Our shoulders drop a few inches.  
Our jaw unclenches.

A host of tiny angels sings some of our anxiety out of the door, *right?*  
Our minds and bodies like order, routine, habit. *It's comforting. It's relaxing. It's reliable.*

03



## Get The Knowledge!

I want it to be out there to help you too, so I made a nice little video on LinkedIn to share my strategy for introverts to manage anxiety.

WATCH HERE

As I've already mentioned, as an introvert, your brain is wired to potentially experience various levels of anxiety compared to extroverts and ambiverts (*not to say they don't, because they definitely do too*). I was no exception.

My anxiety has been off the scale in the past. But at the risk of sounding like *crappy* click-bait, This strategy changed my life!

No, *really*, it did!

As you'll see, my strategy is simple and based on building self-awareness.

YOU DECIDED WHETHER YOU'RE GOING TO BELIEVE THAT ANXIOUS THOUGHT OR NOT.

YOU. ARE. IN. CONTROL.

Imagine that. It's a game-changer!  
Have a watch, let it sink in, then try putting it into practice. You've got this!

There's so much more I can share with you about this transformational way of thinking, so if you'd like to delve deeper, [hit the link below](#) to schedule a 1:1 and we'll get right into the good stuff!

[LET'S CHAT](#)

I can't wait to hear how you get on taking back control, so do drop me a message on [LinkedIn](#) or just hit reply and we'll keep the conversation going.

Hope you enjoyed your first digest of the (*new look and feel*) Confidence Boost!

**Untill next time, you've got this!**

*Ashleigh Foxo*

