

Sydney's Story: The Gift, the Guests, & Getting Them Off the Couch

(Because Anxiety Doesn't Get to Run the House)

Presented by Sydney Lanier

"Chiworry may bark. Downbat may visit. But they don't own the house. YOU DO! You get to choose what stays, what goes... and what grows. Your story is still being written."

MEET THE UNWANTED HOUSE GUESTS



Chiworry (Anxiety)

Small, loud, and always on high alert. At first his yappy voice warns us, but left unchecked, he turns from an unwelcome visitor into a permanent roommate who eats all your snacks.



Downbat (Depression)

Quieter, but much heavier. She doesn't bark; she settles in, loves the dark, and dims everything. She thrives when we stop moving and hide from the light.

7 STRATEGIES TO KICK THEM TO THE CURB

1

Name It

Name exactly what you are feeling. Unnamed things feel bigger. Once you name it, it stops being everything and simply becomes *something* you can manage.

2

Notice Where it Lives

Locate the feeling in your body (tight chest, heavy thoughts, cold hands). Assess its current intensity on a mental volume knob from **1** to **10**.

3

Move Your Body

Anxiety and depression hate physical activity. Start small—roll your shoulders, stretch your hands, or take a walk down the street. Movement releases the power they hold over you.

4

Let the Light In!

Downbat loves the dark. Fight back first thing every morning: pull back the shades, open up the blinds, and let the sunshine pour directly into your living space.

5

Be Creative

Draw, paint, journal, sing, or imagine. Creativity channels your emotions cleanly outward, giving them somewhere safe to go instead of letting them pile up inside your house.

6

Practice Grounding

When feelings overwhelm you, anchor yourself back to reality using the sensory countdown: Acknowledgement of 5 sights, 4 sounds, 3 physical touches, 2 scents, and 1 taste.

7

Talk to Someone

Reach out to a counselor, doctor, family member, or trusted friend. We were never meant to fight unwanted house guests alone. Share the load and take your power back.

Quick Grounding Checklist (5-4-3-2-1 Method)

- **5 Things you can see:** Scan the room and notice colors, shapes, or items around you.
- **4 Things you can hear:** Listen closely for background humming, traffic, birds, or breathing.
- **3 Things you can feel:** Notice your feet pressed into the floor, clothing on your skin, or a surface.
- **2 Things you can smell:** Search the air for food, fresh air, paper, or coffee.
- **1 Thing you can taste:** Take a sip of water, a piece of candy, or notice the present taste in your mouth.