

Teen HERO Training

Headspace - Emotions - Relationships - Objectives

AXING

ANXIETY

STARTER PACK



sidekicktohero.com

Welcome to this Teen Hero Training on Axing Anxiety.

I am Joey Mascio, a confidence and success coach for teens!

I want you to picture this... **Metropolis is burning.** The great city is just a mess. Thieves are robbing banks, orphanages are crumbling, bad guys are running amok.

Sitting on the corner of main street, in the middle of it all is **Superman** (or **SuperGirl** for the ladies), with head in hands looking glum. Sullen. Beaten.

Jimmy Olson, young photographer for the Daily Planet, runs up and says, “Superman/Supergirl, there you are! The city needs you! Lex Luthor has overthrown the Mayor, riots consume the streets, it’s chaos out there!”

Superman or Supergirl just sighs and says, “**I can’t.** There’s too much. I’m not strong enough.”

Jimmy Olsen looks dumbfounded. “What? Not strong enough?? **You’re the strongest person on earth!** Fly around at super-speed and save everyone!!”

“It won’t work,” says the dejected hero. “I can’t win. **I don’t have it in me...**”

And together **they watch the world burn.**



Whoa, what a downer, right?

What are the options here? **How can the story end well?** How can everything change?

There's only one option, really. **Superman or Supergirl has to find it within themselves** to access the power they have to save the day and change the story.

What's not an option? **Jimmy Olsen saving the day.** He can't. He's not physically able to. Doesn't have the power to do it.

Metropolis is a metaphor for our life sometimes. Sometimes it's chaotic. Sometimes there is a lot of bad stuff going on that we don't like.

The question is, **who do you believe you are in the story?** Superman/Supergirl or Jimmy Olsen?

I know who you are, but do you know?

You are the hero of your story. You are not the sidekick.

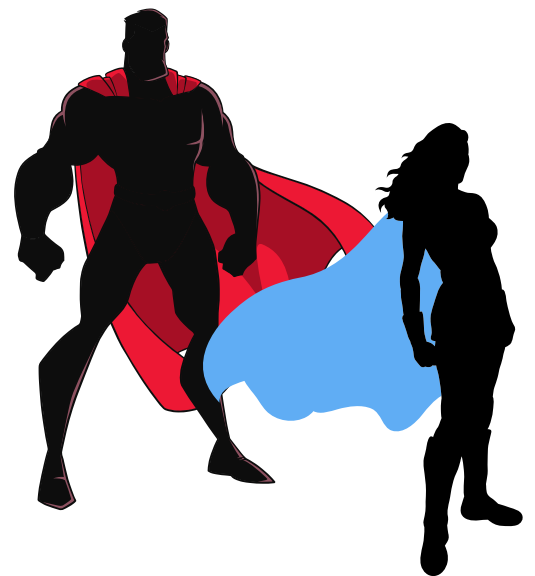
Sidekicks do not have the power to change their story. **Heroes always do.**

You and I were born to be the hero of our stories, but we don't always feel that way, do we?

Sometimes we feel like the sidekick.

But in those moments, we are not Jimmy Olsen. **We are Superman or Supergirl.** The hero who is experiencing some bad days or some dark nights.

But we always have it in us to change it. **Always.**



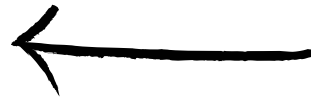
I help teens go from sidekick to hero. That's my thing.

I take teens from being someone who feels like they can't change their story to someone who totally can.

Teens become a hero by mastering the four Hero Arenas: Headspace, Emotions, Relationships, and Objectives.

Headspace

Emotions



This is the
Starter Pack
for Emotions

Relationships

Objectives

This Teen Hero Training Starter Pack covers emotions, specifically anxiety, stress, and overwhelm.

This is your AXing Anxiety Starter Pack!



I'll be sharing three steps you can take to minimize and manage those feelings. These things have worked for me, my wife, my kids, and a gripload of teens I've worked with over the years.

So let's go!

Step 1

Shift Our Response to Anxiety

The most common responses our brain goes to when we feel anxiety is to **avoid, resist, or react.**

Avoiding looks like not starting our homework because we are overwhelmed with school or withdrawing from social situations because we feel anxiety when talking to others.

Resisting looks like suppressing our emotions, forcing a smile and a laugh even though we are stressed, fighting the feeling because we don't want to feel it, because if we do, it means everything has gone wrong.

Reacting is taking any actions that we don't really want to take like yelling at someone or being snarky or rude, even though that's not who we want to be.

Those are our natural responses to anxiety, stress, and overwhelm. **But I don't want you to do any of those three things.**

I want you to do secret option number 4. **I want you to allow it.**

*“**Wait, wut?** Joey, I thought this whole thing was about axing anxiety. Killing it good!”*

It is, but this is one of those things in life that don't make any sense, **but works.** You see, **we magnify our unpleasant feelings** when we avoid, resist, or react to them. But, when we shift our response from avoid, resist, react to allow, we get a little more control over it. **We can feel a little bit better.**

So, step number 1 is to **shift from viewing anxiety** as something we need to eliminate to something we need to tame.

It's a subtle shift but **it will make all the difference** and help us do Step 2...

Step 2

Transform Your Anxiety

Step 2 is to transform your anxiety from a **beast** to a **blip**.

When we feel anxiety, stress, or overwhelm it seems huge, right? **Like monstrous sometimes!**

Once you've done step one, shift your response to allowing it, then **you can shrink it** to just a blip using BLIP.

Breathe
Locate
Imagine
Permit

Breathe

Any controlled breathing is fine, I like either box breathing or the physiological sigh.



Box Breathing

Breathe in through your nose for 4 seconds, **hold it** for 4 seconds, **breathe out** through your nose for 4 seconds, **hold it** for 4 seconds, repeat.



The Physiological Sigh

Two deep breaths in through your nose in a row, and then let out **one long breath through your mouth** with a slight hiss for as long as you can.

Locate

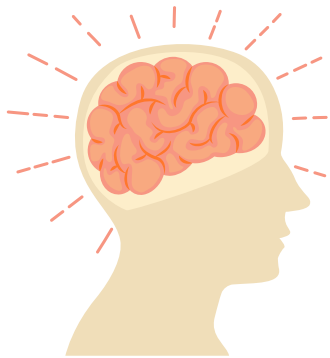
Our emotions show up somewhere in our body, so find where your stress and anxiety show up for you.

Your chest? Your stomach? Your head? Those are the common places but **it can really show up anywhere.**

Locating it helps you to better allow it to be there. It's hard to allow a friend to stay over if you don't know where they are in your house!



Imagine



This is the fun one. Our emotions are very abstract, so it's hard to manage them.

When we imagine what they look like, **it makes them more concrete** and, therefore, easier to manage.

When we imagine our anxiety, **it can look like anything we want it to.** You can give it a shape, color, and a texture (ex. red trapezoid that is rough or spiky).

You can imagine **what it's doing** like spinning, pulsing, sinking.

You can even imagine that it is a little **creature from your favorite anime show** or something. It can be anything from anywhere!

For example, **my anxiety is a black and blue lightning storm** that is swirling around in my chest.



Permit

The last part of BLIP is to permit it to be there. **Give anxiety permission to be a part of your life.**

After you've breathed, put your hand on where it is in your body, imagine what it looks like and say,

“Hello little black and blue lightning storm. I give you permission to be here.”

This acceptance signals to your mind that **everything is okay**. Just because you are feeling this way does not mean anything has gone wrong, that you are broken, or anything like that.

It's not some big **beast** of a problem. It's just a little **blip** in your life.

Step 3

Identify the Source

Your anxiety isn't coming from **nowhere**.

Now, for some people it may. I know there are genetics or other biological factors at play for some people. A doctor or therapist can best help people with that.

I'm talking about the kind of anxiety that every human feels. What I have found to be true for me is that my anxiety, stress, and overwhelm are **always coming from a thought**.

Some view I have of myself or others or the world is causing my anxiety, **whether I am aware of it or not**.

Sometimes **you straight up know what thought is causing your anxiety:**

- I am going to fail this test!
- I don't have enough time to get everything done!
- No one likes me at school!



Other times, **the thought may be subconscious** and you'll have to create one that fits the scenario:

- I don't know why I'm anxious, but I do have that game after school today and being worried that I'm going to perform badly seems to fit



This moves us into the **Headspace section of the HERO Arenas**, and there are other tools I have to help with this, but I can't go into them here.

You can always get access to **all my tools** by signing up for a **two week free trial to my Sidekick to Hero gamified app for teens** at sidekicktohero.com.

But for now, **identify the thought that is the source of your anxiety** and work on disbelieving it.

And you're probably believing that thought pretty hard so **it will take some work** to get your brain to let go of it, even loosen its grip just a little.

These three steps make up your Axing Anxiety starter pack:

- 1. Shift your response**
- 2. Transform your anxiety**
- 3. Identify the source**

I want to challenge you to **use these three steps every time** you start feeling anxious, stressed, or overwhelmed

Using them will help you **chop anxiety down to size** and make it more manageable. Remember, this is your story and you are the hero.

Which means **you have the power within you to rise up and change your life!** You just gotta tap into it.

Now get out there and live life in hero mode!

