

# The Antidote for Anxiety and Panic Attacks

## 10 Point Checklist

### Andrea Petersen

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*The* **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



**“Anxiety can present itself in different ways and can easily be mistaken for something else.”**

**ANDREA PETERSEN**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Have empathy and stop stigmatizing anxiety and mental health issues. Recognize that anyone can experience this and people should not be excluded or judged.
- Don't be afraid to ask for help or seek therapy when struggling with anxiety. Panic attacks can disrupt my life and the lives of those around me.
- Learn how to identify my triggers. Awareness can help me deal with and prevent panic attacks.
- Practice being present and in the moment. Overthinking the past and future can create unnecessary scenarios in my mind.
- Find an activity that relaxes my mind and keeps me in a free flow state. It can be exercising, meditating, doing yoga, running or even baking.
- Make it a priority to regularly do activities I love. Don't make excuses and optimize my time by joining online classes so that I can do what I love wherever, whenever.
- Make sure I get enough sleep and avoid caffeinated drinks. Sleep deprivation can lead to many health issues.
- Make use of apps that can help me calm down. Andrea recommends YogaGlo and Personal Zen.
- Be more aware of my parenting style. Being a helicopter parent can give my child more anxiety and a lack of independence.
- Grab a copy of Andrea Petersen's book *On Edge: A Journey Through Anxiety*.