

Moving from *FEAR* to *COURAGE*

FIVE TIPS TO SUPPORT YOU IN BUILDING COURAGE



HEALING SPACES



COURAGE DOESN'T ALWAYS ROAR.
SOMETIMES COURAGE IS THE
LITTLE VOICE AT THE END OF THE
DAY THAT SAYS
"I'LL TRY AGAIN TOMORROW "

MARY ANN RACHMACHER



Kelsey Ashe

About Kelsey

I believe in the power of spirit and the strength to overcome obstacles, much like the phoenix that rises from the ashes. I have seen courageous individuals ready to confront challenges, eager to learn, and open to change. My role is to assist everyone who desires to grow, heal, and learn. I provide tailored support to each individual, and together, we will navigate your current life challenges and progress toward a brighter, more promising future.

xo Kelsey



Welcome

MOVING FROM FEAR TO COURAGE

Where does fear originate?

The answer is that it comes from us. From our own minds and imagination. It's important to remember that, as humans, we've evolved to the stage where almost all of our fears are now self-created. We scare ourselves by imagining negative outcomes to any activities we pursue or experience. But just because we imagine these things happening, that doesn't mean they WILL happen, or that they will be as painful as we think.

Because fear is all about what MIGHT happen not what WILL happen. In this guide, you will find five steps to help you dive deep into your own fear, reflect, and work towards overcoming this challenge.

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knowledge about fear

OUTSIDE WORLD KNOWLEDGE

Let's talk about what fear is, generally. Knowledge is power right?

Okay, fear. Fear is – truly – something that I believe gets a bit of a bad rep. It is trying to keep us all safe. It is trying to keep you safe in this world.

The challenging part for fear is that we no longer need to be kept safe from lions chasing us in the wild. Our threats have changed over time and yet our fear response has not changed. Our brain doesn't know the difference between a lion chasing us and people talking about us behind our backs.

Our threats have changed from being life and death to being societal based and human interaction based. Now what seems to happen is we are in a constant state of fight/flight/freeze and our 'threat system' is running on overdrive. Many of us are living as though we are in a constant state of danger.

I'm not suggesting that danger isn't real or that there isn't anything to be concerned about. However, it's important to be aware of when our 'threat system' gets activated. This system resides deep within the center of our brain, exerting significant influence. It's part of what is known as the reptilian brain, which represents the most ancient section of our brain!

knowledge about fear

OUTSIDE WORLD KNOWLEDGE

This part of our brain has a lot of power and influence. And when it perceives a threat it sends us a signal. Something like... WATCH OUT!! DANGER!! Note that we will talk more about how our brain communicates in section three, Know Your Fear's Signals; How your fear is communicating with you.

Remember, this signal is sent when our 'reptilian brain' perceives a threat. The tricky part is, because of how our brain works, sometimes our 'threat system' is going off unnecessarily. Just like the smoke alarm goes "OFF" and yet we have a situation of burnt toast. Yes, folks - burnt toast. Are you still following the metaphor?

Benign things can be perceived as threats and can trigger our 'threat system' and make us feel fear. One of the most challenging parts about having our 'threat system' turned on means the part of our brain that thinks rationally is being shut off.

That is why you can't talk your way out of fear for very long or very successfully. How are you supposed to know when the house is on fire? Don't worry, your threat system lets you know when there are real dangers too. Your work is to start to identify the difference between perceived threats and actual threats.

know your own fear

INSIDE WORLD KNOWLEDGE

We started with outside world knowledge (what is fear) and now we will move towards inside knowledge (knowledge about your fear).

What would your fear look like if it were a cartoon image?

It could be a character, a plant, or an inanimate object. It's your fear and you should get to know it. When we know something better, we are more able to identify it when it is active in our own lives.

Sit back in your seat. Take a moment and connect to yourself. Take a deep breath... Let it out. Think to yourself - Hello fear, I see you!"

In a moment, I am going to get you to close your eyes and see if you can imagine what your own fear looks like.



know your own fear

DRAW YOUR FEAR IN THE SPACE BELOW

VISUALIZE YOUR FEAR

Okay, take a few moments to close your eyes. See if you can catch a glance of your fear. Can you see what it looks like?

Try to draw the image of your fear here on the white paper. You can draw it or find a picture that seems to represent it and paste it below. By identifying what your fear looks like, you will know what to be on the lookout for!



know your fear's signals

WHAT DO YOU EXPERIENCE? HOW DOES FEAR SIGNAL TO ME?



There are a lot of ways people feel fear in their bodies. Can you make a list of all the ways you feel fear in your body?

Here are some common ones:

Sweaty Everywhere

Sweaty hands, feet, forehead, armpits, knee pits, and more.

Butterflies In Your Tummy

Our stomachs can flip flop and make us feel sick.

Rational Brain Goes Offline

Our brains can have a harder time understanding, processing information, and responding to anything.

Breathing Changes

Your breathing may become more rapid, or maybe you feel like you can't breathe.

Heart Races

Your heart beat may beat faster or more fiercely.



calming down your fear

SELF SOOTHING TECHNIQUES

I want to start by asking, what is your way? When faced with fear does your system do one of these three things?

FIGHT. This may show up as thoughts like, "I can beat this – You think you will win? No way, I can take you down!"

FLIGHT: You may feel the urge to remove yourself from the situation. Your thoughts may be, "I need to get out of here!"

FREEZE: You may need to hide or feel as though your body is frozen in place. This may appear as, "Maybe if I am very, very quiet, they won't notice me and just go away."

FAWN: You may feel the need to be gentle without conflict. This might look as people pleasing.

You might explore all three depending on what is triggering you. Or your system might have a tendency to go a certain way. It is important and helpful to know how your system typically responds so you can find the best self soothing techniques that will help you.

Something very important to consider when exploring different techniques are to try them out. Give them a solid effort. At the same time, if you know one of them will not work for you or it doesn't work for you, let it go.

These are personal and it is important for you to do that which helps you! Fear pops us out of body. You want to reconnect to it. That is why using your body and your five senses are some of the best tools to use.

calming down your fear

SELF SOOTHING TECHNIQUES



MOVEMENT

Connecting back to your body can bring you out of your mind and back into your body.

Wiggle your fingers and your toes.

Move your hands up and down your legs.

JUMP START BODY CONNECTION

When you have a chance to pop out of your busy mind and back into your body, you can distract yourself and slow your system down. Take a sip of cool water. Carry a stone in your pocket and move it around in your hand.



calming down your fear

SELF SOOTHING TECHNIQUES



BREATHWORK

We can't breathe for yesterday or tomorrow. Breath work brings us into the present moment and slows down our nervous system. Breathe into your belly and watch it rise and fall.

In..... 2, 3, 4. PAUSE and Out.... 2, 3, 4

ORIENT YOURSELF TO THE ROOM

Look around the room you are in. Name five things you can see in the room. Next, four things you can hear. Then, three things you can touch. Two things you can smell. And lastly, one thing you can taste.



creating courage

INTERACTING WITH YOUR FEAR

Courage is not the absence of fear. The very definition of courage means fear is present. Merriam-Webster defines courage as “mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty”. Basically courage means facing fear.

So right about now I expect your inner critic to be popping up! “Oh great Kelsey, there is no secret trick I just have to be terrified and keep going? I have to just strap up my boots and hope I don’t die. Thanks a lot! What a counsellor you are.” Well... Kind of ... but also I have a few things that might help you out.



COURAGE IS NOT THE ABSENCE OF FEAR,
BUT THE TRIUMPH OVER IT.
THE BRAVE MAN IS NOT HE WHO DOES
NOT FEEL AFRAID, BUT HE WHO
CONQUERS THAT FEAR.

NELSON MANDELA

creating courage

USE THESE WRITING PROMPTS TO WORK THROUGH YOUR FEARS

Start with something small. I mean small. I am petrified of ___insert your fear here___. I am going to go for a walk and think about ___insert thoughts about how you might challenge your fear___. That's all. Just start there. DO NOTHING ELSE RIGHT NOW.

While I am thinking about ___ insert your fear here___, I will take inventory. What is going on in my body? What sensations do I have? What am I imagining? How big is the image of my fear? What is it doing? Is it suddenly morphing into being bigger or more dangerous?

How can I ground? What are some of the things on the list on (insert page number) (or other things) that might be helpful right now?

self compassion

BEING KIND TO YOURSELF ALONG THE WAY

Be mindful of the thoughts you allow to have strength and power in your mind.

Are you being kind to yourself as you are learning something new?

Are you using kindness when it doesn't go well and you have to try again?

Are you using kind words when you are recovering?

Are you giving yourself a chance if you have too much fear to follow through one day?

Are you celebrating the success you are having? Remember, each and every centimetre of courage you grow is worth celebrating!



thank you

Thank you for making the first step towards overcoming your fears, and creating space for courage in your life. Reach out to me anytime on social media or visit my website to find more resources.

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additional resources

KIDS : blissfulkids.com

ARTIST & ADVOCATE OF MENTAL
HEALTH lindsaybraman.com

PODCAST:
Chris Colbert : Courage over Fea

BOOK
The Brave Way: Ellen Duffield



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