



The Hinda Institute presents...

LIVING WITH ANXIETY

SESSION 4 - THE SILVER LINING: ANXIETY MEETS STRESS RESILIENCE

*Wednesday, December 10, 2025
with Dr. Stephanie Kutzen,
and Matt Schwartz*



QUOTE

“

Take care of your body. It's the only place you have to live.

- Jim Rohn

”



I. STRESS RESILIENCE LIFESTYLE

A. Nourish Your Body

- **Relationship** between sleep and anxiety: develop a new sleeping hour target.
- **Monitor stimulants** (coffee, energy drinks, caffeine pills/supplements).
- **Exercise away stress:** increase movement to make body organs work better (ie stress hormones, cortisol, adrenaline)
- **Eating "real food,"** reduce processed to improve body's ability to manage anxiety.



I. STRESS RESILIENCE LIFESTYLE

B. More Calming Activities

- **Spend time in nature**, even just watching a natural setting.
- **Smiling encourages** lifted moods, feel-good endorphins increase reduction in stress-related cortisol.
- **Listen to relaxing music**: alters brainwaves, experiment to wisely choose what calms your mind.
- **Watch TV, movies, videos** that make you laugh or smile: using this power lifts you up.



I. STRESS RESILIENCE LIFESTYLE

C. Using Positive Affirmation- Short Statements Used to Build Self-Confidence

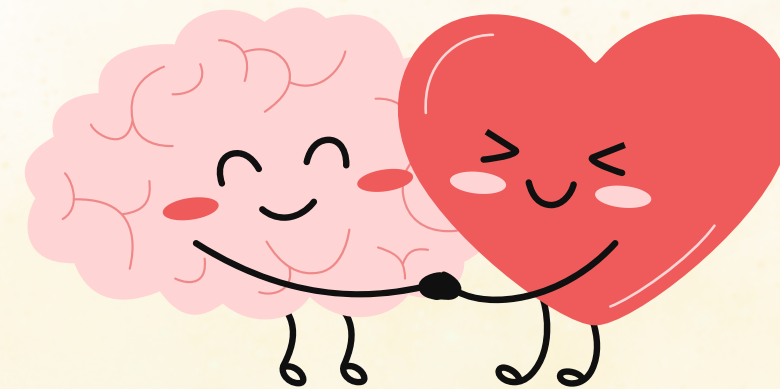
- **Think or say "I AM CALM,"** not I will be calm.
- **Use positive words:** "I remain calm" when dealing with conflict.
- **Be realistic:** best affirmations focus on change you want to make and will work toward
- **Remind yourself** daily to practice affirmations on sticky notes.



II. LOCOMOTION: COMMIT TO RELAX & RESET TECHNIQUES

A. Stepping up your Brain Re-Wiring

- **Complete sentence:** "Right now, I'm grateful for these 1-2 small things."
- **Name and Release:** Write down stressful thought, then write "this is just a thought, not a fact- exhale and cross it out slowly."
- **The Swirling Brain Dump:** set timer 1 minute, write everything without stopping- when time ends, close the page, you're done.
- **What's one thing in this moment that feels okay:** Answer in just one sentence.



II. LOCOMOTION: COMMIT TO RELAX & RESET TECHNIQUES

B. Energize with Funny, Stress-Busting Exercises

- **The Silent Scream:** pretend screaming your lungs out but with no sound.
- **Noodle Body:** go limp-like over cooked spaghetti for three (3) seconds- then snap back- repeat again for instant relaxation.
- **Frog Squat:** make a frog face and squat- no idea why it works but it does.
- **Ice Cube Hands:** practice holding ice cubes, shake hands like they are freezing- great relief and funny to watch.



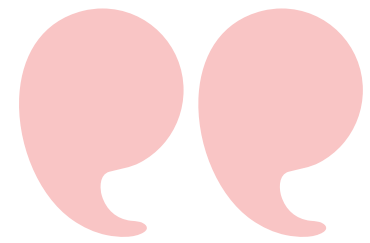
III. PARTICIPANTS SAVOR THE GOOD

A. Dr. Kutzen Conducts Imagery Relaxation Experience

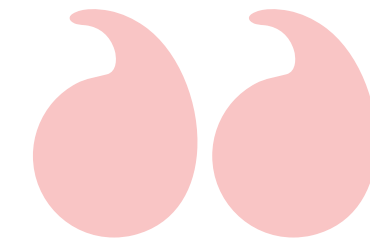
- **Introduction:** Using mental images, imagination and sensory detail to create sense of calm and relief.
- **Measurable outcome** is to evoke positive emotions, helping to lift mood & create sense of safety of comfort.
- **Safety issues:** complete attention is given to maintaining a non-intrusive environment for all participants.



QUOTE



I mastered anxiety in these sessions. It tried to panic me - I said we're fully booked, so leave a complaint to management.



SUMMARY & GROUP DISCUSSION

1. Feedback on effectiveness and limitations of guided imagery exercise.
2. Critique of seminar content and facilitators performance.
3. Suggestions for Seminar V- what was left out or unanswered?
4. Preview of Session V - December 17th, 2025. Lessons learned to sustain health, happiness, prosperity.

