**Playbook to Manage the Unhealthy Undercurrent of High Anxiety**

*Unhealed Wound Seed*

**Inhale PEACE Exhale STRESS**

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**Who:**

* The PLL Therapist, PLL Case Manager, mom and youth

**What**:

* Anxiety is not a *Xanax*-deficiency disorder. The mind, body and spirit are all involved in anxiety, that is, it’s a disorder of the body, not just the mind. Mom and youth will now take charge of their diet and lifestyle to manage anxiety!

**When**:

* Daily – Meditation, Yoga and Physical Activity
* Nightly – positive talk and prayer
* Weekend (Saturday or Sunday) – Grocery shopping

**Where**:

* Meditation and Yoga will be done in the living room together.
* Physical activity will be done in the garage gym
* Grocery shopping will take place at Whole Foods

**How:**

* Case manager will source 5 YouTube videos for ½ hour meditation and yoga sessions and share with mom and youth
* Youth and mom will meet in the garage gym (before school and work) every day, at 6am and workout for 30 minutes together with Youth’s favorite gospel music in the background. During the last 5 minutes of the session, mom and youth will pray together for a good day and exchange positive wishes to each other.
* Youth and mom will meet in the living room every evening at 6 pm and using one of the You tube videos as a guide to complete the daily ½ hour session for Meditation and yoga
* Mom and youth will go grocery shopping together either on the mornings of Saturday or Sunday (depending on mom’s work schedule) – focus will be on purchase of organic fruits and vegetables and no refined sugars.
* Mom and youth commit to no fast foods, soda and fried foods for the first 2 weeks of this plan to jump start an overall healthy lifestyle. Then we will collaborate on an overall reasonable nutritional plan going forward.
* Every night before youth’s bedtime, mom and youth will meet in youth’s bedroom for 5 minutes of positive exchanges about their day and bedtime prayers.
* Both PLL therapist and Case manager will check in with mom and youth respectively mid-week to troubleshoot any hurdles and/or praise for compliance with plan.