

ANXIETY



Anxiety and Behaviour ... how are they related?

In this edition of the FABIC newsletter we focus on anxiety, on its impact and on how we can support each other to live in a more settled body with little to no anxiety. It is in fact possible to reduce if not completely remove anxiety from your life. Not only is it very beneficial to do so, but life is also far more enjoyable!

Anxiety is covered extensively in Tanya Curtis' presentations and books and the Body Life Skills program is in fact based on reducing anxiety in daily life. This is because all unwanted behaviour is preceded by anxiety first, meaning that we need to be open to the fact that there are aspects of life we

feel anxious about well before any non-preferred or unwanted behaviour happens.

As you can imagine, FABIC has a stack of resources available for supporting with anxiety, including a wide selection of free resources. Of special note:

- [Body Life Skills Step 2 - LIFE – Identifying Life Triggers \(Fabic.tv\)](#).
- [Behaviour Is not WHO You Are – It Is WHAT You Do \(Fabic.tv\)](#).
- [FABIC Blogs on Anxiety](#)
- [FABIC Audios on Anxiety](#)
- [Free YouTube Videos to Support with Anxiety](#)
- [FABIC Products to Support with Anxiety](#)



Body Life Skills Step 2 – LIFE Identifying Life Triggers (Fabic.tv)

When a person feels equipped to respond to the micro and macro elements of life, then their body will at that moment be absent of anxiety and simply respond to life ... thus, the body will be settled and communicate via wanted/ preferred behaviours.

When a person does not YET feel equipped to respond to an element of life, then their body will experience some degree of anxiety and thus will react to the life lesson presented at that moment ... thus, the body will be using an array of low and/or high-intensity non-preferred or unwanted behaviours.

In this episode we will examine many of the life lessons that a person is likely to be presented with in their own unique classroom of life, with the

focus on bringing UNDERSTANDING to the REASON for a person's use of non-preferred or unwanted behaviour(s).

[Go to Video](#)



Behaviour Is not WHO You Are – It Is WHAT You Do (Fabic.tv)

People tend to become identified (or identify others) with the 'good' roles and behaviour patterns, such as being a good mum, a good friend, a good student, a good son, daughter, sibling, a good employee, a good X, Y & Z. But how does that person feel when their 'good' role is challenged? The good mother is challenged by her child melting down in public or by a comment or feedback which is perceived as an attack. **The simple fact is that anxiety levels rise and thus deterioration of behaviour and mental wellness is inevitable.**

Often, people also tend to be identified (or identify others) by the perceived 'bad' of their choices ... that badly behaved person, bad parenting, the bad student or words and labels to that effect.

Note: Neither 'good' or 'bad' are part of the language endorsed at FABIC where people are never identified by their behaviours and/or labels.

This presentation offers the importance of building a solid foundation of knowing people by the awesome, amazing lovable being they innately are, while bringing understanding to the fact that:

Sometimes what people do is thumbs up, and sometimes what people do is thumbs down, but at the core of every single person is ALWAYS an awesome, amazing, lovable being.

[Go to Video](#)



Fabic Blogs on Anxiety

Whether we are aware of the fact or not, anxiety can dominate a lot of our behaviours and generally has adverse effects on our overall health and wellbeing. Often, this leads to unwanted behaviours and patterns in our life.

We have chosen a series of articles below which offer support when dealing with anxiety in your life.



[Children and Anxiety](#)

Anxiety in children is often unrecognised and misunderstood, yet it affects many of them to varying degrees of intensity.

[Read](#)



Anxiety and BEING a Man

Most men are anxious on some level, yet that is rarely what they seek support for. Do our men feel safe to express what they experience?

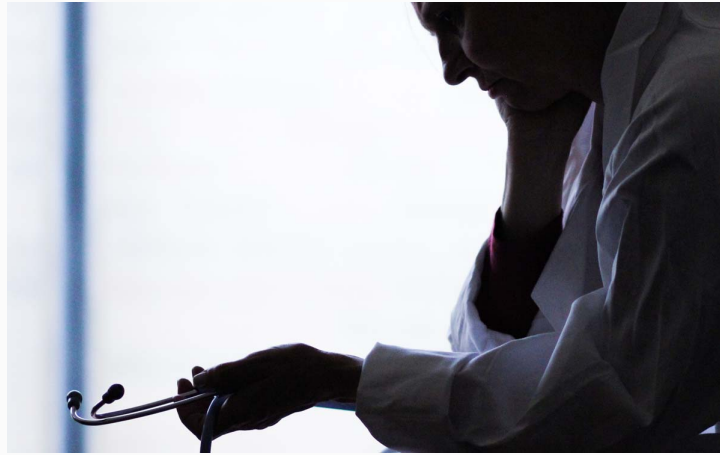
[Read](#)



Anxiety and Wellness – Are They Related?

Are anxiety and wellness related? Yes, absolutely! Anxiety has a huge impact on the quality of our day to day life. But where does anxiety come from?

[Read](#)



Anxiety and Adaptability during Covid-19

Anxiety is a world epidemic, impacting our quality of life which has only exacerbated since COVID-19. Many may ask – why has this occurred?

[Read](#)

[View More Blogs](#)



Free SoundCloud Audios to Support with Anxiety

FABIC has a series of audios dedicated to the topic of anxiety and how it can impact our life:



Where Does Anxiety Come From?

Does anxiety just happen or is it something we have control over by how we choose to live? FABIC Senior Behaviour Specialist Tanya Curtis explores the real roots of anxiety and how to deal with it in daily life.

[Listen](#)



Anxiety Comes from The Body

Tanya Curtis explains that anxiety is simply a form of communication, indicating that there is a part of life a person perceives they do not YET have the skills to respond to.

[Listen](#)

[View More Audios](#)



Free YouTube Videos to Support with Anxiety

FABIC has a series of videos dedicated to the topic of anxiety and its outplay in day-to-day life:



Anxiety and Behaviour ... How Are They Related?

Anxiety is simply a communication from our body. It lets us know that there is a part of life we are being presented with that we perceive we do not yet have the skills to respond to. What is then needed to master all the life lessons on offer?

Watch



What Is Anxiety?

Senior Behaviour Specialist Tanya Curtis shares that anxiety is nothing more than a person not feeling equipped to deal with what life is asking of them. And we all have un-mastered life lessons, repeated over and over again until the willing student is ready to learn the next lesson in their classroom of life.

Watch



How to deal with Anxiety and Withdrawal during School

Most of us consider anxiety to be something extreme. We tend to look out and see more intense behaviour in others and think that we are ok. But not exhibiting the same intensity of behaviour does not mean we do not have anxiety. Have we normalised anxiety because most of us do not exhibit extreme behaviours?

Watch



Eating Disorder vs. Dis-ordered Eating

Most of us do not have an eating disorder, but 99% of us have disordered eating. As FABIC Senior Behaviour Specialist Tanya Curtis explains, there is a difference between eating from our body and what it truly needs and eating from the desires our mind supplies us with. What is truly supportive when it comes to how and why we eat?

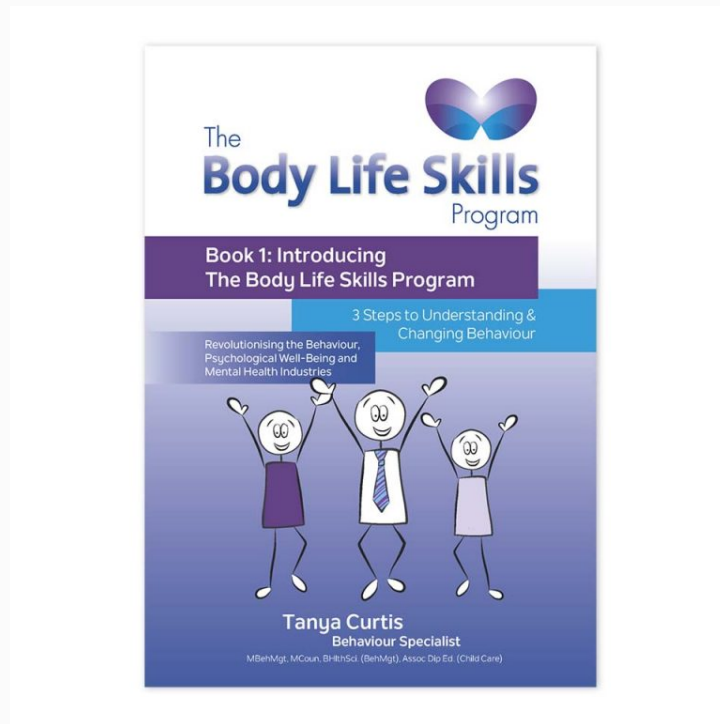
Watch

View More Videos



FABIC Products to Support with Anxiety

FABIC has a wide variety of products that are specifically designed to support with anxiety. Of particular note:



The Body Life Skills Program: Book 1

Book 1 of [The Body Life Skills](#) series introduces the methodology that is set to revolutionise behaviour change, psychological wellbeing and mental health. For all those ready and willing to take an honest look at the current approach and appreciate that we need another way.

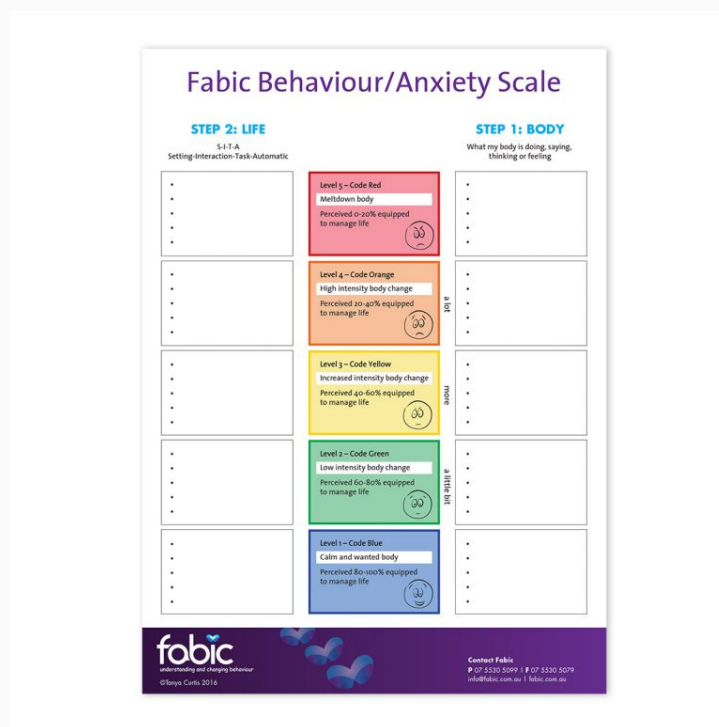
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[Bookmark](#)

This bookmark is a handy reference tool, reminding us that we have the choice to respond or react to what life has presented (the FABIC / Choose Chart) on one side and the sequence from settlement at code blue to meltdown at code red (the FABIC Behaviour/Anxiety Scale) on the other side.

[View & Buy](#)



Behaviour/Anxiety Scale with Faces

The key purpose of the FABIC Behaviour/Anxiety Scale is to bring understanding to a person's non-preferred or unwanted behaviours.

This scale offers a visual means of communicating what a person may experience in a life lesson presented in their classroom of life. It can be used by everyone involved and supports when applying the [Body Life Skills program](#) for LASTING behaviour change..

[View & Buy](#)



Fabic Methodology Introduction Pack

A collection of products selected by Senior Behaviour Specialist Tanya Curtis to support with the understanding and implementation of the [Body Life Skills program](#), the methodology for LASTING behaviour change developed by her and used at FABIC. These products offer support when life lessons have been presented and anxiety is experienced, the precursor to all non-preferred or unwanted behaviour.

[View & Buy](#)

[View More Products](#)

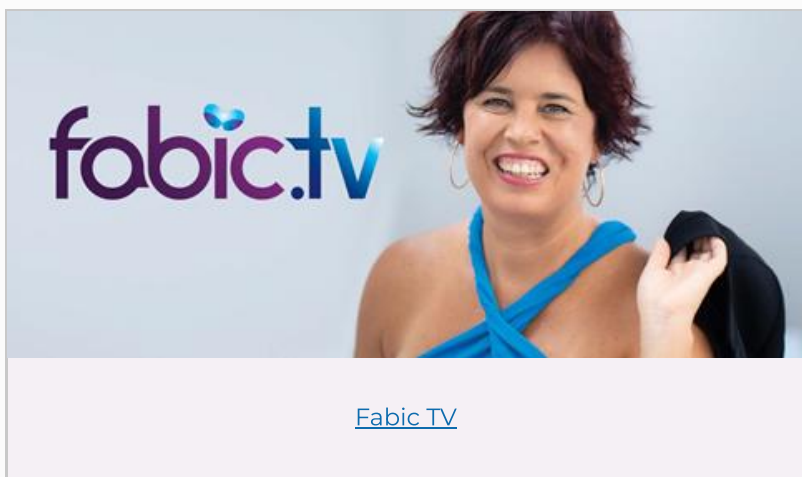


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Your Fobic Team



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The Body Life Skills Program

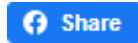
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