



# My top 5 science-backed hacks to banish anxiety for good

From Rebekah King - The Brain Changer™



## Hi. We're Rebekah + Yvonne King.

### Co-Founders of Moonbeam Monday Training + Coaching

Yep! We're a mother-daughter duo.

As Master Practitioners of Neuro-Linguistic Programming (NLP) and Hypnotherapy, we specialise in working with the unconscious mind of people and workplaces to eliminate stress and create calm environments.

We work with you to retrain your brain in real-time, providing immediate transformational change in thinking patterns, and habits, leading you to discover and live your true purpose.

NLP has changed both of our lives completely and positively. We know it can do the same for you and we want to share the full benefits of this with you.

We love hearing from you, and welcome your questions and success stories when implementing these tools. We're here to help!

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# Hey there.

If you've found your way to this tool, you're likely experiencing anxiety, or know someone who is.

I don't have to tell you that anxiety is a *huge* issue in Australia, with around one in seven people experiencing it at some point. That means nearly 3 million Aussies dealing with anxiety and its wide-reaching effects (that's more than the population of Brisbane!!)

And I know all-too-well what it's like because for years, I was often bed-ridden with chronic anxiety, with no real sense of why it was happening, and no clue how to make it stop.

*I wanted a solution, not just a way to cope. And as luck would have it, I found it!*

It's important to understand that chronic anxiety isn't just about feeling worried; it impacts your body, relationships, and overall wellbeing. It can disrupt daily life, strain relationships, and lead to serious health problems like heart disease and a weakened immune system.

*But like I did, you can eliminate it!* And the good news is, the tools I'm sharing with you here are not only the tools I used to eliminate chronic anxiety from my life, but they're backed by science. What does that mean? **THEY ACTUALLY WORK!**

To help you, we've created our proven **5-step B.R.A.I.N. Framework™** to help you retrain your mind and eliminate chronic anxiety for good so you can start living a more relaxed, happier life.

## **Let's begin!**

With gratitude,  
Rebekah 🙏

# 5 hacks to eliminate chronic anxiety

**B**ecome conscious

**R**oot cause

**A**lignment

**I**nternal shift

**N**ew strategies

## Why **B. R. A. I. N.** ?

Simple... the acronym B.R.A.I.N. perfectly encapsulates our mission at Moonbeam Monday because we are 'The Brain Changers™'.

Our mission is to help as many people as possible revolutionise the way they think and live by teaching them how to retrain their brain. We do this using evidence-based tools like neuro-linguistic programming (NLP) and hypnotherapy.

The BRAIN model reflects our commitment to empowering individuals with practical, science-backed tools for lasting change. And they won't only help you with anxiety, they're relevant to EVERY area of your life, helping you make radical shifts to lead a healthier, more fulfilling life.

# HACK 1

## Become conscious

Approximately 95% of our mind operates unconsciously, driving most of our thoughts, words, and actions based on past experiences. This means that only 5% of what we think, say and do is conscious!

**Step 1 to reduce - and eventually eliminate - chronic anxiety, is:**

### Become more conscious - or present

This can be challenging when we're already feeling anxious because we're focused on future worries. So, the quickest way to become conscious is to breathe.

Many busy people rarely take time to breathe intentionally, not realising that it's the simplest and most effective way to relax and change your mood.

***In fact, research suggests that breathwork is low-risk, no-cost, and can be even more effective than medication, when practiced consistently.\****

### ***"How do I 'do' intentional breathing?"***

Begin simply... The 'Box Breathing' technique is a great way to get started as it will ground and relax you. And it can be done anywhere, any time.

Why? Because intentional breathing, even for a few minutes several times a day, activates the parasympathetic nervous system, shifting your body from 'go mode' to 'rest mode'. This helps you slow down, be present, and better handle the 'here and now'.

Introduce intentional breathing to your daily routine and notice your body and mind relax, and your mind become more focused on the present.

\* <https://www.mdpi.com/2076-3425/13/2/256>

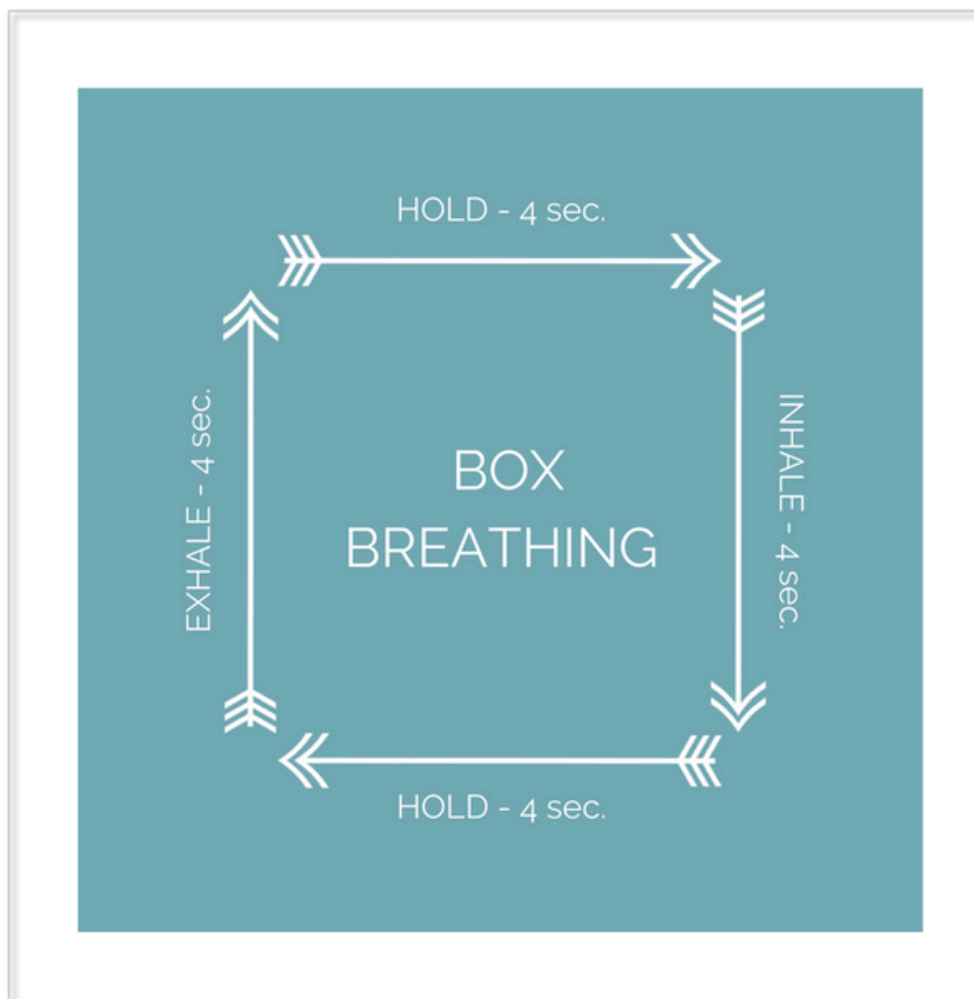
# HACK 1

# Become conscious

## Box breathing

In box breathing, you slowly hold your breath, which allows CO<sub>2</sub> to build up in your blood. Increased CO<sub>2</sub> enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulates the parasympathetic nervous system. This produces a calm, relaxed feeling in the mind and body.

Follow the guide below and repeat for a minimum of 3 minutes, several times a day. You'll begin to notice an improvement within the week.



# HACK 2

## Root cause

Often, we think we know what the problem is, but in fact, it usually stems from something else entirely.

Before we're able to solve the problem, we need to know what it truly is! We must raise our awareness to do this, or in other words, identify what are the stories we're telling ourselves Vs. what is real.

**Step 2 to reduce - and eventually eliminate - chronic anxiety, is:**

**Identify the root cause of the anxiety**

***The best way to do this is to GET IT OUT OF YOUR HEAD!***

By that we mean write it down in a journal. When you spend the time to explore your thoughts and feelings by asking questions, you'll begin to understand the true reason for the anxiety you feel. For some, this act alone helps the brain let go. For others, it's the first step in understanding the origin of the fear and will help you clarify what is truly important to you.

**And there are so many more benefits to writing!**

Handwriting in particular, enhances higher-level thinking and focused action, akin to meditation.\*

Studies also show that handwriting boosts neural activity, sharpens the brain and encourages mindfulness. And it's tactile nature also aids memory retention as well as fostering a deeper awareness of your thoughts, feelings, and surroundings, promoting overall wellbeing.

\* <https://www.forbes.com/sites/nancyolson/2016/05/15/three-ways-that-writing-with-a-pen-positively-affects-your-brain/?sh=760b2f1d5705>

# HACK 2

## Root cause

**Not sure what questions to ask yourself? Here are 10 prompts to get you started.**

1. What specific thoughts or situations trigger anxiety for me the most?
2. Where is the feeling in my body?
3. What does it feel like (be specific)?
4. What am I saying to myself when I feel this way?
5. How does it make me feel (i.e., what emotion(s) does it cause me to feel)?
6. What past experiences might be contributing to my current anxiety?
7. What are my top 3 fears right now?
8. Why do these things/situations scare me?
9. Are there people in my life that contribute to my anxiety? How?
10. If I didn't feel this way, how would I feel instead (my 'desired' state)?



# HACK 3

# Alignment

Very few people like change because we feel like we're outside our comfort zone. After all, we are physiologically designed to stay comfortable and safe.

**Step 3 to reduce - and eventually eliminate - chronic anxiety, is:**

## Alignment

Feeling anxious often stems from a lack of alignment with our core values, which represent what matters most to us.\* While we may believe we know our values, our behaviours may tell a different story!

To address this, it's crucial to understand our values on a personal level and determine how we want them to manifest in our lives. Armed with this insight, we can assess our current alignment and identify areas for improvement.

Next, by selecting three actionable steps and setting a timeframe, we can begin the process of realignment. Consistently implementing these actions enables gradual progress toward living in accordance with our values.

***If you don't stick to your values when they're being tested, they're not values: they're hobbies. - Jon Stewart***

\* <https://psycnet.apa.org/record/2011-10576-002>

# HACK 3

# Alignment

**Understanding your core values is vital to living a life of fulfilment and purpose. When you feel fulfilled, you're less likely to worry about the future, or experience anxiety.**

Answer the question below with 1 or 2 word answers to begin the process of eliciting your true values. Keep listing words until you have absolutely run out (use the back of the page if you have to!)

What is important to me in life?

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Rewrite them in order of most important to less important.

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Any surprises in the order?

# HACK 4

## Internal shift

By this stage you may begin to feel some internal resistance. After all, everything you're doing is new.

When addressing anxiety, it's common to encounter this. In fact, it's a sign that our brain is doing what it's meant to do - keep us comfortable and safe!

Although extremely valuable in situations where you're in real danger (think: about to be attacked by a lion!), your brain still engages this reflex in any perceived danger situation. I.e., when you want to do something you haven't done before, even if it's perfectly safe to do so.

That's the internal resistance we're talking about... that feeling of discomfort, because things are beginning to shift.

**Step 4 to reduce - and eventually eliminate - chronic anxiety, is:**

### Internal shift

This resistance arises because changing deeply ingrained patterns of thought and behaviour, challenges our comfort zones.

A simple technique called, 'reframing', helps to *shift* your perspective of the real or perceived problem, and rewire your internal narrative.

By recognising and altering the stories we tell ourselves, we can transform limiting beliefs into empowering ones, gradually diminishing internal resistance. Here's an example of a simple reframe:

*Imagine you're driving somewhere when you suddenly hit a roadblock. Your initial reaction might be frustration and stress, thinking your journey is ruined. However, by reframing, you can view the roadblock as an opportunity to explore a new, scenic route you wouldn't have otherwise discovered. Who knows what you might discover on your way!*

# HACK 4

## Internal shift

This shift in perspective turns a negative situation into a positive experience, highlighting the power of changing your viewpoint to manage challenges effectively.

**Write 3 situations that create anxiety for you and reframe them into something more positive, using the above example as a guide.**

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Reframe \_\_\_\_\_  
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Situation \_\_\_\_\_  
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Reframe \_\_\_\_\_  
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Situation \_\_\_\_\_  
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\_\_\_\_\_

Reframe \_\_\_\_\_  
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“

**When you change the way you  
look at things, the things you  
look at, change.”**

**- Wayne Dyer**

# HACK 5

## New strategies

**The final step - in the B.R.A.I.N. Framework™ to reduce - and eventually eliminate - chronic anxiety, is:**

### New strategies

Everything we do is a strategy. You probably call these strategies 'habits'.

Everything we've talked about so far is already helping you create new strategies which create new neural pathways in your brain. When performed consistently, your new habits become 'second nature'... just like tying your shoe!

Creating new strategies to address anxiety can yield significant benefits, particularly when incorporating the practices we've already mentioned. By developing new approaches, we can better align our actions with our core values, leading to a greater sense of fulfilment and reduced anxiety.

Moreover, establishing new strategies promotes mindfulness and presence, crucial for managing – and eventually eliminating – chronic anxiety.

When we consistently apply techniques such as journaling to identify and understand our values, or using simple breathing exercises to activate our parasympathetic nervous system, we create a foundation for lasting mental wellbeing.

Over time, the consistent use of these strategies not only alleviates anxiety but also enhances our overall cognitive function, emotional stability, and quality of life.

# HACK 5

## New strategies

The most important part of the whole **B.R.A.I.N. Framework™** is to...  
**TAKE ACTION!**

After all, information is just information until you do something with it!

Here are the 5 simple tasks to do to get started:

### **Become conscious**

Choose 3 times in your day where you will breathe intentionally (box breathing) for 3 minutes. We suggest 1) upon waking, 2) at lunchtime, after you've eaten (breathing helps you burn calories!!), 3) when you get into bed.

### **Root cause**

Choose a specific time this week to answer the questions in the journaling prompts provided. Put that day and time in your calendar and treat it like a non-negotiable. After you've done that, you can do a simpler version of journaling based on the answers that came up, each day.

### **Alignment**

Choose a specific time next week to complete the values exercise. Put that day and time in your calendar and treat it like a non-negotiable. Write your top 5 values on a piece of card and place it on your nightstand so it's the first thing you see when you wake up. Each morning, take 2 minutes to ask yourself how you plan to live your values today.

### **Internal shift**

Take time one evening this week to reflect on the situations that usually cause anxiety for you. Go through the exercise of reframing them. Keep it handy and next time you find yourself in that situation, read the reframe back to yourself.

### **New strategies**

Continue practicing your new strategies daily so they become habits, and within a very short time, your anxiety will reduce, you'll feel calmer and be ready to ditch anxiety for good!

# Work with me



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Membership



## Mind Masters Membership

The membership helping you take back control of your own mind, reclaim your calm and make lasting changes, by teaching you how to retrain your brain.

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**Private Coaching**  
with Rebekah King



## Private Coaching with Rebekah King

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**The Brain Changer™**  
2-day immersive in-person event



## The Brain Changer™ 2 Day Immersive in-person event

Understand the mechanics of your mind and create a roadmap to get what you always wanted, but never believed possible.

[Learn more](#)



**The Brain Changer™**  
Workplace Program



## The Brain Changer™ Workplace Program

Transformation coaching for 21st century workplace wellness, helping your team improve productivity, communication and wellbeing by addressing the underlying causes of conflict, anxiety and overwhelm.

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