

THE
Awesome
BOX

A creative path to understanding and
overcoming anxiety



Donna Ware

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Welcome to *The Awesome Box*

A creative path to understanding and
overcoming anxiety!

My name is Donna Ware and I have a background in counselling and coaching. I have specialised in working with couples who want to create more understanding and connection through developing great communication.

I also work with individuals who want to reach more of their potential and enjoy a healthier, happier and fuller life.

I have diversified into energy and heart healing, helping my clients rewire their mindsets and releasing the suppressed negative emotions formed in early childhood.

Over a number of years of having my own difficulties in life and working with people who have also struggled I have grown very passionate about achieving great health and more happiness.

Through my own journey of barely surviving to now thriving I want to inspire as many people as I can to get the best out of themselves so they can live a life that makes them truly happy.





One of the things (or blocks) that stops people from getting what they truly desire is ANXIETY. And I know firsthand how much, having anxiety gets in the way of living a calmer, more peaceful and happier life.

I first experienced anxiety as a child. I remember when I was about six years old, I started having a lot of fears and worries. I was an over thinker and as time went on, I became an over analyser too. What I remember was that I didn't feel good a lot and I often had a sore tummy.

If you experience anxiety, I want you to know that you are NOT defined by it.

Anxiety is what you are experiencing, it's NOT who you are.

✧ Peace,
Love, &
Joy ✧

Donna Ware



What exactly is anxiety?

Anxiety is a common reaction to the stress you are experiencing in your life. It's a stress, fear or negative response to what is happening in your environment or life experiences. It's driven by your thoughts, overthinking and over analysing about things that are happening or you think could happen in the future.

Anxiety can include catastrophizing thoughts which is a fear of the worst-case scenario. Fear based thoughts are simply negative false stories you make up in your mind however the feelings they create are very real to you.



How does anxiety feel?

Anxiety can create feelings of worry, excessive fears and even dread. These feelings are not easy to control and can interfere with your everyday life. When you struggle with anxiety it makes it difficult to go about your daily activities, routines and responsibilities.

It can creep up on you over time or it can strike powerfully at any moment. Anyone can experience anxiety including children and the elderly.

Anxiety is more commonly experienced by women than men. It is estimated that one fifth of men suffer with anxiety and nearly half of women may well suffer with anxiety.

Why is this?

Men's and women's brains are very different.

A woman is more prone to overthinking and over analysing because of how her brain functions. Anxiety can bring on symptoms which vary from person to person.



Here are some of the common signs and symptoms of anxiety

- Feeling tense or on edge
- Feeling worried
- Nervous or scared
- Irritable or agitated
- Panicky
- Easily upset
- Anger easily
- Feeling of being detached from your body
- Feeling you might vomit



Thoughts related to anxiety

You may have fearful, catastrophizing and negative thoughts that block your ability to live normally. You may think thoughts like:

- "I can't do this"
- "Life is too hard"
- "I can't cope"
- "I might get hurt"
- "I might die"
- "I can't focus"
- "I can't handle this"
- "Something is going to go wrong for sure"
- "Things don't work out for me"



Constant and excessive repetitive negative thoughts and feelings interfere with a person's ability to live life happily. This is why... When you continually have unhelpful thoughts, your body will produce stress hormones such as cortisol and adrenaline.

Why? Because your subconscious doesn't know the difference between the thought and what is real and actually happening.

Too much stress hormones in your body will cause catastrophic consequences to your health over time. Us humans are not designed to experience a flood of stress hormones everyday for long periods of time however our current lifestyles are leading us to more and more of this happening.

Are you experiencing other issues relating to anxiety?

Such as...

- Trouble concentrating
- Sleep problems
- Digestive issues
- Lightheadedness or dizziness
- Sweaty palms of body
- Pounding or racing heart beat
- Pins and needles
- Twitches and trembling



Anxiety can create feelings of overwhelm, feeling exhausted or burnt out. It can interfere with every area of your life including your relationships, health and work life.



What can cause anxiety?

Here are my ideas about what can cause anxiety based on my personal experience?

Firstly, a LACK of self-care and self-love.

Self-care relates to your ability and willingness to look after your health and wellbeing. It also includes the food and nutrition you consume, maintaining a good exercise routine, a comfortable and hygienic environment to live in and having healthy relationships.

It can also be:

- Learning to say 'NO' when you need to
- Forgiving yourself and others
- Asking for help when you need it
- Setting healthy boundaries with others
- Gifting yourself some alone time
- Looking after your finances
- Managing stress
- Connecting with your spiritual aspect

When you ignore or fail to take care of yourself your inner being feels a LACK of self-love from you and as a result you feed feelings of low self-worth. Low self-worth is what is at the core of a lot of ill health issues.



What else can cause anxiety?

Not being true to yourself.

When you aren't being true to yourself you feel like you are trapped. And your desire for freedom is what drives you in life. When you feel trapped, you feel unresourceful and that can lead to feelings of anxiety.

When you are not being true to yourself you are basically living dishonestly and this causes feelings of tension, disconnection, emptiness and lack of fulfillment.

When you are true to yourself you feel free and you can express your individuality and uniqueness and it will be seen and felt by you and others.

Being true to yourself takes courage. And courage is your first step to changing and becoming the REAL YOU.



What else can cause anxiety?

A life change can trigger anxiety.

That could be changing jobs or a change at work has occurred, moving house, state or country, pregnancy and giving birth, relationship issues, menopause, the loss of someone close to you or the loss of a pet.

Any life change (big or small) could trigger about of anxiety.



Genetics can cause anxiety.

Certainly, genetics can influence whether you struggle with anxiety or not. I'm a big believer that our parents pass down the behaviour of anxiety to their kids.

I had anxiety a lot when my kids were young and it definitely started showing up in their behaviour over the years. Some of my anxiety was genetic, passed on through generational bloodlines and some was created and learnt through societies way of living.

What can you do to overcome your anxiety?

The first thing is NOT to shame yourself because you have anxiety and are struggling with it. The second is to realize there is nothing wrong with you however your body is talking to you and letting you know that you are living in a stress and fear response.

Here's a little story about how I first started the process in overcoming my experience with anxiety. On this one day in 2017, I woke up and I was so sick and tired of who I was. I had been struggling with sickness, suicidal depression and anxiety for decades and I was fed up!!!

I was living in a small house that was a shed that had been converted into a dwelling and I was hating my life at the time. I prayed to whatever or whoever was listening "Could you please bring me something or show me how to get rid of this stupid anxiety?"

I remember feeling so desperate and as I opened up to the possibility that my prayer may actually get answered. I heard a soft voice say in the background, "draw a 7x7cm square and colour it in how you want too".

I immediately felt some relief just knowing my prayer was answered.



So, I did exactly what the little voice told me to do. And I really enjoyed doing it. It gave me the opportunity to create something. It also gave my mind something to focus on instead of focusing on my negative thoughts and negative feelings.

And when I finished my little square of ART, I felt a bit better. So, I created another one and another. I just kept going, creating more and more little squares of art. And as I created my focus changed.

I was asking myself questions like...

- “What colour would you like to choose?”
- “What do you want to draw.”
- “Do you want to draw a scene, shapes or patterns?”

It was fun, it was enjoyable. It got my brain thinking differently and I definitely felt quite a bit better while I was creating art.

I was now operating in a different area of my brain. And I wasn't stuck in thinking about my problems, instead I was asking myself questions which put me into a space of solutions and being resourceful.

I was moving from the feeling of disempowered to the feeling of empowered just by creating art.

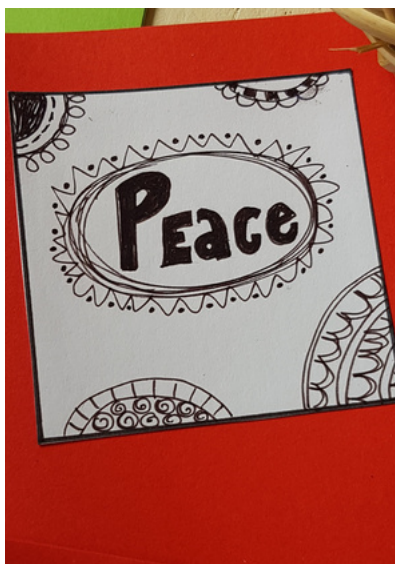


I call this creative activity **“The AWESOME Box”** because when I was in my miniature box of creation, I could allow myself to feel more awesome. It got me out of ‘The Shit Box’, my shit box of anxiety which was ruining my life.

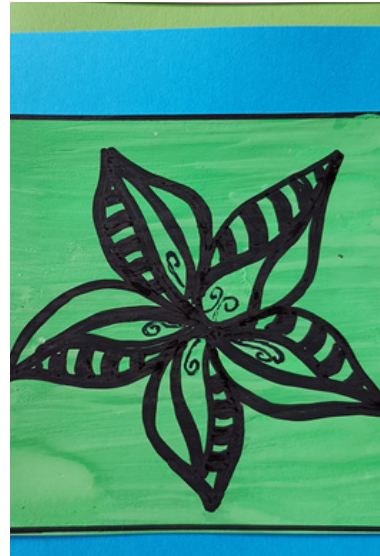
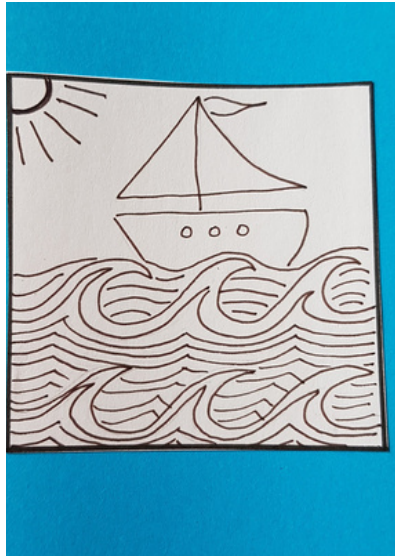
See the examples below of the exact little squares of art I designed and coloured back then...



Silence
is
Bliss

Hand-drawn flowers in black ink on a white background.

Never
Ever
Give
Up

Small decorative flowers scattered around the text.

The AWESOME Box

©2022 by Donna
Ware -
Relationship
Expert

And as I focused on more and more art the more, I realized that my anxiety could be controlled and that I wasn't stuck like I thought I was. I'm not going to say it all went away at first; it didn't, however I chose to create art and it made a difference and from that moment on I kept creating bigger and bigger pieces and developing different styles of art and now I am painting big wall paintings.

I'm certainly no Picasso or Van Gogh and I have no intentions of trying to be. I don't judge my art, I just choose to create it. Sometimes I am happy with it and sometimes I am not. And how I feel on the day will be represented in how I paint.

Sometimes I just paint for the pure joy of it and I don't care if I fuck it up as long as I have fun. I always choose to paint with colour because colour brightens my world.

I spent decades in living in the darkness with anxiety and depression and I want to now live through colour.



What now?

Every day you get an opportunity to become a better version of yourself. And every day you get to choose if you are going to sit in 'The Shit Box' with your anxiety or other problems as a disempowered you or you could choose to sit in 'The AWESOME Box' and create miniature art or do something else productive that is going to help you overcome your anxiety.

'The AWESOME Box' is simply to help you get started. I give you a starting point instead of just staying stuck where you are.

I call this "The DO SOMETHING principle." **DO NOT** choose to do nothing because choosing nothing will **NOT** change your life and it certainly won't get rid of your anxiety. Instead choose to do something (however small) and see what happens.

And as you step forward and take a risk you will gain the confidence to take bigger and bigger risks. You can push past your fears, limitations and negative thinking and embrace the belief that anything is possible for your life.



It's now up to you!

You get to choose and if you choose to do things differently you can tap into a reservoir of potential that resides deep in your soul.

This journey of going from disempowered to self-empowered also led me to search for other ways that I could relieve my anxiety. I have been led on a path of healing and transformation that has catapulted me forward in so many areas of my life.

Life is very different for me now as I no longer have anxiety or depression or other health issues. I have designed and created **mentorship programs** to support couples and individuals transform.

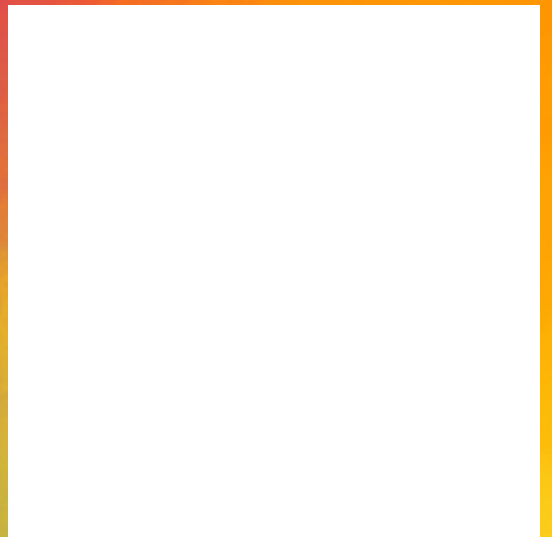
When we give ourselves what we really need instead of what we think we need we can heal ourselves, our bodies, our relationships and our lives. On the ending pages are some templates for you to print and get started.

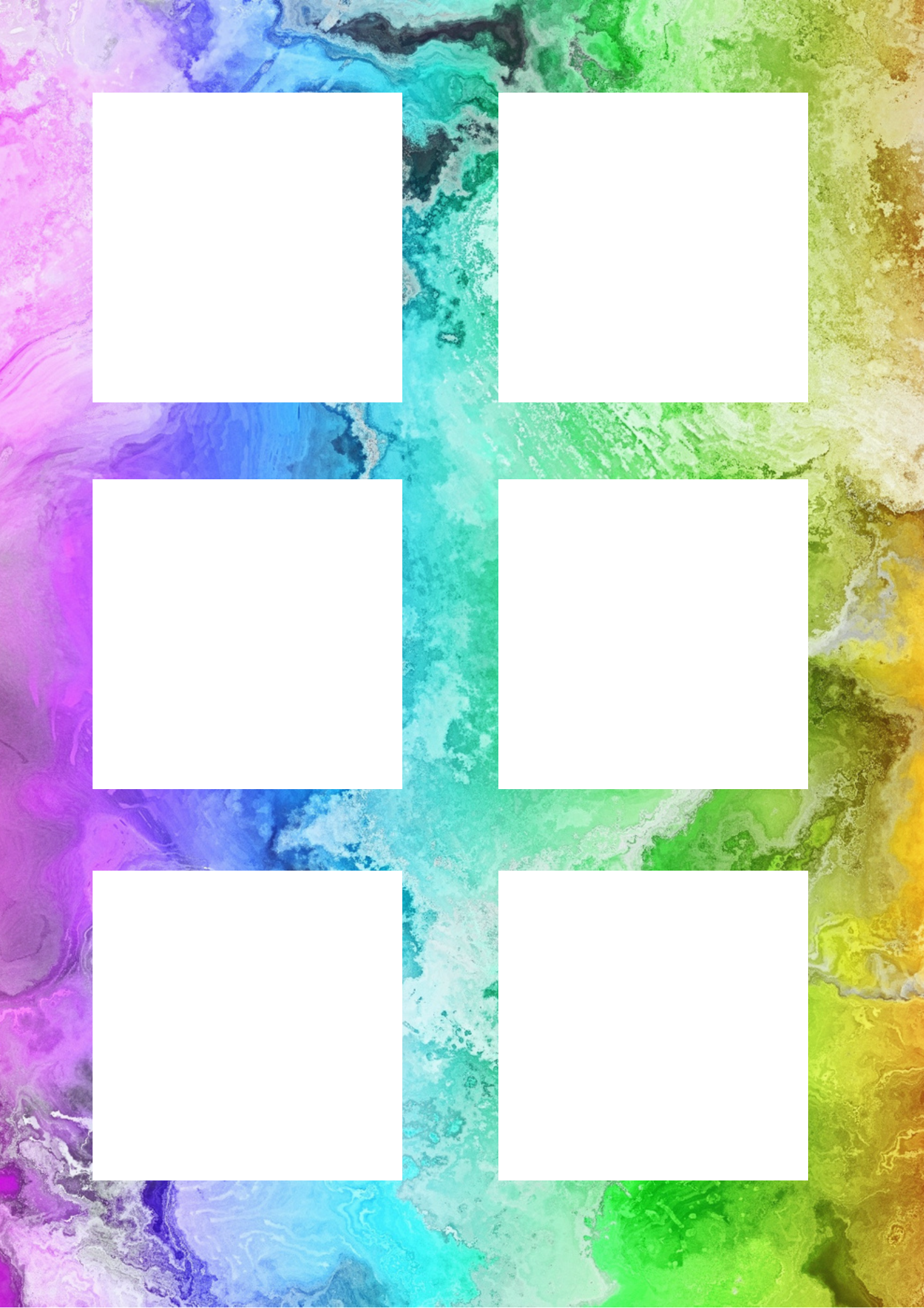
Please feel free to email me your miniature pieces of art. Share this eBook with your family and friends and print the template pages and give them to your children too.

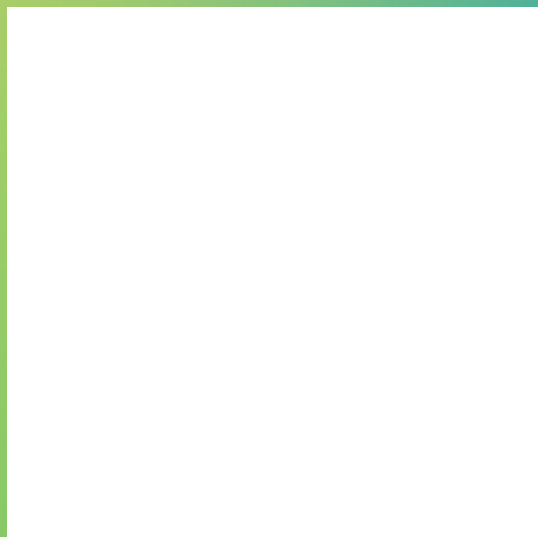
It's a great little activity you can do together. Welcome to 'The AWESOME Box'. Enjoy.

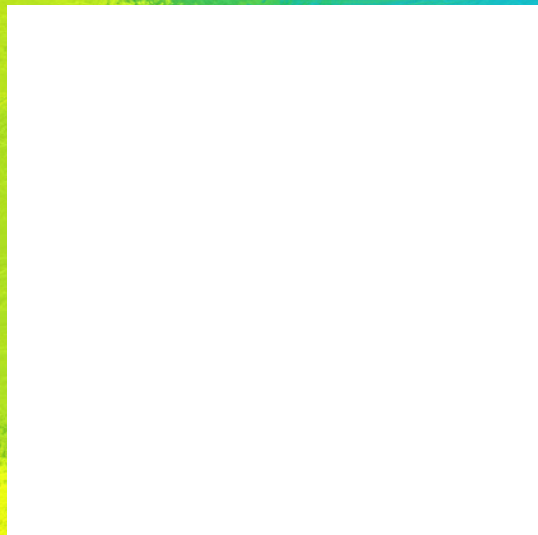
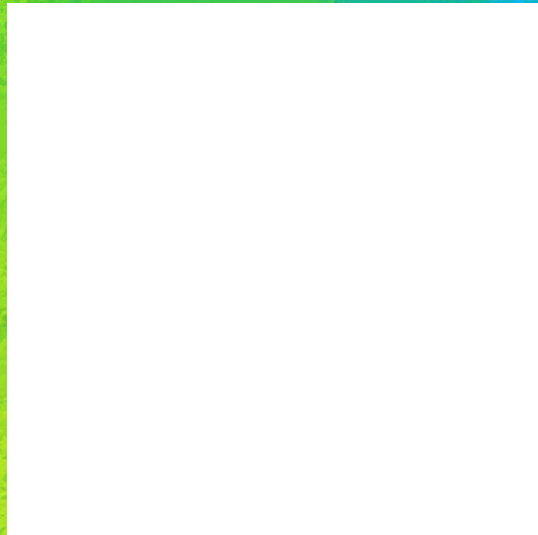
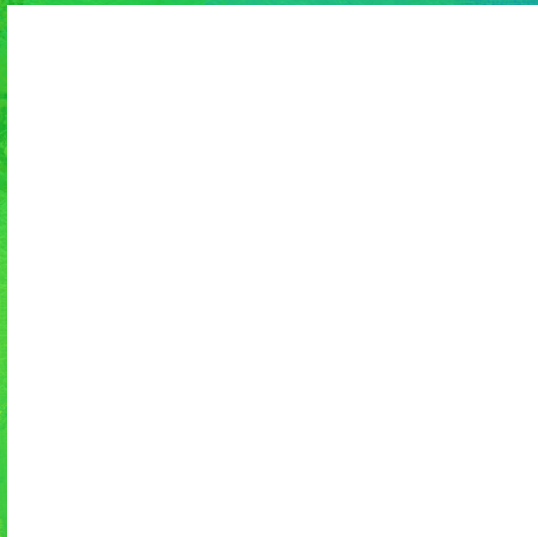
Love, Light & Gold,
Donna Ware x



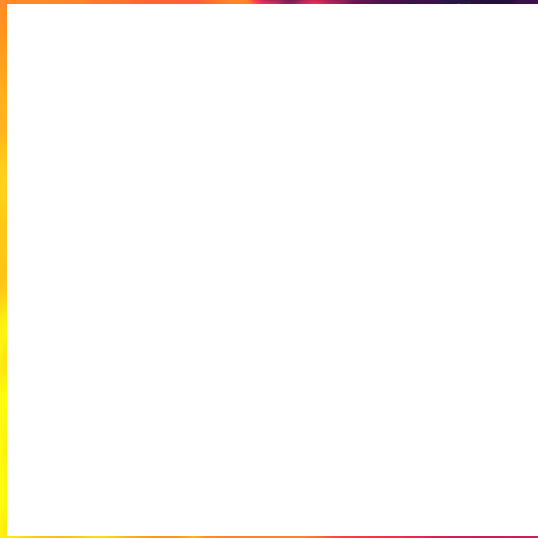
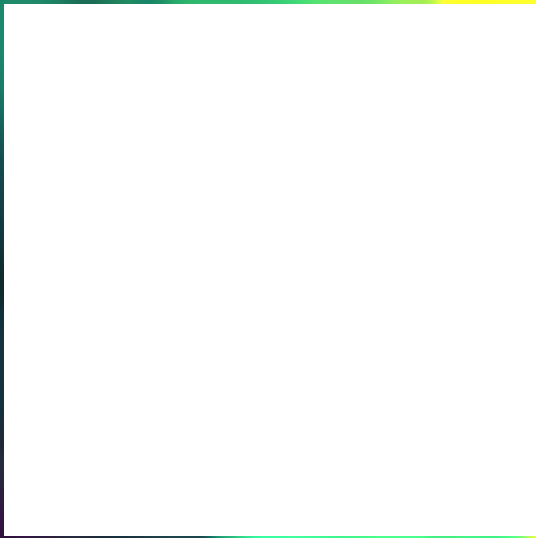
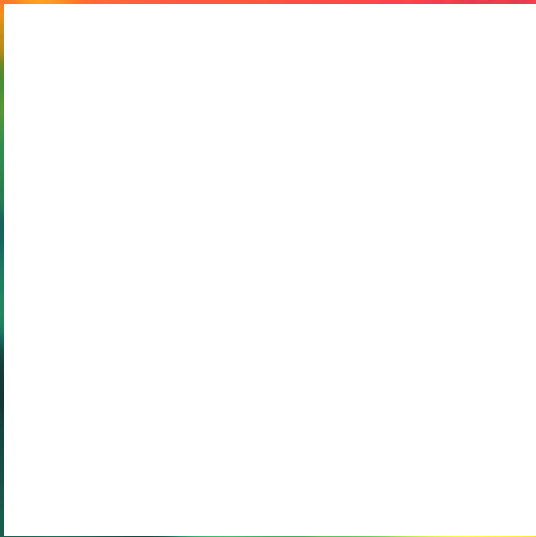


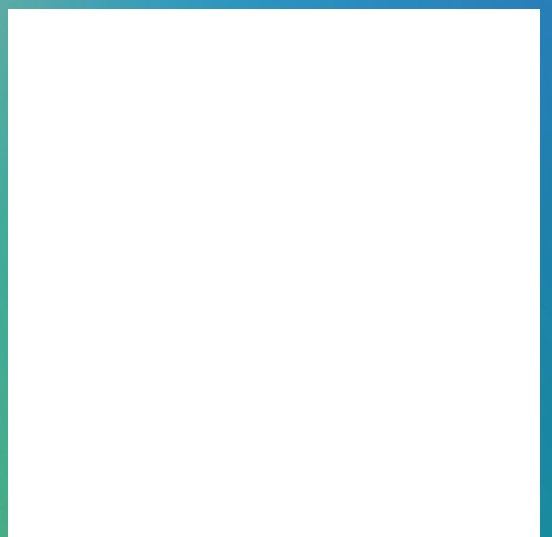
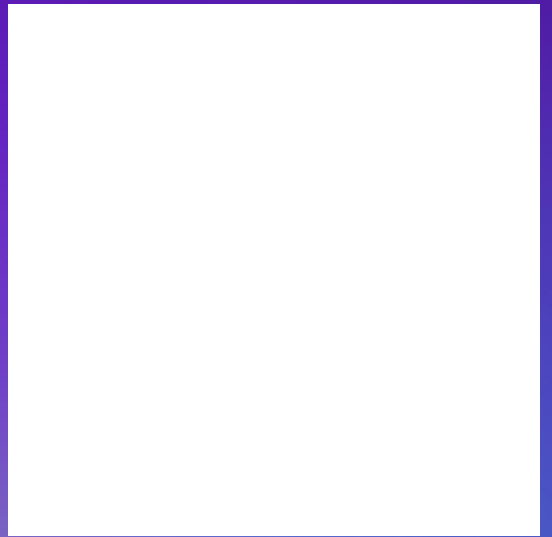












YOU ARE
AWESOME



Now go and live your best life!

I BELIEVE IN YOU