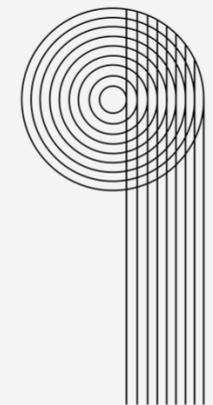


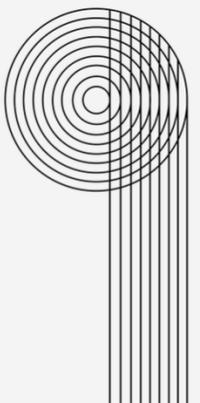
# AntiAnxiety Revolution Corporate Programme Outline

re-frame anxiety | re-write shame | re-define power



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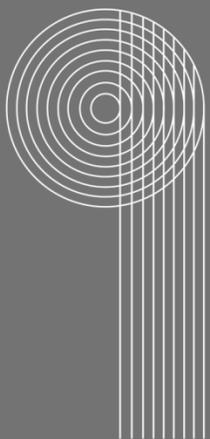
**"275 MILLION HUMAN BEINGS  
CURRENTLY SUFFER FROM  
ANXIETY DISORDERS"**

**"UP TO 85% DO NOT  
RECEIVE TREATMENT"**

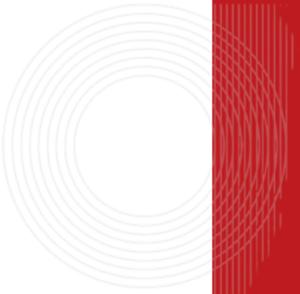
WORLD ECONOMIC FORUM 2019



If a human can do mathematics, speak 3 languages, excel academically in a field or master a skill but cannot manage their emotions, understand human behaviour or create and enjoy peace in their relationships, none of the other stuff really matters.



**WHAT WILL  
POST-QUARANTINE TRAUMA  
LOOK LIKE AND  
HOW WE CAN HELP YOU?**



Life has and is changing rapidly, and every adjustment we make to these changes is massively high-stakes. There is no distracting ourselves from this new reality. No one is adjusting seamlessly to it. Loneliness is leaving indelible marks on nervous systems. Social connections are fraying, getting restrung into completely different shapes. Jobs are gone or being completely re-paradigmed, or if you are supremely lucky, you work in isolation.

Our relationships with partners, parents, and kids are suddenly far more enmeshed. Some are stuck inside with abusers and gas lighters. Others cannot escape the truth of their relationships and some among us are so profoundly alone that reality seems to be coming apart.

Trauma affects everything from digestion to immune functioning to the ability to look another person in the eye. What will COVID-19 do to us? How will social distancing and talk of “dying for the economy” warp our psychology? We can’t know for sure how this life-altering experience will play out, but based on previous psychological disruptions in history, we imagine COVID-19 trauma might manifest in some of the following ways:





## ● **Social Anxiety**

Social distancing will worsen any Autism or Aspergers related social anxiety. Isolation has serious effects on our ability to socially and physically self-regulate. Research shows that more mundane forms of social isolation (such as being lonesome following a divorce) can erode a person's physical and mental health in significant ways. This often makes it even harder to connect with new people and rebuild social bonds.

Social distancing is unlikely to end all at once. The transition back to regular life won't come all at once, and it may be months or even years before people are able to attend conferences, sporting events, or concerts. Even once such large events are permitted, it's likely some people will find them too menacing and risky to attend. Fear of disease may lead both neurodiverse and neurotypical people to remain locked away long after it's necessary. People with pre-existing anxiety disorders and PTSD are likely to be the hardest hit by these events.

## ● **Food Hoarding & Disordered Eating**

People with eating disorders have widely reported feeling incredibly triggered by quarantine.

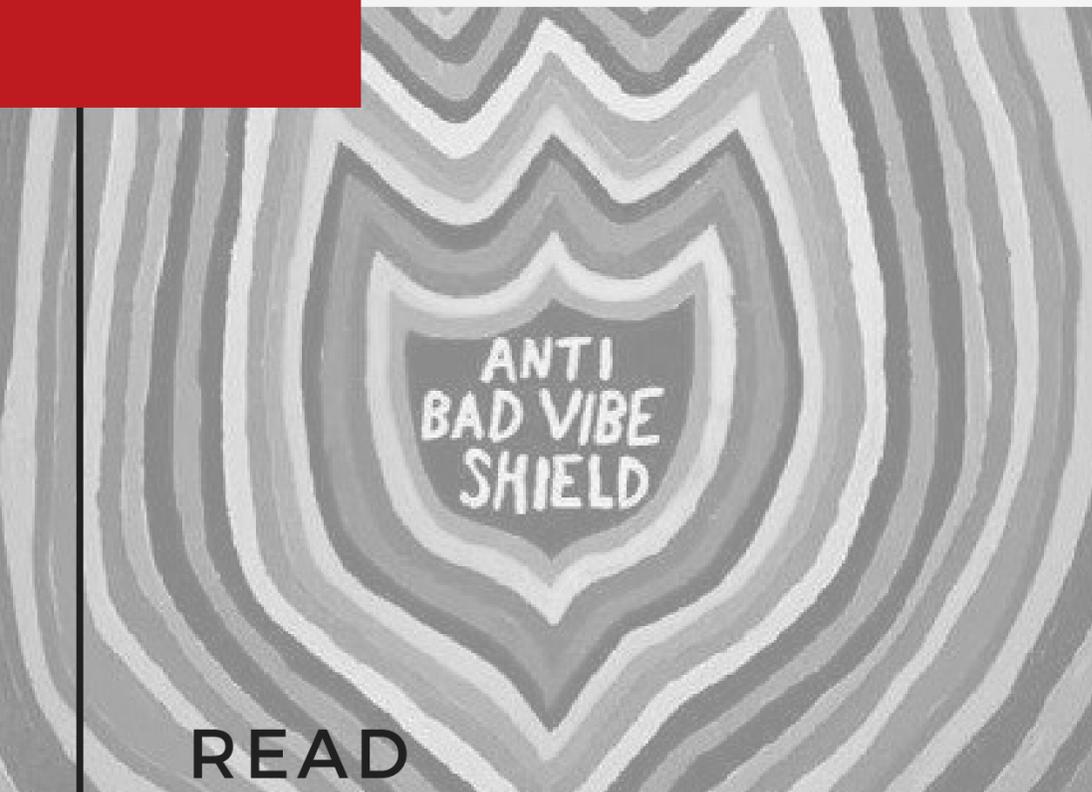
Other people, heavily influenced by the fatphobic fear of the “Quarantine 15”, may develop new disordered patterns. Over time, people may develop strong aversions to the foods they ate repeatedly in quarantine; others may become so terrified of the spread of disease they might not be able to eat food prepared by anyone else.

## ● **Triggers of Past Trauma**

Those who have survived abuse may be reeling right now, finding the restrictions on their movement and habits to be reminiscent of their trauma. They might lose some of their recovery progress, slipping into old, ineffective coping strategies or experiencing more frequent mental health symptoms. One of the most frightening symptoms of PTSD is the sense of a foreshortened future; sufferers may feel that their lives are pointless, or doomed to be filled with suffering. During times like these, it's easier than ever to believe those feelings are true.



# WE CAN PREVENT THESE OUTCOMES.



## READ

- Learn the theory through short powerful e-books



## ENGAGE

- every second day messages
- 30 min group sessions with a coach



## FEEL

- 30 min group sessions for embodiment practices



Fortunately, there is existing research (and tons of historical analogues) that suggests the trauma of COVID-19 doesn't have to be as profound as we fear. If we respond to our collective trauma and chaos by banding together and building stronger systems of community support, we can come out of this without debilitating psychological scars.

Decades of research into PTSD among veterans has consistently revealed it's not the violence or intensity of the experience that predicts whether a soldier will develop symptoms. Drone pilots have the same rate of PTSD as soldiers who are physically present on the battlefield, for example. What really matters is how socially connected the soldier feels, and how supported they are after the trauma is over.

Broadly speaking, when people are able to find community with others who share their experiences, their symptoms are far less severe. Further, people who have robust support systems reintegrate into post-trauma life much more successfully.

To really be robust, a social support system should include things like access to healthcare, food, and shelter, as well as numerous deep connections to people who care about the trauma sufferer and recognize their experience as profound.

When people are truly nourished in the present and post recovery phase, they may even experience post-traumatic growth, and emerge with a new sense of perspective, new skills, and a strong sense of gratitude.

The potential effects of the COVID-19 pandemic are paradoxical; the disease is both isolating us, and making many of us intimately aware of just how interdependent we are. It is leaning on this interdependence that can help us avoid some of the pandemic's most harrowing psychological effects.

If we direct resources toward helping people we can reduce the trauma's impact, and fundamentally reorient our culture in desperately needed ways.

# MODULES COVERED IN THIS PROGRAMME



## ANXIETY

One of the most important parts of our work in combating anxiety is the simplicity and quality of the vocabulary to describe complex psychological states. It's preciseness as a language. And we really encourage you to pay deep attention to the words. Every word is a formula.

## POWER

Power is at the heart of the human experience. We believe that human beings are here to learn about power. Kindness, beauty, sex appeal, compassion are all forms of power. Bullying, manipulation and violence are shadow forms of power. Power is expressed through archetypes. The mother archetype has a different pattern of power to the father archetype. Learning to understand and manage your power is a game changer.

## SHAME

There is too much dirty shame in our families, education systems and the structure of our cultures. Dirty shame destroys our human gifts: Creativity, passion and soulfulness. We need to talk about and re-write shame to allow broader access to these gifts. We must learn to turn shame into a healthy conscience.

## re-frame anxiety

- e-book on Anxiety delivered via email
- every second day additional message for reflection / contemplation via sms and email
- group sessions with max 10 staff for 30 min with Francesqua Darling on Q&A and exploration of theory with each group via Zoom or your preferred platform
- group sessions with max 10 staff for 30 min with Tracy and Dan from Harmonix Way Humanology on embodiment work with each group via Zoom or your preferred platform

**1 MONTH PROGRAMME**

## re-define power

- e-book on Power delivered via email
- every second day additional message for reflection / contemplation via sms and email
- group sessions with max 10 staff for 30 min with Francesqua Darling on Q&A and exploration of theory with each group via Zoom or your preferred platform
- group sessions with max 10 staff for 30 min with Tracy and Dan from Harmonix Way Humanology on embodiment work with each group via Zoom or your preferred platform

**1 MONTH PROGRAMME**



# re-write shame

- e-book on Shame delivered via email
- every second day additional message for reflection / contemplation via sms and email
- group sessions with max 10 staff for 30 min with Francesqua Darling on Q&A and exploration of theory with each group via Zoom or your preferred platform
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**1 MONTH PROGRAMME**



# Francesqua Darling

## THEORY COACH

A successful counselling or coaching journey is a piece of art. But being art does not mean that the counsellor can make the profile, or shape the client. What the coach must do is to make it possible for the client to become themselves. Francesqua does not come from any particular lineage of study, method or practice. She is insatiably curious for all kinds of body/mind/spirit resources and does not limit her inquiries. Francesqua resents and resists the commodification of consciousness and creativity. Those belong to no one and to everyone.

Francesqua has spent 30 years studying and practicing the fields of psychology and metaphysics.

Francesqua sees clients for therapy/counselling/coaching and is passionate about facilitating groups. She designs courses and workshops from her own journey and experience. Most workshops will have a foundation in psychology and metaphysics. As above, so below.

Her teaching is rhizomatic: it propagates laterally - not from the top > down. She can 'transfer' complex ideas to people, simply. She can marry diverse complexities into a simple and highly effective singularity. She is a proponent of holism.

She has the ability to show up, as herself, and wildly appreciate the dance. She can sling words around in snappy ways too.



# Harmonix Way

# Humanology

EMBODIMENT COACHES



**Dan Crystalis**

Dan is qualified in Kundalini Yoga & the ancient Polynesian healing modality Kahuna / Lomi-Lomi massage - as well as Yoga & Huna philosophy. In his integrative Bodywork Practice, he fuses Kundalini Yoga with Kahuna Massage philosophy and techniques, to facilitate the healing and wellbeing of their clients and students - physically, mentally and emotionally



**Tracy Veritas VII**

Tracy has a degree in Psychology & Sociology. She is involved in Holistic and Therapeutic Coaching, Counselling and Teaching for physical, mental and emotional congruence and transformation. In her Holistic Humanology Practice she integrates psychological, somatic (physical) and metaphysical teachings and wisdom, to resource our clients and students to restore freedom, function and flow to their bodies, minds and hearts.



# Contact Us

## COMPANY ADDRESS

Sydenham, Johannesburg

## FRANCESQUA DARLING: HEAD WARRIOR

+27 76 846-4207

fran@francesquadarling.com

## KIRSTEN K: OPERATIONS WARRIOR

+27 82 822-4060

kirsten@antianxietyrevolution.com

