

## Anxiety Tips

### Overview

There is no cure for anxiety. We all have anxiety; it's just that some of us deal with higher than NORMAL levels of anxiety on a regular enough basis that it causes a problem. When you allow your mind to get caught up in the 'what if' thoughts, the fear spirals out of control, and the anxiety grows. The only way out of this cycle of fear and anxiety is to throw a big spanner into it – to stop it from turning. When the cogs stop turning, you'll get yourself back to a place where you can begin to think rationally again. The anxiety (and fear) will subside, and you'll go back to living with NORMAL levels of anxiety. The next time your thoughts begin to spiral out of control, and you feel anxiety starting to bite, take these actions to deal with your anxiety instantly.

**Controlling Anxiety Symptoms** Anxiety symptoms are vast and are different for us all. But there will be one or two that are consistent for you. These anxiety-related symptoms will be the root cause of why your anxiety spins out of control. When you begin to control and recognise what these anxiety-related symptoms are, you'll start to feel more in control – and that is the immediate aim. Anxiety grows when you feel out of control. The more control we can get, the less anxiety will affect you.

**FIRST ACTION:** Accept the anxiety-related symptoms and feelings Stop fighting the anxiety-related symptoms. It's a battle you'll never win. Instead, accept the feelings. As you feel them, tell yourself: 'I know this is anxiety, and it's OK. These symptoms have never harmed me, and they won't harm me now. This is just my body reacting to a thought I've had. It will pass.' Allow the feelings to pass through your body, and when you don't fight them, you'll notice they move on much quicker. By fighting, you're holding onto the symptoms. By allowing them to pass, you're letting them go.

**SECOND ACTION:** Don't stay still and do something different When you sit in the same spot, your focus is on being anxious. You're going to get more of whatever it is you focus on. You need to direct your focus to something that will help your anxiety pass. That's why going for a walk, or doing some other form of physical activity, is a good idea. You might not feel like doing it, and your mind might be telling you to sit still and be a victim to the symptoms, but doing something you don't feel like doing is exactly what you have to do - if you want to feel different. When you feel anxiety starting to bite, don't sit still. Immediately get up, and go do something you wouldn't normally do. Break the pattern and do something different.

**THIRD ACTION:** Repeat actions one and two, and be consistent The way you're dealing with anxiety right now is based on habit. When anxiety bites, you'll naturally want to go into the same pattern of behaviour you always have. But if this reaction to anxiety hasn't been working, you have to do something different to get a different result. Otherwise, nothing will change. Anxiety will continue to have the grip on you it always has. Start acting differently, and form a new habit. With time, practice, and continual repetition of actions one and two, you will form new behaviours that will work for you. You will become a different person – a person who handles anxiety when it bites and doesn't fall victim to it.