



Top 10 Tips to Manage Anxiety

What is Anxiety?

Anxiety is a general feeling of unease, such as worry or fear, that can be mild or severe.

Everyone has feelings of anxiety at some point in their life maybe when attending a job interview, sitting an exam, public speaking or meeting new people for the first time. But feeling anxious in times like this is perfectly normal.

But some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their lives every single day – this is classed as generalized Anxiety Disorder (GAD).

So the first and most important thing to know about anxiety is that you weren't born with it. Which means.....that it is a learned behaviour that you can get rid of.

So hopefully that is reassuring for you! You ARE fixable and this is not something you have to live with for the rest of your life.

Anxiety is triggered by a scene or circumstances which then triggers a thought in your mind which then triggers the chain of unhelpful "looping" thoughts all feeding off each other.

Often this all happens so fast that you cannot detect what was going on, but if you can feel what the trigger was – whether it came as a feeling, or a situation that you're in, then try and analyse it – did it give you a physical symptom? Start playing with it – if it was shaking, can you make yourself shake even more (if shaking is one of your symptoms) – whatever it is – can you turn it up even more? When you realize that you CAN – then you can also then realize that you can stop it too. Because the anxiety IS controlled by your mind – and YOU control your mind. But sometimes it can be very hard as it all happens so quickly. But here's the thing. Anxiety is pretty much always imagining and worrying about things that "might" happen and quite probably won't ever come true. Statistics would show that only 4% of the things that we worry about are things that would ever come true. So now is the time to switch the thoughts to something positive and bring yourself back to the "here and now".

Once you KNOW that you can control everything that your mind does by a single thought – then you can intercept that thought.

Here's my top tips on how to manage Anxiety.

Managing the Anxiety

1) Slow Down Your Breathing!

The first thing to do when you feel symptoms of anxiety, worry or panic coming in is to STOP what you're doing and immediately switch to deep breathing. 'Square Breathing' is absolutely, highly proven and effective to shift your nervous system from flight and fight, to rest and digest. You do this breathing pattern 10 times, not once or twice, but 10 times. Here's how:

Imagine your breath draws a square the first side is breathing in for 4 seconds, the second side is holding it for 3-4 seconds, the third side is breathing out for 3-4 seconds and the fourth side is holding that – in, hold, out, hold. So try this:

Close your eyes, but keep your back straight, stand up tall with shoulders relaxed, head up, your eyes (behind your lids) focused ahead. Take a deep, cleansing breath, expanding your belly and keeping your shoulders relaxed, and hold it in for the count of 4. Exhale, and repeat twice more. Then breathe normally, and focus your attention on your breathing. As you breathe, inhale through your nose and exhale through your mouth, still expanding your belly rather than moving your shoulders up and down. If your thoughts drift toward the stresses of the day ahead or of the day behind you, gently refocus on your breathing and remain in the present moment. Feel the air move in, and feel the air move out. That's it.

Continue this for as little or as long as you like, and you should notice that your body is more relaxed and your mind is more centered. Anxiety is your body going on hyper alert because there is perceived danger Your mind knows that when you breathe like this that you are safe.

2) Change What You're Doing

The next thing to do – is to change whatever it is you're doing because you need to intercept the thought pattern that got you there. When you go into anxiety, you are operating from thought patterns that have been stored by your *sub-conscious* mind, so you need to switch immediately to your *conscious mind* (aka your "thinking" mind) so you need to do something quickly that you actually have to "think" about that engages your conscious mind.

A simple task of picking up a pen and trying to write with the opposite hand to the one you normally would can be enough! Or getting up and touching your right hand down to your left toe and vice versa. When we cross the meridian of our bodies like this

using both sides, we are engaging our right brain and our left brain and we are in our “conscious” mind. Tai Chi is a good example of crossing the meridian and keeping the brain active and in the “now”. Another alternative is the “3,3,3” – Find 3 things in the room or wherever you are right now – notice three things about the way it looks i.e the colours, the shadows etc and then listen for 3 things that you can hear. This is another way of bringing you right back into the “right now” which is your conscious mind.

3) Interrupt the Thought

Pick a song that you love, or that has really powerful words that you get fired up and happy and then INTERRUPT the thought that starts the anxiety attack by singing this song either to yourself or out loud if you are on your own!! Dance around the room if you can and tell yourself that YOU are in control of how you feel. How about songs such as “Let it Go” (from Frozen) or The Greatest (SIA), This Girl is on Fire (Alicia Keys) or anything that feels strong and in control to you.

Alternatively if you can – find something that makes you laugh a comedy clip or something that you can keep on your phone that will make you laugh out loud – your mind knows that if you were genuinely anxious about something then you wouldn’t be laughing about it and it will start to turn off the hormones and return to a more normal state. Try and smile for as long as you can because, smile therapy is proven to help as it kids your mind that you are happy and NOT in any danger. Please remember again...that anxiety is a protection mechanism from perceived danger, so having thoughts of “*Oh my gosh I’m dying*” is actually feeding the anxiety and is the exact opposite to what you should do. Change the words immediately in your head to something positive, happy, motivational or calming and dialogue with your mind that you are safe and there is nothing to fear. Do this until your mind gets it...and turns down the stress hormones.

4) Exercise to Use Up the Unwanted Hormones & Release Good Ones

Do some exercise if you can - Go for a run or dance around the room – Exercise makes your body release endorphins which are essential if you are prone to anxiety and panic attacks. Exercise can also get rid of the excess cortisone and adrenaline that was being produced during the anxiety. If you’re in the office – go and walk up and down stairs or pop out to the shop but make exercise a regular part of your week (and smile when you’re doing it ☺).



5) Yoga and Meditation

Both yoga and meditation are incredibly good for balancing the mind, body and soul. Why not find a local Yoga beginners class and ask how they start and end a session. A good one will start very gently with breathing exercises and will end with 5 minutes of “quiet time” where you just listen to your breathing and relax. Moving your body in moves that make you concentrate and open your energy chakras is VERY good for your body and mind and actually increases your stress management skills by increasing your tolerance. It can also help you to release any tension from the body each day. Meditation is also very good for learning to relax and focus the mind so that you are able to reach this state (with practice) whenever you need to have some calm.

6) Unplug!

Unplug as soon as you can, especially before bed time. If you are on computers every day and your mobile or tablet every evening, it can be overwhelming for your body. Plus the added stress of looking at social media and perhaps comparing yourself to someone else who seems to have the ideal life, or seeing ads with people with perfect bodies or perfect homes, jobs etc – it’s enough to make you feel a bit down on yourself if you are prone to anxiety attacks. Keep some high quality lavender oil by your bedside or at your desk – lavender has long been associated with healing and calming, so try putting a soothing dab on each wrist or to your temples or add some to a relaxing bath.

7) Food and Diet and Gut ‘Biome’

Well didn’t you know that this would come into it. Sorry! LOL but unfortunately it is proven that alcohol and caffeine do play a part in aggravating anxiety and can trigger panic attacks. They also don’t help when you’re trying to sleep and getting enough sleep plays a big part in it too to maintain general health. Eating healthily is always best. Anxiety feeds on poor sleep, junk food, alcohol, and drugs, and inactivity,". You want to eat serotonin-bursting foods – avocado, oily fish, olives, olive oil, natural unsalted nuts or seeds. Everyday make a point of getting out into the daylight, and as you absorb daylight you are making more natural serotonin, the happy hormone your body knows how to produce naturally.

Drinking Chamomile tea 3 times a day can help as it contains two chemicals that promote relaxation: apigenin and luteolin.



There is now a KNOWN link between anxiety, depression and your overall gut biome health. Please do look at all the latest research on this as our gut health defines our overall health and every single case of anxiety I treat has a link to gut health – so please go ahead and do some research on how to keep your gut biome healthy.

8) Take Back Control

Procrastination and anxiety often go hand-in-hand as a lot of anxiety comes from worrying about future events. For things you have direct control over, like your job performance or to-do list, start working on them, even if you don't feel quite ready. Many studies indicate that people often respond to anxiety with avoidance - It might be tempting to avoid doing the thing that makes you anxious but instead of putting it off, do it right away. One of the traits of successful people is that they do what they don't want to do FIRST – once you've done it – you feel like a winner all day and anxiety is alleviated.

If your anxiety is about lack of skills – then get the courses or training that will give you the skills. And for things you simply can't control, like hurricanes and your mother-in-law, doing whatever you can do to prepare for them will help ease your anxiety!

9) Control of Your Inner Chatter

I cannot stress how important this one is! There are only really two things that you can control in life and they are 1) Your thoughts and pictures that you put in your mind and 2) The emotion that you assign to the thought.

Practice dialoguing with your mind. Whenever you feel any sign of anxiety creeping up on you – STOP and question the thought. If you can – start to journal when it happens and what was going on just before along with any thoughts that you can remember to see if you notice any patterns. But dialoguing is key – your mind is listening to YOU all the time, so question the fight/flight response that your body is doing and ask why – look around you, laugh at yourself for worrying about things that are not right here and right now. Look around for any perceived threat and tell your mind, there is nothing here to worry about and there is nothing that you can control apart from your thoughts.

10) Worrying about worrying!

Worrying about having anxiety is almost a problem in itself as we start to berate



ourselves for having this “stupid” problem. But calling yourself names and feeling ashamed of your anxiety only makes the problem worse, so don't get caught up in the self-reinforcing anxiety cycle of "What if" and refocus on positive thoughts. There are actually powerful health benefits to being kind to yourself.

Anxiety is essentially living in the future (i.e. What if...this happens) whereas depression is living in the past (upset about previous things that have happened) – and of course we can only live in the “now”. When you refocus your mind on right NOW, then dialogue with your mind that there is no danger then you will soon see that you can talk your way out of anxiety and your mind will learn NOT to fire the fight/flight mechanism so fast.

Become an optimist – which you may think is hard when you are prone to anxiety and panic attacks, but by stopping yourself thinking that something is stressful and instead, thinking that it is exciting or a challenge – just those two simple words can have a profound impact on your mind (which controls your emotions).

The word stress, triggers your stress “fight or flight” response, but the word “exciting or challenge” tells your mind that it needs to focus and will send the blood to your brain to come up with a solution.

If you are a more positive person you can learn to find pleasure in simple things – gratitude is a great tip to get used to doing and actually raises our vibrational frequency that we operate at making us much more compelling to be around. We are essentially just energy fields and when we operate at a low energy, then we attract those sort of people to us – when we operate at a high energy, this is very detectable (sub-consciously) by others. Make a list of all the things that are really good in your life and that you are grateful for. If there isn't much (there will be) but make the little things count such as having woken up and having your health and being able to walk. Be thankful, then as you jump in the shower, be grateful for running water and soft towels, your children, your pets, your job. It's a simple practice but making gratitude a part of your day will really help your mind to stay calm.

Summary

The key to anything in life (and I wish we were all taught this in school!) is that you can only control 2 things in life – The pictures you put in your head and the words that you say to yourself. And those two things are creating the blueprint of the life you're living right now because your mind is listening to you, your thoughts and the feelings that you assign to those thoughts.



If you don't like what's going on in your life right now....simply change the words and the pictures and the feelings that you assign to them.

Here's some "Rules of the Mind" that have been well documented but I have selected the ones that may relate to anxiety (from Marisa Peer, founder of Rapid Transformation Therapy).

- The mind cannot hold conflicting thoughts and beliefs
- Whatever you focus on you get more of
- Your body and mind have no choice other than to act in the way you describe yourself – so choose wisely especially when saying "I am..." because what follows those two words will become your blueprint
- Create the right pictures and words for your mind so that it knows what you really want. Be very clear when dialoguing with your mind
- Don't use the word "MY" to describe bad symptoms – don't own it!
- Emotion will defeat logic ALWAYS – replace a bad emotion with a good one!

And Finally....

These tips will work very effectively if you are trying to manage symptoms of anxiety. However if the symptoms have got a bit out of control then it is because your mind has got so used to doing it now that it has stored it in your sub-conscious mind and it fires up quicker and quicker because it knows what to do. And when this happens, it is time to seek help.

[Rapid Transformation Therapy \(RTT\)](#) is a unique form of therapy that gets to the root of the anxiety through hypnosis and regression, but then takes it a step further.

A skilled RTT therapist will be able to find out what the initial damaging thoughts were....and more importantly what the "feeling" was around the initial thoughts and then separates them out so that your mind can no longer fire up the looping thoughts.

So we literally "break" the looping pattern. We then reinstall some new beliefs through a personalized and uniquely tailored hypnosis recording done in the session. This is yours to take away and listen to for 3 weeks and beyond to ensure that the new beliefs become the new "pattern" or blueprint for your mind to follow. It's not "woo-woo" or hippy stuff 😊it's called Neuroplasticity and it's not only highly effective, but when it's combined with RTT it's fast – often needing only one or two 90 minute sessions. (Although extreme and deep rooted cases may need up to 3 sessions).

For more information about Rapid Transformation Therapy (RTT) please watch the video and read the article on my website, which you can do here:

<https://MeButFree.com/what-is-rtt>



For a free 30 minute consultation to discuss your own specific issues, then please schedule a call with me using the form on my website.

<https://MeButFree.com/contact>

Remember.....you were not born with anxiety. And if you were not born with it, then you have 'learned' it and if you have learned it – then you can learn how to overcome it.

I hope that helps.

Kind regards

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