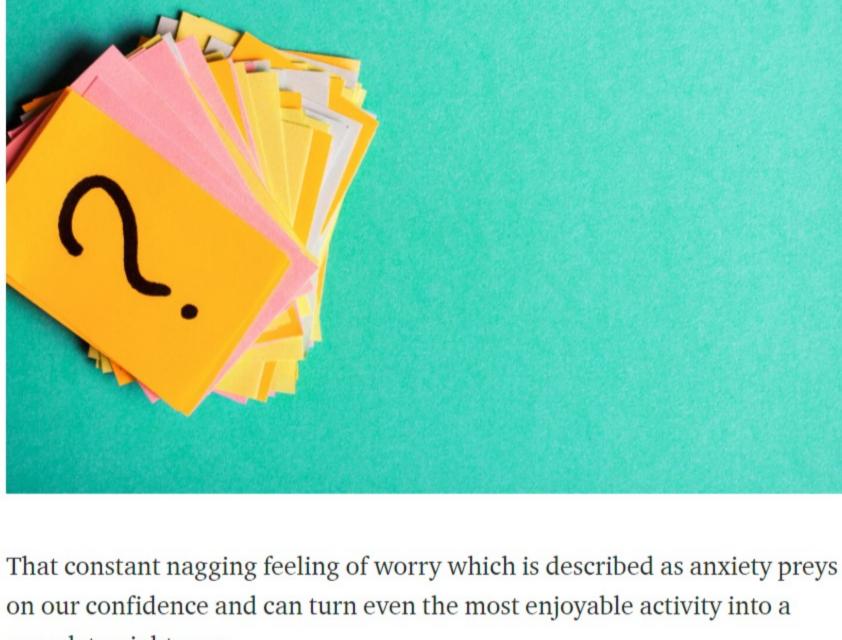
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How to Manage Anxiety 5 Questions to Ask Yourself When You're Anxious

Eli Straw 1 day ago · 10 min read



at risk of experiencing anxiety, and I would argue most of us do face prolonged anxious thinking at some point in our lives.

anxiety from taking hold of us? When faced with anxiety, there are five questions you must ask yourself.

Answering each of these will provide you the power to manage the anxiety you're currently dealing with and build the strength within your mind to keep anxiety from taking hold of you in the future.

to examine what it means to be anxious. Anxiety, as defined by the National Institute of Mental Health, is excessive worry and fear. Now, anxiety that occurs occasionally, perhaps surrounding

what fuels anxious thoughts. I would like to introduce three of the most

period of time. You don't experience anxious thoughts every now and then,

but rather, your mind is full of anxious thinking on a daily basis. To be classified as having GAD, according to the National Institute of

two types are more specific to situations. Individuals suffering from them will likely also fall into the category of having GAD.

Performance Anxiety When you're an athlete or performer suffering from GAD, there is a significant chance you also can be categorized as having performance

anxiety. This is when you are anxious leading up to competition.

This form of anxiety is centered around performances. Anything that can be perceived as a performance is a stimulant for anxiety. Worrisome thoughts will fill your mind leading up to, during, and after a performance.

Anxiety involving competition lowers your level of play, resulting in more

When you have social anxiety, you may also experience GAD. However, one way to remedy feeling anxious on a daily basis is avoiding social situations. This leads to avoidance behavior because that's the easiest way for you to rid yourself of perpetual feelings of anxiety.

The Basis of Anxiety Thinking about the three forms of anxiety listed above, do you notice a

you've heard of. All of these are characterized due to the different stimuli for anxiety. However, at the base of each one is a singular source of worry... fear.

You can even throw in PTSD, panic disorder, and any other form of anxiety

It may not always be apparent what it is you're fearing, but step back and

opportunity for fear.

Anxious

worsened.

"What am I Thinking?"

are experiencing.

we fear.

hide what you're fearing.

oftentimes we'll tend to forget.

the feelings you're experiencing. Let's use performance anxiety as an example. When you are anxious about a

performance, where does this anxiety come from? You may say you're

Why are you concerned about making a mistake? You say it's because you

Even if you say you want to do well out of an intense desire for success, the

anxiety you feel will still be based on fear. You are fearful of not attaining

worried about messing up. Okay, my question would then be, why?

want to do well. That's perfect, now why do you want to do well?

examine your anxiety and there will always be an underlying fear fueling

So, no matter what form of anxiety you are experiencing, fear will be the soil from which the anxious thoughts will grow. "It may not always be apparent what it is you're fearing, but step back

feel anxious, pausing, and asking yourself these questions. When anxiety rules our lives, mainly it happens as a result of inattention. We feel powerless to the anxiety, so we seek to ignore its existence. By turning a blind eye to the anxiety we feel, the problem is only being

The first place you always want to turn whenever you are feeling anxious, or any other way for that matter, are your thoughts. What thoughts are filling your head right now?

phone or in a small journal. This will keep you honest and make the activity a <u>habit</u>. By first asking yourself, "What am I thinking?" you'll gain insight which will

see if there is a commonality among what you're thinking about. That will help you piece together the fear that's to blame for your anxiety. "Am I Blaming Others?"

The first two questions were geared towards helping you uncover what's

fueling your anxiety. But there's a belief you may hold that will completely

Is the anxiety you're feeling right now helpful? When you are feeling anxious, is your quality of life elevated or decreased? How are your performances affected when anxiety takes control? Do you

perform your best, or is there a feeling inside that you always are leaving a

otherwise you would not be researching ways to manage anxiety. The point

of this question is to help you begin realizing just how unhelpful anxiety is.

I know the obvious answer is going to be no, anxiety is not helpful,

You may need to immediately remove yourself from an anxious environment, that could be the first step towards change. From there, look to your thoughts and see if any cognitive restructuring needs to take place to reframe your thinking. There are different ways you can go about strengthening your mind to reduce the impact of anxiety, which you can read more about here. The

own hands. Ask yourself: "What am I thinking?" "What am I afraid of?" "Am I blaming others?" "Is anxiety helpful?" and "What can I do to change?"

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anxious thoughts. Performing poorly results in a worsened fear of failure,

Yes, they all have their slight differences in terms of the specific situation driving anxiety. Social anxiety is induced when around other people, performance anxiety is felt when life is perceived as a performance, and GAD is experienced around most areas in your life.

the success you desperately seek. Some of the other reasons you are faced with performance anxiety are the fear of embarrassment, the fear of causing others stress, the fear of losing

and examine your anxiety and there will always be an underlying fear fueling the feelings you're experiencing." 5 Questions to Ask Yourself When You're Feeling

After outlining three common forms of anxiety, and introducing you to the

truth that fear is the basis for all anxiety, I now want to provide you with

Even with GAD, there will be moments when you feel more anxious than

five questions you can ask yourself any time anxiety enters your life.

Each of us holds the power to undo the grasp of anxiety. Only with awareness, however, is this strength revealed. These questions provide you with such awareness. The more you make these questions routine whenever you feel anxious, the greater your

understanding will grow, and the less anxiety will control your life.

thinking. The way you are responding to either a past situation, your current environment, or a future event is what's fueling the anxiety you currently

What you want to do is, when you are feeling anxious, pause for a moment

and turn to your thoughts. Now, this is not always the easiest thing to do;

That's why, a great tactic is to write the thoughts down, either on your

You are worried about something happening, this worry is formed through

"What Am I Afraid Of?" Remember how I said fear is the basis for all anxiety? Well, the next question you need to ask yourself is, "What am I afraid of?"

What is it that has gotten you so worried about what may happen? I love

this question because most of the time, none of us want to own up to what

For instance, I used to really fear losing the approval of others. If I were to

But, by not addressing the underlying fears present in your life, anxiety will

have no reason to be ignored. It will continually reveal itself the more you

You don't have to tell anyone your fears, you just need enough courage to

face them yourself. Examine the thoughts you noticed in question one, and

tell one of my friends about this fear back in college, I would have felt

incredibly embarrassed. I didn't even want to face the fact myself.

and two. That belief is the idea others are to blame for your anxiety." <u>Tweet This</u>

"There's a belief you may hold that will completely

negate the power gained by answering questions one

feeling anxious. Begin thinking to yourself, "What can I do to change the way that I feel?" This question proves worthless unless you've taken responsibility and stopped blaming others for your anxiety. If you wait for something external

to happen before you're rid of anxious thoughts and feelings, you'll be left

Nothing outside ourselves is going to generate the lasting change required

to free ourselves from the grip of anxiety. The change must originate from

within. So, when you're feeling anxious, the last question you need to ask is,

We have come to the final question you must ask yourself whenever you're

GET STARTED TODAY Final Thoughts

is present in your life, fear will always be the core influence.

torturing ourselves more in thoughts than reality.

Reach peak performance through mental performance coaching!

These will give you the strength you need to make the change in your life,

I hope you enjoyed this article, and if you did, please feel free to share it with others. Thank you for reading and I wish you the best of success in all that you do.

the world. Edited by coaches based on results we've seen in the real world. Take a look. Emails will be sent to jos50275266@gmail.com. Get this newsletter Not you?

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complete nightmare.

Anxiety doesn't care who you are, what you do, or even your age. We are all Knowing the propensity we all have for feeling anxious, and how terrible it

is to have anxiety dictate your life, what steps can we take to prevent What is Anxiety

Before getting into the questions you need to ask yourself, it will be helpful

a singular event, is normal and has no cause for alarm. However, when anxiety takes hold of your life, it's effects are felt much more frequently. When you are truly faced with anxiety on a daily basis, that is when it begins to hinder your way of life. There are multiple forms of anxiety, with different names given based on impactful and common in terms of athletes and performers.

Generalized Anxiety Disorder (GAD) This is an overarching term for anxiety that sticks around for an extended

Mental Health, you must have feelings of anxiety for most days, for at least six months. This is really a broad term used for constant feelings of anxiety. The other

Don't get this confused with traditional nerves, however. Performance anxiety takes feelings of nervousness to a whole other level.

leading to increased feelings of anxiety. Social Anxiety Individuals with social anxiety have intense fears and worries regarding social interactions. The reason for their worry comes from the perceived negative perceptions of others.

A lot of times, social anxiety leads to <u>self-sabotage</u>, as it proves to be a safe way to avoid being in too many social interactions.

As an athlete or performer, social anxiety takes a toll on your level of

production. Fearing social interactions is difficult when sports and

performances are social in nature.

commonality among them?

The root of all anxiety is fear. Fear of something happening again, or for the first time. Otherwise, there would be no reason for our continuous worrying.

the esteem of your parents, coaches, or peers, and the fear of negatively impacting your future. Social anxiety would appear similar in that you are afraid of something

negative happening in a social situation. As for GAD, fear lurks around

every corner. It seems that most situations in life will prove to be an

others. One of the best habits you can get into is taking a moment when you

Once you begin to understand the thinking taking place, you can start to piece together what cognitive reactions are influencing your anxiety. Anxiety is experienced as thought, either consciously or subconsciously.

help as you transition into question two.

negate the power gained by answering questions one and two. That belief is the idea others are to blame for your anxiety. Now, I know this is not a popular point of view, but no one is to blame for the way we feel at any given moment except ourselves. You can look at this one of two ways; either you feel down on yourself for

being the cause for your anxiety, or you feel empowered because if you are

to blame, then you are also the one who is responsible for the change.

So ask yourself, "Am I blaming others for my anxiety, or have I taken full

responsibility for the way that I feel?"

"Is Anxiety Helpful?"

little potential on the table?

rules your life.

waiting forever.

"What can I do to change?"

"What Can I Do To Change?"

When you start to see what a drastic change would occur in your life if you were free from anxiety, motivation begins to grow inside. You begin feeling empowered and ready to make a change. By accepting just how unhelpful anxiety is, you'll be ready to accept the responsibility required to finally do something about the anxiety which

important thing you understand is, the power is within you to change the way that you feel. **READY TO MASTER YOUR MIND?**

Anxiety will leave you feeling worn out, frustrated, and unmotivated if you

allow it to stay in your life for long enough. No matter what form of anxiety

We fear outcomes and situations repeating themselves so much, we end up

When you are experiencing anxiety, you want to stop and ask yourself five

questions, taking the power away from anxiety and placing it back in your

moving towards a reduction in the influence anxiety has on you and your performances. Are you experiencing anxiety? What are your coping strategies? Let me know in the comments below.

If you are struggling with anxiety right now, learn how mental performance coaching can help free you from anxiety's terrible grasp.

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