

ANXIETY RELIEF

**Natural Remedies to get
rid of anxiousness**



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Anxiety Relief:
Natural Remedies
to Get Rid of Anxiousness

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Description

Since anxiety is a normal experience, it can be difficult to determine when it becomes a problem. However, if your feelings of anxiety are strong, or seem to last longer than they should, it can be incredibly overwhelming.

For instance:

- You may regularly experience unpleasant psychological or physical effects of anxiety along with panic attacks.
- You may find yourself constantly worrying, even about things that are a regular part of everyday life. You could even worry about worrying.
- You may have been diagnosed with an anxiety disorder which has caused you to worry even more.

The good news is that there is a multitude of ways to calm your mind. The first step is to get to the root of the problem and then you can work on coping with an easing, your anxiety.

But anxiety management needs to be a lifestyle, not just something you turn to now and then in the hope that your anxiety lessens. Practice relaxation regularly to cure your anxiety.

This book will help you determine whether or not you suffer from anxiety, how to determine the cause of what is making you anxious, and how to calm your worried mind.

I hope you will use it as a tool on your journey to relaxation.

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Introduction

Anxiety is an emotional and physiological state that occurs when we carry on apprehensively (stress that something terrible or destructive may happen). Apprehensive behaviors affect the body, and a body that turns out to be excessively stressed can get to be symptomatic.

The individual who asserts that anxiety isn't destructive is unable to comprehend the situation at the appropriate level. Of course, mild uneasiness is innocuous and natural; but when it escalates to being a disorder, it can bring about undue hardship and a debilitating lifestyle.

If you encounter problematic anxiety, I urge you to effectively address without so that it doesn't adversely influence your wellbeing. Tending to your potentially dangerous anxiety can help you come back to a path that leads to a healthy life in body and mind.

A holistic approach to anxiety is the best path forward. Anxiety is not something that you should try to handle with just one of the many tools that are available. You should approach it from all fronts. From an emotional front, and psychological front, a motivational front, a chemical front as well as dietary, supplemental and lifestyle alterations.

Anxiety Disorders are as predominant as depression. It is estimated that 350 million people suffer depression worldwide. More than 6.9 million people will have at least one episode this year and 1 in 10 individuals counsel their GP with indications of anxiety, most not knowing that they are anxiety symptoms.

Anxiety issue may happen because of hereditary predisposition or encounters in life (early encounters or late encounters). In spite of the fact that we may depict anxiety that is felt, most anxiety issues fit into a particular anxiety disorder.

Anxiety Disorders

Phobias are an unreasonable apprehension of an item, circumstance or place that prompts avoidance. The four primary groupings of phobias are Blood injury fear, Agoraphobia, Specific phobia, and Social fear.

Panic Disorder includes serious anxiety connected with an error of physical indications where a man supposes they will die or 'go mad.'

Generalized Anxiety Issues includes a component of "worry" which gets out of control for the individual. They will worry about a wide range of aspects of their life and will likewise have 'stresses over the worry.'

Obsessive Compulsive Disorder includes cycles where obsessive considerations are results to anxiety, and afterward compulsions take place to decrease that uneasiness. There are four primary subtypes of Obsessive-Compulsive Disorder: symmetry obsessions, sexual obsessions, harm to others and contamination.

Body Dysmorphic Disorder includes great distress because of imaginations that prompt behavioral change.

Health Anxiety includes intemperate uneasiness about well-being that includes considerations about having an ailment and dying which prompts behavioral changes.

Post-Traumatic Stress Disorder includes extreme apprehension and anxiety that identifies with the experience of trauma. There are particular manifestations present, for example, flashbacks, and upsetting thoughts of the trauma, nightmares, and avoidance.

Habit Disorders are presentations of practices that are repeated such as hair pulling, nail biting, skin picking.

Sexual Difficulties: includes challenges in sexual relationships. For men, these troubles include premature ejaculation or low libido, erectile dysfunction. For ladies, the challenges are anorgasmia, vaginismus.

Many of the Anxiety as mentioned above Disorders can be treated. Cognitive Behavioral Psychotherapy is a form of therapy that has been successful in treating the above anxiety issue. There are particular Cognitive Behavioral

Psychotherapy treatment models to treat each of the anxiety issues above.

In this book, we are going to have a better understanding of anxiety and the best ways to deal with the situation.

Happy reading!

Chapter 1:

Anxiety

We all get the familiar stomach churn, and sweaty palms for no apparent reason. That's fairly normal. But it can start to escalate and it can start to get out of hand when you start to see that it affects your mental state and your physical behavior. Anxiety in manageable doses is normal and nothing to worry about, but if it starts to move beyond that and starts to get in the way of your daily life then it's time to take a second look at it.

The time to take things seriously is when you notice that your actions are just out of the ordinary and you feel burdened by the change in thought and behavior. Getting butterflies after a day of too much coffee, or awaiting impending exam results is one thing, but feeling it out of nowhere without any reason and having it extend over longer periods of time, definitely require looking into. It's fine to not worry too much about it if they are fleeting bouts of discomfort, but as they increase in intensity, you need to know that if left unchecked, anxiety can ruin your life.

Understanding The Condition Of Anxiety

Fear is a natural human tendency. It's there to keep us alert and to trigger the fight or flight response, critical in keeping us safe. The system is based on a neurochemical system that is physiological involving the chemistry of hormones, the biology of evolution and the physiology of cerebral and physical interaction.

You will know the spectrum of anxiety if you stop to think about it. From the mild overdose of caffeine that makes you feel elevated at first, then slowly transitions you to feeling jittery, that's about as close to the early sensations of anxiety. The sensations are almost similar. But even that is uncomfortable after a while. It gets unbearable when that feeling escalates in intensity. You've probably felt it on the eve of an interview, after too much coffee, or when you feel danger and you feel the bristles rise on the nape of your neck. The feeling is the same, the physiology is the same – what you associate it

with may differ.

However, like many things, it can be detrimental when taken to the extreme. It can be counterproductive, and it might prevent you from achieving your full potential.

Anxiety is nothing more than a primal human emotion. To a certain degree it is healthy, and if you learn to use it and adapt to it and manage it, it can be a friend rather than a foe. Everyone experiences anxiety at some point in their life. It can be challenging to accept anxiety as a problem and to take note of it. Do not make that mistake. If and when you start to feel it, observe it and understand its triggers and characteristic. Understand its nature and its path. If you ignore it, you miss the chance to understand yourself, your inner workings, and your nature. This results in a missed opportunity for you to take control of your life's trajectory. If you try to understand what your anxiety is telling you, you will have a better chance of overcoming the problem. In effect, you get to enjoy a better quality of life.

How Much Anxiety Is Too Much?

Some level of anxiety is normal. Where that level is, depends on you. If you think it's too much, then it's time for you to do something about it. If you think it's not relevant, yet you are still reading this book, then maybe you should take a moment to look at anxiety and find a way of using it to your benefit.

Remember, a certain level of anxiety is what pushes you to watch over your children and care for them. It is what makes you fasten your seat belts when you get in a car. It keeps you safe by making you cautious. But too much of a good thing can become a problem. Just like sugar – tastes sweet and gives you loads of energy, but take too much of it and you become diabetic. In the same way that you have to take care not to exceed the sensible levels of sugar intake, you have to keep your levels of anxiety in check – not totally abolish it. In essence, it's all about balance.

Look at anxiety as a response rather than an affliction. Anxiety has its roots in the “flight-or-fight” response brought about by a dangerous or stressful

event. It can be seen as a response to an actual situation of threat or danger. When this normal anxious response is elevated for a prolonged period of time, it can be considered as a disorder. When this happens, anxiety starts to control your life negatively, instead of contributing to it positively.

Typically, the “flight-or-fight” response should be attached to a stressful situation. However, when a person is worried or anxious for no specific reason, then goes from being useful to being distracting. An anxiety disorder can disrupt life by disrupting one’s ability to function at work, school, to be a part of society and to be a part of a family. The effects are not limited to the person, but also affects loved ones and colleagues. It is worse when it cannot be controlled nor understood thoroughly by the person or those around him.

It can be difficult to assess and diagnose your anxiety and it is significantly more difficult to make the leap and seek professional help, but for most people that is the best course of action. However, regardless of how mild or severe your condition might be, it pays to understand more about your situation before you talk to someone about it so that your eventual visit to a professional bears more fruit.

What Is a True Panic Attack?

A panic attack can be frightening if you’ve never had one prior. It is a combination of physical and psychological symptoms that could leave a person scared and worried. It is a magnified reaction to fear and anxiety, or it can even be in response to something positive like excitement. Physically, excitement and anxiety trigger the same sensations – how you associate the situation around them then determines where you go from there.

The symptoms of anxiety vary across personalities, but generally speaking, an anxiety disorder manifests in chest pains, breathing difficulties, perspiration, and nausea. On a psychological level, there is an elevated level of fear. Some are convinced that they are going mad, and others are convinced that they are going to die.

Panic attacks usually last for about five to ten minutes although there have been instances of panic attacks lasting for up to one hour or more. There are

also different levels of anxiety attacks. Some might be intense and debilitating, while others could be milder and sometimes go undetected.

Pointing out a trigger of a panic attack is not that hard if you make a habit of observing the chain of events that precede it each time. Most attacks seem to start and stop at random. But they are not random, they are a response to something – and that something may be random – but if you find that trigger or that cause, then you are on your way to knocking this out of the park.

However, there is no single trigger. Some attacks can even happen in the middle of the night. It could wake you up for no particular reason. Night - time attacks can be particularly frightening, especially if you sleep alone. Panic attacks may occur only once in a lifetime, or they may occur as often as several times a week. Some cases of panic attacks are even genetic.

Are Some People More Susceptible To Having More Panic Attacks Than Others?

You can attribute panic attacks to a variety of reasons. It can be because of your personality, your childhood experiences, your genetic profile, or your current life situation. In most cases, it is a mixture of various factors that make a person susceptible to anxiety attacks.

Your past experiences can greatly influence your present state. What were your fears in the past? If you faced certain fears or worries that you weren't able to overcome, you might experience the same level of anxiety when facing a similar situation.

Whatever you experienced during your childhood could strongly influence your adult life. If you had a traumatic experience as a child, it is possible that you will have a heightened incidence rate of anxiety as an adult. Reflect and try to recall if you experienced anything major that might make you feel anxious or panicky. Resolving those issues will go a long way in addressing your anxiety attacks.

People who don't feel a sense of security in their current life situation are also likely to feel anxious as well. For example, although you may have a job, you might still feel anxious if you feel that it is not a secure job.

The important thing to remember about anxiety is that it is essentially just a fear of possibilities – not the fear of something imminent and real. It could be about not finding peace in your current life situation and worrying about things that may or may not happen in future.

Chapter 2:

Five Common Myths About Anxiety

It is often the case that most people do not recognize the true nature of their discomfort but instead perceive it as something broken within them. Some people try suppressing the physical and psychological symptoms of anxiety with pharmaceuticals. Others seek psychiatric assistance. Most of the choices people make in seeking a solution are based on baseless myths and unsubstantiated fears. Therefore, the first step in anxiety management is to differentiate between myth and facts.

1. Anxiety Is Something That Lasts Forever

Not at all. Someone who feels anxious often might assume it is a permanent change in their state of mind and being. This is not true. In fact, anxiety has a finite and definable beginning and is not permanent in nature but rather reactionary. If you find the root, you can weed it out.

2. Anxiety Isn't An Illness

While some form of anxiety is healthy, but anxiety disorder is not. It can cause impairment and thus is an illness, and you need to get treated.

3. Having Anxiety Is Rare

According to studies, one in five people suffers from some form of anxiety disorder. So, there is nothing to be ashamed of.

4. An Anxiety Attack Can Lead To A Heart Attack

Panic attacks are frightening as they come with shortening of breath, chest pain and rapid beating of the heart. It is common to think that a heart attack might follow or you are about to collapse. But these are all psychological responses and not physical ones. It is unlikely you will suffer a heart attack.

5. All You Need To Treat Anxiety Is A Tranquilizer

Off-the-shelf pills can lessen or hide your symptoms only for a short time, but they are superficial and do more harm than good.

Knowing the difference between what is real and what is a myth can help you on the path to overcoming your anxiety. While this journey will be long and hard, in the end, it is completely worth it.

Anxiety Signs, Symptoms and Various Types

Since all of us get anxious now and then, how do you decide if you have crossed the line from being anxious sometimes to being anxious all the time? Often the line is blurred. If you see any of the below signs frequently, then it is time to call your doctor:

Sleep and Rest

How is your sleep pattern? Do you toss and turn till wee hours of the morning? Do you snore while sleeping or do you experience muscle weakness the next day morning? A disturbed sleep pattern along with respiratory problems is both an indication of anxiety and a cause for anxiety. Talk to your doctor about this.

One of the most frequent times that anxiety sufferers experience attacks are just before they fall asleep. This is the time of day when you have your thoughts to yourself, and it is common for sufferers to lie awake for hours worrying.

It is not uncommon for people to have difficulty sleeping the night before an important event. They lie awake worrying about what may or may not occur. This is perfectly normal occasionally. However, if you find that it happens too often, or if you find yourself waking up in the middle of the night because of your worries, then something needs to be done.

Stressed Out

Do you feel anxious about work, home and even outside during social

gatherings? Do you feel worried why no one has responded to your Facebook request after some time? If you are constantly feeling stressed about every situation – no matter how trivial, it could be anxiety taking a toll on your life.

It can be hard to define if a person is worrying “too much” or are just simply stressed out. You can say that you are worrying excessively if it feels like your worries are getting in the way of your daily life. If your anxiety has already made you dysfunctional, then perhaps it is time for you to take a look at your situation seriously. If you worry too much for no real reason, then you may have an anxiety disorder.

Increased Muscle Tension

Anxiety can manifest itself in physical ways as well. When you feel the tension in your muscles because of stress, then your body is telling you that it is under too much pressure. One good way to handle muscle tension is through exercise. However, those with an anxiety disorder may still experience a lot of muscle tension even if they exercise. Exercise helps in more ways than just loosening your muscles it also releases endorphins that have the natural tendency to combat anxiety.

Feeling Self-Conscious

In a sense, those with an anxiety disorder are people-pleasers. They want to make sure that they look right and that they say the right things all the time. They are conscious of all their actions because they want to make sure that they won't do anything that will cause trouble. People with an anxiety disorder tend to feel like all eyes are on them. They are worried that people judge them for the things they do.

Painful Headaches

Headaches are common. But, if you get them frequently along with weakness, dizziness, and loss of sensation, then check with your doctor if anxiety is the reason.

The Development of Phobias

If you have extreme reactions to some places, things, animals or birds, it is a form of anxiety disorder. A phobia that cannot be handled becomes an anxiety disorder. You don't know the reason yourself, and you cannot control your reactions too. It is a phobia that is taking over your life.

Feeling Shaky

Did you ever feel like things are shaking around you? Your vision is blurred, and trees and cars are shaking. You have sometimes felt as though your legs, hands, fingers or entire body is shaking. This could be vertigo or major anxiety issue, consult your doctor and get it clarified.

Indigestion

If you notice sudden stomachaches, weakness in underbelly frequently, then take it as a major symptom of anxiety disorder. If vomiting, nausea, diarrhea or constipation follow your stomach ailment, speak to your doctor to eliminate any other medical conditions.

The first common symptom is an irregular bowel movement.

Types of Anxiety Disorders

Each experiences a different form of anxiety. Some have it as a general disorder; others have specific kinds. Some are due to social situations; a few are because of personal ideologies, and many have irrational fears. Here are seven types that deserve attention:

1. GAD or General Anxiety Disorder

This is a common form of worry over even the little things. Unprovoked reaction or overreaction to the simplest situation is a form of GAD. For instance, getting paranoid about losing your wallet or overthinking and panicking about a discussion with your colleagues are a few examples. It is a

persistent situation where you just cannot stop worrying. Constant fatigue, restlessness, irritation or edginess is a collective symptom of general anxiety disorder.

2. Social Phobia Disorder

It is common to get butterflies in your stomach when you have to speak in public. However, if you find it very difficult to socialize in public, there are chances you have a social phobia. You feel extremely shy in public, or you are constantly worrying if you would say or do something stupid or embarrassing.

Do you live in the constant fear of being judged, remarked, observed or avoided upon? A familiar characteristic of social phobia is avoidance. You tend to avoid get-togethers, parties and most social events as a defense strategy to avoid any unpleasant situation.

3. Agoraphobia Disorder

Fear of unknown places or open spaces is termed as agoraphobia. This is prominent among adults. It is frequently accompanied by panic disorders. A person feels that he or she might end up getting a panic attack in an unknown place with unfamiliar people, putting themselves in an embarrassing and helpless situation. It is often noticed that a person with agoraphobia is scared to travel around. Thus, becoming homebound, staying indoors, cutting out social contacts and aggravating the situation further.

4. PTSD or Post-Traumatic Stress Disorder

If you have had some horrible physical or emotional trauma or even just being witness to a horrific situation can cause PTSD. Some of the symptoms include reliving the trauma, responding to a similar situation frantically or always being apprehensive that it can occur again. You might feel detached or disinterested, far worse you might become emotionally numb if not attended to.

5. OCD or Obsessive Compulsive Disorder

Obsessions are thought based while compulsions are supplementing actions towards an obsession. The obsessive thought is either fearful or negative. And, compulsions are doing an activity in a right way, and you cannot stop yourself from not doing it, however hard you try. For example, you find it necessary to arrange your files in a specific order and till you don't have it your way, you are unable to focus or do anything else. Sometimes OCD's are very serious and can appear to disrupt yours as well as others around you. An activity becomes your habit, then gradually a ritual.

6. Panic Disorder

Panic disorder is not about panicking. It is about the extreme worry that can affect your physical and mental wellbeing. Panic attacks are intense sensations across your body. There are also mental sensations that last about 10-15 minutes during a panic attack. You might feel helpless, hopeless; you might feel like you are doomed. However, the physical symptoms are more loud and clear. Sometimes the fear of a panic attack itself can get you one.

7. Specific Phobia Disorder

As mentioned earlier, phobias are common. But when your life is frequently affected and degrades into chaos, these phobias become anxiety disorders. Common phobias are being afraid of animals and insects such as snakes, spiders, cockroaches, etc. However, when your reaction to such phobias is disastrous, things are bound to worsen.

There is nothing to be afraid of beyond reason. If you have identified the kind of anxiety you are suffering from, then you are on the path to recovery. You can now help yourself, treat yourself and regain control over your life. There are several remedies, supplements, and therapies available. However, even before getting medical help, you can help yourself with some natural remedies, exercises, meditation and lifestyle changes.

Making The Transition To Regular Activities To Cure Your Anxiety

Anxiety cannot be cured unless the core of the cause that produces it is dealt

with. Any herbal approach will alleviate the symptoms but not the disease itself. If those symptoms are not severe to the point that professional opinion and care are essential, and you are otherwise quite capable of carrying on with your everyday life, then soothing agents can be used for the symptoms before any drastic medical intervention.

If you have never tried alternative and natural methods to cure your anxiety you should definitely consider it carefully. There are a few small things that you can do to get started. In the next chapter, you will learn what small steps you can take to begin the transition into natural ways to cure your anxiety so that you do not feel overwhelmed with the entire process.

Chapter 3:

Tips To Starting Of On A Natural Anxiety Cure

Chamomile Tea

There are some compounds in Chamomile Tea like *Matricaria recutita* that bind to receptors in the brain the same way tranquilizers do. Chamomile can also be taken as a supplement when standardized to contain 1.2% apigenin as it is with dried chamomile flowers. There is ample evidence of patients suffering from a generalized anxiety disorder who took supplements for eight weeks and showed a significant decrease in their symptoms.

Green Tea

Green tea contains an amino acid call L-theanine which is a substance that reduces an elevated heartbeat and blood pressure, and a few human studies have shown that it reduces anxiety too. A dosage of 200 milligrams of L-theanine induces serenity and allows the subject to be more focused. To receive this dosage a minimum of 5 cups of green tea per day is required.

Valerian

Valerian is a sleep aid for insomnia. It smells bad, therefore, most people consume it in the form of capsule or tincture, rather than tea. If you want to try it, please do so in the evening before going to bed, and not before going to work.

A Touch of Lavender Here and There

The scent of lavender triggers an anti-inflammatory response in the body and soothes the emotions. One of the relevant studies showed that patients were

less worried when the waiting room was perfumed with lavender. During another test, they found that subjects experienced reduced apprehension during a test when the room was filled with lavender aroma. According to a third study, a lavender pill of a specific formulation was shown to reduce symptoms in people with Generalized Anxiety Disorder as effectively as Lorazepam, which is an anti-anxiety medicine in the same category as Valium.

Meditation

Meditation is a practice wherein a person induces an alternate level consciousness or trains his mind to practice stillness. There are a variety of techniques for promoting relaxation, establishing stillness, and building internal energy. When you meditate, you relax your mind and body. Meditation should be done in a quiet and peaceful place to attain peace of mind. You can do meditation alone or in a group.

Meditation can offer profound rest to your physiological self by activating a parasympathetic response in the nervous system, also known as the relaxation response. Essentially, rest is a natural way of getting rid of anxiety and stress. Your body is designed to eliminate stress when you sleep.

You can get stressed out from your daily activities, the people around you, and the situations that you are in. If you want to have a healthier mind and body, meditation may be the relief you have been looking for.

Chapter 4:

How to Calm an Anxious Mind

Worrying can be useful when it pushes you into action to solve an issue. However, if you find you are becoming increasingly preoccupied with the “what ifs” and worst-case scenarios, your worry is becoming a problem.

Unrelenting anxiety and fears can become debilitating; they sap your emotional energy and interfere with daily life. In fact, you can train your brain to remain calm and view life from a positive perspective.

Why It's So Hard To Stop Worrying

Chances are, you don't like the way constant worry makes you feel. None of us do. So why is it so tough to stop stressing? The answer lies in your positive and negative beliefs you have about worrying.

Negatively, you may be concerned that your state of anxiety is going to spiral out of control, damage your health, or lead to other mental health problems. Positively, you could believe that your fears and worry help you avoid dangerous situations, prepare for the worst case or devise solutions. I bet you've even thought that worrying shows you are empathetic and caring.

Negative beliefs only add to your anxiety and keep it spiraling out of control. Positive beliefs about worry can be even more dangerous. It can be tough to break the habit of worry if you think that it protects you. If you want to stop anxiety and fear for good, and I know you do if you're reading this book, you have to give up your belief that worrying is a positive thing. Once you realize that, you are better able to take control of your mind.

Tip #1. Create a Worry Period

Have you noticed how unproductive you become when fear and anxiety dominate your thoughts? You've probably tried to tell yourself to stop

worrying, but doesn't work for long, does it? You may be able to distract yourself for a little while, but it's tough to banish anxious thoughts for good. Chances are, the more you've tried, the worse the anxiety has become.

Don't believe me? Try this: close your eyes and think of a bright pink elephant. Once you have a clear image in your mind, immediately stop thinking about it. For the next 60 seconds, do not think about the bright pink elephant.

How did it go? Did you manage to stop thinking about pink elephants? I bet not!

Trying to stop your thoughts backfires because you are forced to pay more attention to the very thing you want to stop thinking about it. You're always watching out for it, and this emphasis blows the issue right up to something you think is super important.

But there is stuff you can do to control your worries. You just need to find the approach that works for you. This is where the strategy of putting your concerns off comes into play. Instead of trying to cease anxious thoughts immediately, give yourself permission to worry, but put off dwelling on it until another time.

How to Postpone Worrying

1. Create a Time for Worry

Set downtime and plan to worry. Make it the same every day, such as 6 pm in the living room when you get home from work. Make sure it's early enough, though, that it won't make you anxious before bedtime. During this period, you have permission to worry about whatever's stressing you out. But, that's it – the rest of the day is then rendered a worry-free zone.

2. Postpone the Worry

If a worrying or anxious thought pops into mind during the day, make a little note of it and carry on with what you were doing. Remind yourself that you

will think about it during “worry time, ” and you can forget about it right now.

3. Go Over Your List During Worry Time

If the thoughts you wrote down during the day are still bugging you, let yourself worry about them for a moment during your allocated worry time. If they seem unimportant then, cut the fear period short and carry on with enjoying your day.

Putting your worries off is effective, as it breaks your habit of dwelling on issues when there are other things to attend to. You don’t have to judge or suppress your thoughts; you just save them for an allocated time later on. As you develop your ability to put anxious thoughts off, you’ll soon realize that you have more control over your mind than you first thought.

Tip #2. Determine if You Can Solve the Problem

Research has shown that while you worry, you do feel less anxious for a short while. Running over the issue distracts you from your emotions and makes you feel like you’re in control and getting things done. But, worrying and solving problems are very different things.

Problem-solving is about evaluating the situation, coming up with a concrete plan for dealing with it, and then putting your plan into action. However, worrying hardly ever leads to solutions. No matter how much time you spend panicking about the worst case scenario, you are no more prepared to deal with it when it happens.

How to Tell the Difference Between Solvable Worries and The Unsolvable Worries

If a worry comes to mind, ask yourself if the problem is something you can solve. Try asking these questions:

- Can you do something about it or prepare for it, or is it out of your

hands?

- Is your concern realistic, or more a what-if scenario?
- Are you currently facing the problem or are you just imagining one?

Solvable and practical worries are those that you can take action against immediately. For instance, if you are worried about paying your mortgage, you can talk to your creditors about payment plans. On the other hand, unproductive worries are those that don't have a corresponding action, like fearing you will one day get cancer, or be involved in a car accident.

If your worries are solvable, you can start brainstorming. Write down a list of possible solutions and then focus on the things that are within your power to change, instead of circumstances beyond your control. Once you have gone over your options, come up with a plan of action and implement it.

You're probably thinking about worries you can't solve, aren't you? If you tend to be a chronic worrier, your anxious thoughts fall into the unsolvable concerns category. If that's the case, it's time to tune into your emotions.

I've already mentioned how worrying can help you avoid unpleasant feelings, but it also keeps you in your head and wondering about solutions, instead of allowing yourself to feel your emotions. When you worry, your feelings are momentarily bottled-up, but when you stop, they pop right up again. Then, in a somewhat vicious cycle, you start to stress about your emotions, what's wrong with you, and why you feel the way you do.

How do you stop the cycle? By learning to embrace your feelings and calm your mind. It's going to seem scary at first, mostly because you have negative beliefs about your emotions. You may think you should be rational at all times and that your feelings should make sense, or that you are not allowed to feel certain emotions, like anger or fear.

Here's the truth: emotions are messy. They're not always going to make sense, and they're not particularly pleasant. As long as you accept your emotions, you can experience them without feeling overwhelmed and then learn how to use them positively.

Tip #3 Challenge Your Anxious Thoughts

Do you find yourself suffering from chronic anxiety? If so, you probably look at the world in a way that makes it feel far more dangerous than it is. For instance, you could overestimate the chances of things turning out negatively and jump straight into worst-case scenarios, or you turn every negative thought into a fact. You may even convince yourself that you cannot handle life's problems because you'll fall to pieces at the onset of trouble. These pessimistic and irrational attitudes are called "cognitive disorders."

While cognitive distortions are unrealistic, they're not that easy to quit. Usually, they become part of a lifelong habit of thinking that becomes automatic and you don't even realize it. To break the bad habit and stop the anxiety, you have to retrain your brain.

The best place to start is by identifying the thought that is making you worry. Make it as detailed as possible and then, instead of viewing it as a fact, treat it as a hypothesis that you're just testing. As you go in-depth to challenge your worry and fear, you will develop a balanced perspective.

Questions to ask yourself that will help you stop stressing about that anxious thought include:

- Is there any evidence that the idea is genuine and realistic or not?
- Is there a more realistic and optimistic way of looking at it?
- Will the thing scare me happen?
- If the possibility is small, what are the likely outcomes?
- Is the thought I am having even helpful?
- How will worrying about this thing help me or hurt me?
- What advice would I give a friend who has the same worry?

Cognitive Distortions that Lead to Worry, Stress, And Anxiety

1. Overgeneralization

For example: “they didn’t hire me for the job. Therefore I’m never going to find a job.” This one is about generalizing from one negative experience and thinking it will hold true for every other situation.

2. All-Or-Nothing Thinking

For example: “if I fall short of perfection, I have failed.” This is about looking at things from a black-or-white perspective with no middle ground.

3. A Mental Filter

For example: “I only got 50% on the paper, even though I got 75% on the second paper, I’ll probably fail.” A mental filter involves focusing on the negatives and filtering out the positives. You concentrate on the one thing that went wrong and not the rest that went right.

4. Jumping to Conclusions

For example: “I just know she hates me.” Making a negative interpretation without concrete evidence is a case of jumping to conclusions.

5. Belittling the Positive

For example: “my presentation went well, but it was a fluke.” This one’s about coming up with reasons why something positive doesn’t count.

6. The Should and Should-Not

For example: “I should get all my work done by 5 pm and not reply to emails.” Holding yourself to a strict list of do’s and don’ts and then berating yourself for deviating.

7. Catastrophizing

For example: “the pilot said we’re hitting turbulence, I know we’re going to crash.” It’s a case of expecting the worst.

8. Personalization

For example: “It’s all my fault she had an accident, I forgot to tell her to drive safely.” Assuming responsibility for things you are not in control of.

9. Emotional Reasoning

For example: “I’m scared. Therefore I am in physical danger.” You believe the way you feel is a reflection of reality.

10. Labeling

For example: “I am such a loser.” Labeling yourself based on shortcomings and mistakes.

Tip #4 Accept Uncertainty

Do you find it near impossible to tolerate uncertainty? This plays a massive role in anxiety. Chronically anxious people cannot cope with unpredictability. They have to know what is going to happen. They see worry as a way of predicting the future and preventing unpleasant surprises. They feel more in control of the situation. But that never works.

Thinking about what could go wrong does not help make things more predictable. You’re not going to feel safer. In fact, it’s all an illusion. Concentrating only on the worst case scenario is not going to stop bad things from happening. It keeps you from enjoying the positive things that are going on in your life right now. If you want to stop worrying, you need to tackle your need for certainty.

Tackling Uncertainty

Ask yourself the following topics and note your responses. Determine if you can come up with some understanding of the disadvantages of not being able to tolerate uncertainty:

- Can you be confident about every aspect of your life?

- What are the benefits of certainty over the disadvantages?
- Do you try to predict that bad things will happen just because they seem uncertain? Is this reasonable?
- What is the likelihood of a neutral or positive outcome?
- Can you live with the tiny chance that something bad could happen if the likelihood is low?

Tip #5: How Others Affect You

Did you know that how you feel can be greatly affected by the people you hang around with? Studies have shown that emotions are catchy. We tend to catch on to the moods of other people, even strangers we stand next to at the checkout line. However, the people you spend the most time with have the biggest impact on your mental state. To calm your mind:

- Spend less time with the people who make you feel anxious – if there are individuals who drag you down and make you feel stressed, cut back on the time you spend with them.
- Keep a worry diary – maybe you're not yet aware of how situations and people affect you. You may have been dealing with the stress and anxiety for so long it feels normal. Keep a diary for a week and each time you worry, jot down the trigger. Over time, you'll be able to pick up patterns.
- Choose the people you hang out with carefully – know who to talk to about the things that make you feel anxious. Some people are great at helping you gain perspective whereas others will only serve to feed your fears and worries.

Tip #6 Practice Mindfulness

Worrying is usually around something in the future. The practice of mindfulness can help to calm your mind and break free of your worries,

helping you to concentrate on the present. Here are a few quick techniques you can use to calm your mind of anxiety.

1. Anchoring

This is arguably the best way to center yourself. It works by focusing on the lower part of the body first. Start by concentrating on how your feet feel in your shoes or socks on the ground. You may even prefer to go barefoot for this exercise. Next, increase your awareness to include how your lower legs are feeling and work your way up your body. Do you feel warm or cold? Light or cumbersome? Numb or tingling? Now focus on your breathing, relaxing each time you exhale.

You can anchor yourself like this whenever and wherever you need to, with your eyes closed or open, while walking around or sitting down.

2. Counting Your Breath

You can either use this technique with the above technique or as a standalone way of calming your mind. Take a deep breath in and count to six as you inhale. As you breathe all the way out count to 10. By doing this, you will lengthen your inhalation and exhalation thereby slowing your breathing and your heart rate. By exhaling slowly, you are forced to release carbon dioxide, which in turn calms you and restores your emotional equilibrium.

Be sure to fit the counting in time to your breathing. The out-breath should always be at least two to three counts longer than your in-breath. If you feel stressed and can't focus on the counting, say the word "in" as you take in a breath, and "out" as you exhale. Keep going for 60 seconds but carry on for as long as you need to calm down.

3. Breathing with Fingers

This is similar to the breath counting above. Hold a hand in front of you with the palm facing you. Use the other hand's index finger to trace up along the outside of the thumb as you breathe in. Stop at the top of the thumb and then trace your index finger down along the other side as you exhale. That counts as one breath. For the next breath, trail along the side of the next finger and

down. Keep going along each of your fingers as you count your breaths. When you get to the last finger, start coming back up and repeat the technique in reverse.

This is a great practice if you are a visual person, as it gives you something to focus on literally. It comes in handy when a lot is going around you, and you are finding it hard to close your eyes and concentrate inwards. This is also a great technique to teach children and teens who suffer from anxiety.

While these mindfulness techniques are certainly not brand new, what is new is that fact that we can all benefit from mindfulness, not just for anxiety, but for everyday relaxation.

A Few More Ways to Calm Your Mind

1. Take it Slow

When we feel anxious, everything seems to speed up. Our heart races, our thoughts race, and even our breathing gets heavier and faster. This makes it tough to think clearly and make good decisions. At the first sign of anxiety or a panic attack, try moving a little slower and practice the above breathing techniques.

2. Come to Your Senses

Fear begins in mind and manifests in the body. When you are anxious, you're disconnected from who you are. Take a couple of minutes to connect with each of your five senses and bring yourself back into the moment.

3. Be Mindful of What You're Doing

Life is full of easy tasks: eating, walking, answering an email, and so on. When you are anxious, you feel out of control. Being mindful of one simple task at a time reminds you that you are in control of your choices. Choose one task and imagine it is the very first time you are doing it. This will help calm you down and remain focused.

4. Channel Your Anxiety

Not all anxiety is negative. Like many mental issues, stress lies on a spectrum. If you don't suffer from severe anxiety, you can channel your energy into something more productive.

5. Lie Down, Look Up

It's an age-old trick, but it works. Just lie down and look up at the sky. Experience nature and how the clouds, and all things, come and go naturally.

6. Practice Meditation

Meditation is an excellent way to find balance. Start by sitting comfortably and closing your eyes. Take a couple of deep breaths as shown in the mindfulness techniques above. Now, imagine yourself as a mountain. There is a forest covering that mountain. Get in touch with the visual. Try to experience different seasons. Fall comes with exciting colors, winter brings ice and snow, Spring brings new blossoms and summer brings the heat. Now question if the mountain has changed at all during the seasons. You'll find it has remained the same: stable, grounded, and reliable. Right in the midst of anxiety, breath in, imagine the mountain, and breathe out feeling calm and grounded. Can you feel how the natural balance returns? It may take some practice but keep at it.

One of the primary factors of easing your anxiety is to have patience. If you want to master patience, you need to be aware of impatience and think about it. How does impatience manifest in your body? Can you let it go? Patience is not just a virtue; it is a critically important pathway to your emotional freedom.

Try one or all of the above techniques to regain calm and positivity. With regular practice, you'll find your anxiety easier to manage and eventually overcome.

Chapter 5:

Natural Supplements To Bring Down Anxiety

Certain supplements and remedies are recommended by almost all the experts for long-term anxiety and stress relief. If you're already tired of filling up your weekly pill container with countless vitamins and supplements, then you might not like hearing that you're going to need to add even more remedies to that weekly accumulation. But what you will be pleased to hear is that the remedies we will discuss in this chapter have been proven to be exceptionally effective in helping countless other people who were previously in the same boat as you. Thanks to these remedies, they've been able to stabilize their moods, push their anxiety levels down, and take their lives back from stress and anxiety. Are you starting to see how it may be worth it to add more remedies and supplements to your container?

That being said, we're going to go over many different kinds of supplements, vitamins, and remedies that have been found to have very beneficial effects on bringing anxiety down.

Passionflower

Passionflower has been shown in numerous studies to lower anxiety symptoms. For instance, many of the benzodiazepine remedies that have been proven to help bring anxiety levels down have the same effects that passionflower has. Passionflower is in particular effective at easing anxiety, easy irritability, and depression. The recommended daily dosage of passionflower is ninety milligrams, or around six hundred and thirty milligrams a week. Most anxiety disorder patients who take passionflower will drink three cups a day. Common side effects of passionflower include dizziness, nausea, and drowsiness.

Lavender

If you are diagnosed with generalized anxiety disorder, lavender is a

supplement that you should look into. The reason for this is because lavender has been found in many studies within the last five years to have little to no sedative side effects, making it a safe treatment process. At the same time, generalized anxiety disorder is the only primary disorder in regards to anxiety that lavender has been found to have a beneficial effect upon. The recommended daily dosage of lavender is eighty milligrams a day.

Lemon Balm

Lemon balm is a supplement used to treat anxiety that is often overlooked. The explanation for this is that lemon balm is commonly combined with other herbs, so its anti-anxiety properties on its own are often either overlooked or misunderstood. Similar to magnesium, lemon balm has relaxation properties that reduce stress and induce calmness in an individual. In many tests and studies that have been conducted over the last few years, lemon balm was found to reduce stress and anxiety in the test subjects after just one hour following usage. The recommended daily dosage of lemon balm in an individual is between three hundred to five hundred milligrams or four teaspoons of dried herbs in tea.

L-theanine

Another commonly overlooked supplement to treat anxiety is a water-soluble amino acid called L-theanine. L-theanine can be taken either as a supplement or it can be found in black and green tea. The main reason why we are including L-theanine in this chapter is that it directly affects the brain to reduce anxiety, and it does this without causing any drowsiness. Numerous studies and research cases have been conducted over the last two decades that confirm this. Not only is L-theanine very relaxing, but it is also very safe and well tolerated. About two hundred milligrams every day is the recommended dosage of L-theanine when in its supplement form. A cup of green tea contains around eight milligrams of L-theanine, while a cup of black tea will contain around twenty-five milligrams.

Kava

Kava is a very well-known anxiety supplement, especially in contrast to L-theanine and Lemon Balm, both of which are not as well known. There's good reason that Kava is so well known. It's a very relaxing supplement thanks to the high levels of the kavalactones it contains. Kavalactones are well known for promoting relaxation by improving dopamine and GABA production. Both GABA and dopamine are necessary to control anxiety. However, very few manufacturers of supplements will study kavalactones levels in their supplements. This means that each pill may work differently from one another.

Most of the time, Kava comes in the form of a pill. The generally recommended dose of Kava is two hundred and fifty milligrams a day. Many supplements will contain only thirty to fifty milligrams of kavalactones, but this quantity is simply not enough to have a lasting effect on lowering anxiety.

Originally, Kava was sold as teas, and it is still sold in that form sometimes today. Nonetheless, teas are not going to be your best bet for getting kavalactone into your system, because they contain low levels of it like the supplements that we have just discussed.

Since kava is fat soluble, it is most effective when taking during meals. Kava should also not be taken alongside alcohol. In repeated scientific studies, participants who either consumed large amounts of alcohol or outright abused it was more likely to suffer from liver damage. The story was the complete opposite for the participants who drank little to no alcohol.

Always check with your doctor before taking kava, and drastically reduce your alcohol consumption if you are taking any already. All in all, kava has been confirmed to have very powerful anti-anxiety properties with very limited to no side effects but is riskier to take in concordance with alcohol consumption.

Valerian Root

The last anxiety reduction supplement that we will discuss in depth is the valerian root. You may be surprised to see this one even on this list because

valerian root is not even considered to be an anxiety reduction supplement. Rather, it is more commonly used as a sleeping supplement for those who are suffering from fatigue and insomnia.

However, many people have found the valerian root to provide them with release from high levels of stress and anxiety tension thanks to its relaxation properties that allow better sleeping. There are no known side effects to valerian, but most experts do not recommend its use to be taken alongside alcohol, other sleep drugs, and other anxiety supplements due to the depressant qualities it contains.

Natural Remedy

Regardless of whether you take natural or pharmaceutical remedies, it's vital that you always speak with your doctor before taking any of the vitamins, supplements, or remedies on this list. Natural supplements are the better choice if you want to avoid any of the risks that come with prescription remedies. Therefore, it makes sense to try out an herbal supplement before pharmaceutical supplements, since some come with some different potential side effects.

Again, it cannot be overstated that you fully discuss your options with your doctor before trying any remedy, natural or unnatural. Every person is different, and thus the circumstances surrounding every person are different. Just because a remedy worked exceptionally well for a friend of yours who was also suffering from anxiety doesn't mean that it will work for you too. If you follow that path, you may even find yourself to be the victim of certain side effects. Your doctor understands the ins and outs of each remedy and how they relate to your circumstances based on your symptoms, your tests, and which specific anxiety disorder you have been diagnosed with.

The good news is that once you find a remedy that works well for you, you will be well on your road to reclaiming your life from anxiety. As long as you take your remedy for the long term with the recommended daily doses, you will start to see the intensity of your anxiety go down dramatically.

Next, we'll examine a variety of proven treatments for anxiety that you can

do without stepping out the door of your home.

Chapter 6:

Home Treatments For Anxiety

Did you know that it's possible to treat your anxiety with completely natural remedies right from your home for the most part?

Before we get into what the different home anxiety treatments are, it's important that we establish a critical facet about such treatments: home anxiety treatments only work if you go beyond treating the simple symptoms of anxiety and treat the core causes of your anxiety as well.

This obviously requires a little more effort on your part in comparison to simply taking remedies such as those in the last chapter, or exercising as we'll see in the next, but the good news is that if successfully, you will feel a new sense of empowerment and tranquility that you never felt before your regular anxiety had set in.

Remedies, while effective at reducing stress and anxiety in people, also come with their own set of disadvantages, namely in the form of side effects. Home treatments stand in direct contrast to remedies in this fashion, in that they don't come with any such side effects.

We will discuss the most effective home treatments for anxiety. Some of these you likely already know if you've done previous research or spoken with your doctor, but other ones here aren't as well known, and this will likely be the first time that you hear about them.

Even if you've tried a few of these treatments before, try them again based on our recommendations for each one.

While we all experience anxiety at various points in our lives, whether it's about to go to the doctor's office or before giving a presentation in front of a large audience, it should never be an ongoing problem. We truly cannot stress this enough. These home remedies can be a part of your long-term treatment plan to get your nervous system under control and put your days of regular stress and anxiety behind you.

Chamomile Tea

Drinking two or three cups of chamomile tea will go a long way to getting your anxiety under control, especially when you drink the tea specifically when you are feeling anxious or nervous. Chamomile contains the chemicals luteolin and apigenin in high quantities. Both are chemicals that promote healthy relaxation and are particularly effective for patients who suffer from generalized anxiety disorder. Studies have shown that participants with an anxiety disorder who drank three cups of chamomile tea a day saw their anxiety symptoms go significantly down in just eight weeks.

Get Out In the Sun

Getting out in the sun for as little as fifteen or twenty minutes a day naturally increases your level of Vitamin D. If you recall from Chapter Three, sunlight can't give you all of the Vitamin D that you need if you are deficient. You're probably going to need supplements for that. Either way, a quick break out in the sun will reduce the symptoms of both anxiety and depression. Sit out on the deck to your house or go for a walk around the block. If possible, go for a walk out in the park rather than in an urban area. Studies have shown that people who walk through a park or a forest for twenty minutes will have lower stress levels than people who do the same through a neighborhood or an urban area.

Take an Epsom Salt Bath

Hot baths are always soothing and calming. It's even been proven that raising your body temperature will help to regulate anxiety and your mood in general. While a hot bath on its own is a good home remedy for bringing your anxiety levels down, adding Epsom salts to the mix will be even better. Magnesium sulfate is present in Epsom salts that lower blood pressure and calms anxiety.

Cut Down on Caffeine

While caffeine does provide a boost for your energy, it can also make you more anxious. It may be difficult to give up your regular morning cup of coffee, but it will be a necessary sacrifice if you want to get rid of your regular anxiety. Most experts don't recommend that you immediately try to get rid of all of your caffeine beverages in your life immediately, such as your morning coffee or your soda at lunch, because the temptation will only prove too strong and you'll end up only drinking more caffeine than you were before. Instead, cut down on your caffeine intake incrementally and gradually start to replace it with other beverages such as green tea.

Change Your Diet

While we're talking about cutting back on caffeine, we might as well address changing your diet in general. The three biggest foods/beverages that increase anxiety the most are caffeine, alcohol, and sugar. Nonetheless, not eating enough foods that are high in magnesium or Vitamin B12 can also only worsen your anxiety. So you may have to change your diet both ways. Also, try to avoid foods that are processed, fried, or high in saturated fats.

Instead, focus on eating whole-foods, plant-based foods, green vegetables, and selected seafood and meats. All of these foods contain high levels of magnesium, calcium, and Vitamin B which is perfect for helping anxiety.

Keep in mind that if you suffer from an anxiety attack, it may be because your blood sugar level has dropped. In this scenario, the best thing you can do is to have a quick snack and a glass of water or tea to boost those blood sugar levels and get your anxiety under control.

Here is a list of some approved foods that you should add into your regular diet without question (assuming you aren't allergic to any):

- Blueberries
- Peaches
- Oranges
- Spinach

- Leafy Greens
- Whole Grains
- Oats
- Avocados
- Eggs
- Milk
- Meat

Soursop

Soursop is a home remedy for anxiety that is held in very high regard by many experts. This relatively little-known fruit has been proven in a great many studies to be able to relieve the symptoms of depression and anxiety alike. This is because it can give your body a very soothing and calming effect, and it does this without the side effects that you would expect from remedies and supplements as we examined in the previous chapter. Soursop can either be purchased as a whole fruit or as a tea. It also, though more rarely, comes in the form of a supplement. We recommend consuming soursop at least three times a day to get the best benefit out of it.

Fo-Ti

Fo-Ti is an herb that is a powerful relaxant and a perfectly natural remedy for dealing with anxiety. There is also a lot of history behind Fo-Ti, as it has been used to treat problems such as anxiety by the Chinese for thousands of years.

Fo-Ti will help you with more than just anxiety, however. It has also been proven to help patients with insomnia and fatigue disorder to get a better night's sleep, and it also reduces pain in the muscles and joints of the neck, back, and shoulders.

This makes Fo-Ti an incredibly versatile and powerful herb that simply

cannot be overlooked. If you could somehow only take one type of herb to treat anxiety, Fo-Ti would undoubtedly be on our short list of candidates. After all, it helps with far more things than just anxiety.

Not only is Fo-Ti exceptionally versatile in how it can help you, but it's also versatile in the number of different forms it comes in. You can purchase Fo-Ti in powder form, as the actual root to put on your tree, or in a capsule. By having all of these different options available to you, you can incorporate Fo-Ti into your diet in any number of different ways.

Include Protein in Breakfast

The old saying goes that breakfast is the most important meal of the day, and in regards to anxiety disorders, it certainly holds true. An overlooked fact about anxiety disorders, in general, is that many people who suffer from an anxiety disorder skip breakfast, or don't eat a well-rounded one.

Don't Catastrophize

Catastrophizing is a natural reaction that individuals with anxiety disorders will do when the victim of a panic or anxiety attack. Catastrophizing simply means that your mind goes bad suddenly and quickly. Worst case scenarios start popping up in your mind, you feel that the world is against you, and a lot of things feel or appear to be worse than they actually are. You may think that the next day you're going to go bankrupt, that you're going to lose your job, that everyone at work is going to laugh at you, that your car is going to crash, and so on.

The more one catastrophizes, the worse anxiety gets, which means that if you want to cure your anxiety, you have to work on getting such thoughts out of your head, even while in the middle of an anxiety attack. You can fight back against catastrophic thinking with many exercises at home, as well. Merely walking up and down the stairs or taking many deep breaths will calm your mind and make you realize that the chances of those kinds of bad things happening are incredibly slim.

Get Hot

There's a reason you feel very relaxed after spending time in the sauna. When your body heats up, it reduces the tension in your muscles, which in turn reduces anxiety. Plus, warmth also alters the neural circuits that affect your neurotransmitter serotonin. Taking some time each day to warm up will go a long way to curing your anxiety. You also don't have to have a beach or a Jacuzzi to get warm either. Things such as resting by the fireplace, taking a warm bath or shower, or drinking a warm beverage are all examples of things that will effectively warm up your body and reduce stress and anxiety.

Meditate

Meditation is particularly effective at reducing anxiety, and it can be done right from home. Yes, there are obviously many meditation classes or therapy sessions in your area that you can try, and the aid of a professional will always be helpful. However, you can also read about different meditative practices online that are directly meant for treating anxiety. These meditative exercises enable you to focus on the present rather than the past and give you a non-judgmental attitude.

Any of these treatment methods that we have listed in this chapter can be done directly from your home without having to see a professional or purchase prescription remedies. Like we have already said, none of these home treatments are meant to be the main part of an anxiety treatment plan. Rather, psychotherapy and remedy will be required to make sure that you can put an end to your anxiety troubles.

But these home remedies still work well for the long-term at calming your mind and getting the worst thoughts out of your head. Remember to stay positive and give yourself credit where credit is due; if any of these treatment methods work and you've felt less anxious in the last few days, reward yourself!

Chapter 7:

How Does Exercise Relax You?

To combat anxiety, it is important first of all to set yourself a routine. A lack of routine is an easy way to fall into habits that can trigger anxiety, which is why it is so important to establish one. It is okay for it to differ slightly at the weekend, but not so dramatically that it throws you out of sync. Even if your weeks are already shaped by work or school, it is important to make sure that even your spare time is somewhat structured. This could be as simple as eating dinner at roughly the same time every evening and then watching an hour of television. It doesn't have to be an intense schedule that drains you but should be one that you can follow daily.

A good thing to incorporate into your daily routine is exercise. It doesn't have to be intense; even walking for twenty minutes or so will make you feel more relaxed at the end of the day. Remember that exercise increases self-confidence and not only is proven to alleviate depression but helps calm anxiety too. Find a form that you enjoy. It could be anything from dancing, to weightlifting, to yoga. The more fun that you have with it, the more likely you are to stick with it.

Abdominal breathing technique

Place one hand on your chest and the other one on your belly, and take a long, deep breath through your nose and hold it for a couple of seconds, then exhale through your mouth. Take a shallow breath through the nose, hold it for a couple of seconds, then exhale. Repeat this exercise for around 20 minutes every day. This exercise will help stretch your lungs and reduce your blood pressure, which in turn will make you feel less anxious as you continue to breathe. This breathing exercise works well if done immediately when you start getting anxious, and not when you are already in full panic mode.

Yoga nose breathing technique

This exercise is commonly used in yoga; its main goal is to calm anxious thoughts by uniting both the right and left sides of the brain. Sit in a comfortable position, hold the right thumb over the right nostril and take several deep breaths through the left nostril. Take several shallow breaths, then hold the left thumb over the left nostril and take a deep breath through the right nostril. Take a few shallow breaths and repeat the exercise again, beginning with taking a deep breath through the left nostril, then shifting to breathing through the right nostril. This technique can be especially beneficial to use when you are about to walk into a stressful situation that might trigger your anxiety. If you suffer from anxiety, this is a particularly good exercise to add to your daily routine as it will help your body learn to relax on its own.

Measured breathing technique

This is a simple daily breathing exercise that can be done in a few steps:

- a.** Sit in a comfortable position, making sure your hands and feet are comfortable.
- b.** Drop your shoulders back and make sure your spine is in a straight position.
- c.** Breathe in slowly through your nose and hold it for a couple of minutes, making sure that your shoulders remain in the same position and that you can feel your stomach and lung expand with every breath you take.
- d.** Repeat the exercise until you start feeling your body relax.

Humming breathing technique

This technique has been used for thousands of years for calming the mind and relaxing the body. It's a relatively simple exercise that can be done in a few steps:

- a.** Close your eyes and breathe in — hold your breath in.

- b.** Close your throat slightly so that you can feel your breath when you breathe in.
- c.** Cover your ears with your thumb.
- d.** Cover your eyes with your fingers – remember to keep your lips slightly closed.
- e.** Breathe out slowly, making a long humming sound.
- f.** Repeat until you feel your body is in a relaxed state.

Tense and Relax exercises

The goal of this exercise is to tense and relax various muscles in the body to help you relax. This is a simple exercise that is particularly beneficial to people suffering from anxiety. It helps your body release chemicals and brain signals that make your muscles and organs slow down and increase the blood flow to the brain. When you are under acute anxiety, your muscles contract, which makes your body experience the physical symptoms of anxiety, such as shortness of breath, which in turn trigger panic. By learning to control the tension in your muscles, your body learns to relax when under acute stress. You can tense and relax all your muscle groups all in one go or tense and relax a specific muscle group every day. Our bodies have nine muscle groups:

- i.** Forehead muscles
- ii.** Jaw and facial muscles
- iii.** Chin, neck, and shoulder muscles
- iv.** Arm and palm muscles
- v.** Upper back muscles
- vi.** Abdomen muscles

- vii.** Hip and buttocks muscles
- viii.** Knees and upper thigh muscles
- ix.** Feet and calves muscles

Tense and relax your muscles by following these steps:

- a.** Sit in a comfortable chair.
- b.** Flex the muscle group you want to exercise, e.g., the feet and calves.
- c.** Tense your calf muscles and the muscles of your lower leg for around two seconds.
- d.** Take several deep breaths and hold it for a couple of minutes.
- e.** Focus on the tension.
- f.** Breathe out slowly and release the tension.
- g.** Repeat the exercise for about five minutes.

Visual exercise

This is one of the best relaxing exercises that people who suffer from anxiety can use to reduce the symptoms of anxiety. It is a simple exercise technique that helps distract your mind from what is causing you anxiety and helps it focus on other things. This technique works well for alleviating anxious thoughts because it forces you to create detailed images in your mind.

While you are focused on the images in your mind and the emotions that you connect with it, you give your body a chance to process your anxiety without overloading it. For example, for a child who feels anxious when asked to speak up in class, he or she, instead of focusing on all those other students looking at him/her, can focus on thinking of the class as their favorite vacation place and the other students as their favorite cartoon characters and themselves as the superhero in the class. This de-stigmatizes the situation and

can help the child relax and speak up without panicking. Anyone can use this simple exercise using the following steps:

- a.** Think of a favorite place you like; it can even be more than one place as long as the place is comfortable.
- b.** Imagine what you will see when you are there.
- c.** Imagine how it will look, how it will smell, the sounds you will hear, and the tastes you associate with the place.
- d.** Take deep breaths.
- e.** Think of the conversations you will be having, the new things that you will see, the new experiences. Stay with your thoughts for a couple of minutes.
- f.** Prepare yourself to leave your private place by focusing on how amazing you feel and plan for things you will do the next time you visit the place.
- g.** backward to three, then open your eyes.

Conclusion

I hope this book was able to help you to understand what anxiety is and how you can deal with it. It's important to remember that everyone suffers from anxiety, but just not to the same degree. All we can do is manage it and reduce its power over us so that we can go about our daily lives.

Anxiety can be a crippling disorder that leaks into all aspects of a person's life. It can impact their relationships or performance at school or work, alter a person's general happiness, and cause a person to feel isolated from the world around them, and even lead to thoughts of suicide. This is why it is vital to put in the work to cure the disorder.

Feeling worried over a stressful situation is common. A person that has recently been unemployed will most likely feel particularly tense at the beginning of the month when they are forced into paying all of their bills. They may lose sleep over the situation and struggle to function until it is solved, but if their anxiety goes away when the situation is cured, then they have simply had a normal reaction to a stressful situation. If, once the unemployed person finds work but is still haunted by the thought that they may be fired once more, then it becomes a different problem. Their worry has become chronic and is taking over their life. Perhaps they no longer want to go out with friends because they're frightened that they will lose their job and so feel the need to save their money. Maybe they insist on living so humbly that it becomes ridiculous (only spending money on the absolute necessities in life) and causing their relationships around them to suffer.

When it becomes a recurring condition that is harming your quality of life, it is necessary to seek help. The different branches of anxiety need to be treated individually, and the roots of the anxiety must be identified to move on from it. A person suffering from a panic disorder will benefit most from diagnosing the specific cause of their fear before they will benefit from following the steps to help alleviate depression and anxiety. A person suffering from severe shyness may suffer the same symptoms as a person with Generalized Anxiety Disorder but needs to address the reasons for their shyness still before they can follow these steps also. Therefore, it is necessary

to respect the disorder for exactly what it is.

The next step is to start exercising the techniques in this book, adjust your diet, start some regular exercise and take control of your life!

Here's a quick summary for your convenience:

1. Eat a healthy diet
2. Exercise Frequently
3. Pay attention to distorted thoughts you may be having and see how they are negatively affecting you
4. Rationalize your distorted thoughts
5. Practice breathing techniques, meditate or try some herbal medicine
6. Set aside some "worry time" each day to unburden your mind and analyze the root of the problem
7. Make sure you are in a positive environment with supportive people.

I hope you enjoyed your read. If you would like more quality social psychology books at this low price, I'd really appreciate a review on Amazon. It helps make it possible for me to continue to do what I love.

Thanks in advance.

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Lewis Fischer

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