

7 Sure-Fire Anxiety Busters

...that you can start using
RIGHT NOW!

By

HYPNOTHERAPY
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Seven Sure-Fire Anxiety Busters

What is anxiety?

Pretty much everyone has experienced anxiety at one time or another. Maybe you had a major exam coming up, were getting ready for some big event like an interview or needed to deliver a speech or presentation.

You may worry about messing up, forgetting everything you know, looking stupid in front of others or simply failing.

Your anxiety may affect your sleep and your eating, as well as making you feel uncomfortable, on edge, nervous and worried. Some of you may also experience dizziness, a racing heart, nausea and tension which may impact on how well things go.

For others, a little anxiety actually helps them perform better, making them more focussed and giving energy to what they are doing.

Often, after the anxious event is over, things soon return to normal and you feel fine as you go through your day.

However, for many people, anxiety is not this short lived and starts to become an overwhelming part of their life, until you reach the point where you feel you can no longer cope.

When Anxiety Rules Your Life

Does anxiety rule (or ruin) your life?

When I first meet clients with anxiety, they often tell me how their anxiety controls their life. Whatever the reason it started, their thoughts and feelings are now dominated by the anxiety. And even if they get a brief respite from the anxiety, they are always waiting for when it will next strike.

If you suffer with anxiety, you may well feel overwhelmed. Even simple activities that you used to do with ease become energy draining challenges to endure or avoid.

And you probably experience some symptoms such as:

- Avoiding doing things you used to find easy or enjoy
- Feeling irritable and frustrated
- Having trouble sleeping or waking up regularly
- Preferring to be at home rather than going out
- Having problems concentrating
- Feeling sweaty, panicky or on edge
- Experiencing heart palpitations and faster breathing
- Spending a lot of time worrying about things
- Worrying about feeling anxious in front of others
- No longer feeling in control

Some of my anxiety clients wake up feeling anxious while others find it comes on a while later. There may be particular people, places or things that make it worse for you.

You may also experience panic attacks where you feel out of control and like something is seriously wrong with you. One of the most common things clients mention is the fear of another panic attack, especially as they never know when one might strike and they worry about it happening in front of others.

As well as the many physical symptoms of anxiety such as feeling on edge and a racing heart, it will also affect how you think about things.

You may start to worry more, about specific things as well as more generally. You may start to focus more on the negative and spend your time checking how you feel and whether you can feel any of the symptoms of anxiety or panic. You may fear the worst (or even expect the worst) and dwell on things.

And the more you think in these ways, the more you will find yourself having these thoughts.

To avoid the anxiety you may start avoiding things you used to do just in case you are anxious.

So how do you start to regain control and stop letting anxiety take over your life?

What to do about Anxiety?

If you want to start taking back control in your life, rather than letting the anxiety rule you, then this guide is for you!

This guide contains seven anxiety busting techniques and tips that my clients tell me they find help them once they consistently incorporate them into their everyday life.

When it comes to tackling anxiety, consistency is key. You consistently experience the anxiety now: right? That means you consistently need to test these techniques – it isn't enough to try them once and say they didn't work for you; you need to keep applying them to truly discover the impact on your levels of calmness and control.

And remember, whilst I believe you will find the contents of this guide useful, if you have concerns about your health then you should consult your general practitioner for advice.

Anxiety Buster 1: Learn To Relax

How often do you consciously take the time to relax?

And before you answer – I don't mean the time you spend in front of the TV distracted from real life.

When you are anxious, your mind and body are working hard to manage all the physical and mental activity going on. You may even have noticed how you talk about being worn out and having no energy.

So you can think of relaxing as like learning to put your body and mind in standby mode so you can recharge your positive energy batteries.

You may currently find it difficult to relax, to keep still when you feel agitated and to quieten the chattering in your mind. If so, just start with a minute of relaxing two or three times a day and gradually increase the time. You will soon find yourself feeling calmer, more in control and more relaxed.

Here's what to do:

- Find somewhere warm and comfortable where it is ok to relax and you are unlikely to be disturbed.
- Close your eyes and allow your body to become more comfortable.
- Focus your attention to the area in the middle of your forehead.
- Tell yourself that you are going to simply relax for a few moments and that's ok.

- Focus your attention on your breathing. Notice how the air travels into your body, and then gently back out. As you focus on your breathing, notice how it starts to change and relax all by itself.
- With every out breath just gently say to yourself, 'relaxing deeper and deeper'
- Now starting at the tips of your fingers on your left hand, imagine a feeling of relaxation and calmness travelling up your arm and gently spreading through all the other parts of your body, until every part of you is relaxed.
- As you let it spread, let it deepen as you relax more and more now.
- When it is time to 'wake up', just open your eyes, gently stretch and pause for a few moments before getting on with your day.

Depending on your level of anxiety, learning to relax may take a while to learn until it becomes easy and effortless. As with anything you want to become good at, the key is to practice and practice.

Anxiety Buster 2: Watch The Caffeine

Caffeine is a stimulant – you knew that, right?

That's why if you are a coffee lover that first cup of the day helps you get going. It's why those energy drinks you use seem to give you a pick up to carry on.

Without going into the science bit, all you need to know is that the overall effect of caffeine is that it leads to your body releasing adrenaline.

This means you experience things like your heart beating faster and you may feel tense and more on edge.

Because these are all similar to your anxious reactions, a dose of caffeine can either take your anxiety levels up or lead you to start assuming you are anxious because of how you feel. You then start questioning how you feel and the cycle of anxiety continues.

Here's what to do

For the next couple of weeks (at least) reduce your caffeine intake and notice the difference. You can drink water instead or switch to a decaffeinated option.

I'm not suggesting you immediately cut all caffeine out of your life – to me as a coffee lover that sounds like the stuff of nightmares! Not to mention that you can get some pretty unpleasant withdrawal effects if you don't gradually ease off.

All you need to do is pay attention and gradually reduce.

Anxiety Buster 3: Move More

How much do you move?

A lot of people I work with usually tell me they should move more. If you suffer with anxiety, you may have started withdrawing from going out because you feel a bit safer at home. You likely feel tense in your body and may feel you haven't got the energy or motivation to do much.

It's well recognised that exercise is a great way to start feeling better – not only can it move you out of an anxious situation, it also releases your body's natural feel good hormones – endorphins (thereby improving how you feel) and give your body an outlet for your energy and emotions.

Here's what to do

Whether you head to the gym, go for a jog or just take 15 minutes to go for a walk, you will soon find that you start to naturally feel more optimistic and more able to tackle the things you need to get done in your daily life.

But you need to do it regularly to benefit.

Don't believe me? Go for a 15 walk at least once a day EVERY DAY for the next two weeks. Then if you want to you can come back and tell me I'm wrong.

So when can you find 15 minutes to take control over starting to feel better?

Anxiety Buster 4: Look Up More

Where do you look when you are walking along?

Many people who suffer with anxiety walk along with their heads down while they look at the floor. It's as if they are lost in an anxious trance and hoping no one else notices them so they can quickly disappear back home before their anxiety really strikes.

Take a look next time you walk down any high street and you'll discover that more people look down than you realised (because maybe you've spent all this time looking down too?).

It's a wonder we don't all walk head first into each other!

When we look down we access our feelings and get lost in conversations with ourselves in our head. If we feel anxious, we can easily get caught in a spiral of talking to ourselves about how anxious we feel and then feeling even worse. We get caught in a loop or habit of feeling low.

Here's what to do

Give yourself the opportunity to look up more when. When we look up it becomes much more difficult to access those anxious feelings and thoughts.

Whether it's when you are at work or just walking down the road, you'll quickly find that this makes a great difference to how you feel (just make sure you look where you are going!).

Anxiety Buster 5: Use Your Imagination

Anxiety flourishes when we fear the worst. Maybe you imagine forgetting what you know in the exam room, drying up in front of your audience or making an idiot of yourself in front of others.

It's useful to be able to imagine things so we can plan ahead – however, anxiety thrives when we imagine everything going wrong. You may find your thoughts run away with themselves and before you know it you are imagining dire consequences affecting you whole life.

Your mind cannot tell the difference between something that is vividly imagined and something that is real (which is why you can imagine a future anxious event and feel anxious just thinking about it – it's also why you can jump while watching a scary film!).

So start using your imagination constructively to feel better.

Here's what to do

Use the technique above to start feeling calm and relaxed. When you feel comfortable, imagine watching a movie of yourself going through the next day or the upcoming event.

As you watch the movie of yourself, see yourself looking calm and composed and things going well. Your mind will start to learn to feel calmer about the situation and you will feel more in control.

Anxiety Buster 6: Shift Your Focus

Anxious people tend to worry about all sorts of things, most of which will never happen. They expect the worst and start to learn to focus on the negative.

You may jump out of bed bursting with energy every morning as you look forward to a wonderful day. But as you are reading this, chances are you lie there, sigh, think of all the things you wish you didn't have to, expect things to go wrong and wonder how you will find the energy to make it through the day.

It's a bit like planning your own 'match of the day' except instead of all the good bits and exciting moments, you show all the rubbish bits that usually end up on the cutting room floor.

Here's what to do

Every morning before you get up, think of three things you are looking forward to that day (however big or small you think the things are).

Then every evening before you go to sleep, think of three things you achieved or that went well that day.

You may like to write them down so you can look back at all your achievements. You may find this exercise quite tricky at first but soon you'll be wondering how you are going to limit yourself to only three things!

Anxiety Buster 7: Push The Boundaries

If you have been struggling with anxiety for some time, you may have cut back on the things you do, and even stopped doing the things you used to enjoy.

And the less you do these things, the more impossible it probably seems to consider ever being able to do them again. It's like your life starts to shrink around you.

To halt this process in its tracks and start turning things around, you need to start taking making forward progress.

Now before you give this up as an impossible task, this isn't about heading right out now and forcing yourself to ensure anxiety until it explodes and you hope to feel better (and still be in one piece at the end).

This is about momentum. And which direction it moves in.

Here's what to do

Ask yourself what you would like to be able to do. Make it something you would enjoy doing if you felt calm and in control.

Then ask yourself – what's the smallest step I could take today to start to move towards it.

Then do it.

Take baby steps daily and you may be surprised at how quickly you start to feel better.

About Dan Regan Hypnotherapy



Dan Regan is a full time hypnotherapist and coach with busy practices across East Anglia and Suffolk. Dan has helped hundreds of people to overcome their anxiety and panic.

Having personal experience of anxiety and lack of confidence (as well as being overweight), Dan has a natural empathy and understanding which he has enhanced with further study, wider reading and thousands of hours helping his clients overcome these issues.

To learn more about Dan and his work, as well as discovering what other people have said about Dan visit

www.danreganhypnotherapy.co.uk