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# Foreword

If you become stressed out often or feel anger without reason, then you are likely a victim of anxiety. Anxiety has different manifestations which can result in different kinds of disorders and disorientation in personality.

To solve these problems, you need some effective options to control your anxiety and in this EBook you will learn techniques which can help you in controlling your emotions, thoughts and anger. These techniques will help you to make your life a happier one.

There can be so many worries in the routines of life, but if you react excessively, for example by screaming or becoming totally depressed, things will certainly get complicated and not work out well for you.

Anxiety is not always a bad thing; sometimes it can give you energy and hope even in desperate situations. However that hope and strength comes from controlled anxiety.

There are different reasons behind anxiety getting out of control. It can be a phobia, an emotional situation, an accidental trauma, or any other such event, but once you realize the core problem then it gets easier to eliminate and address that situation.

The main question here is whether anxiety is a disorder, a disease, or just another mental situation. The answer depends upon the state of anxiety, because long term anxiety can lead you to a full time disorder or disease,

but if you can control it in initial stages then it can be just another temporary mental situation.



### ***The Anxiety Antidote***

Relaxing Ideas For Reducing Anxiety in Any Situation

# Chapter 1:

## *Introduction to Anxiety*

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### Synopsis

In this chapter, you are going to be introduced to the concept of anxiety. In addition, you will be learning:

- ❖ Anxiety Can be of Many Types
- ❖ Some Treatments of Anxiety Disorders



## **What Is It**

Life is full of stress and tension. If you think that you are the only person who deals with so many problems, you are mistaken because *everyone* experiences it in their own way. But we're talking here about handling that pressure and tension effectively. Some people can handle negative emotions, feelings, problems and tensions better than others, which means their lives may be a little more peaceful.

Anxiety actually comes in two forms: negative and positive.

Now you may wonder how anxiety can be positive thing, but believe it or not it's possible to utilize anxiety in proper way, where it stimulates a focused set of thoughts that can give you strength and courage to move forward in life.

### **The Many Types of Anxiety**

There are different types of anxiety which can affect you. It can be as simple as a bad feeling or it can be a full blown panic attack, which indicates the type depends upon the severity of the event. There is what is called "generalized anxiety disorder" which is defined by worrying too much about a particular situation or event. For example, excessive worry about a family member can lead to this disorder.

People often confuse panic disorder with anxiety disorder. While these conditions are related to each other in the sense that they are produced under similar sets of circumstances, panic is the most extreme form of anxiety.

When you experience this most severe type of anxiety disorder, it is defined as a panic disorder and results in elevated heart rate (feels like it's racing), blood pressure increases, your head can feel dizzy and you may even faint. This is not simple anxiety; instead this is called a panic *attack*, which can occur after a period of constant tension and pressure building.

Another type of anxiety/stress is *phobia*. This condition is defined as a persistent, irrational fear of a specific object, activity, or situation that leads to a compelling desire to avoid it. For example some people think so much about darkness that they cannot go into dark places as garage or any other similar place alone. Others can have such a fear of water and drowning that it becomes a water phobia.

There are over 100 recognized phobias, but they can be summarized into 5 basic categories:

- fears related to animals (spiders, dogs, insects)
- fears related to the natural environment (heights, thunder, darkness)
- fears related to blood, injury, or medical issues (injections, broken bones, falls)
- fears related to specific situations (flying, riding an elevator, driving)
- other (choking, loud noises, drowning)



## **Treatment of Anxiety Disorders**

People often think that phobia, anxiety, stress, tension and similar other types of things cannot be treated with medication, and this is true to some extent, but there are medicines which can act as catalyst in your treatment process. Mind therapies are the best way of overcoming your stressful situations, but certain medications can also play a role.

In terms of solutions and treatment plans for anxiety and stress control, there are hundreds of techniques but most of them revolve around your will to get cured, because your self-belief is very important in achieving success with all such therapies and methods. It's what can help you overcome your fears and help you to get your life back under control.



# Chapter 2:

## *Anxiety Management*

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### **Synopsis**

This chapter is going to bring you to a deeper level of anxiety management.

You are going to learn:

- ❖ How Anxious Feelings Can Be Beneficial
- ❖ How To Categorize Your Anxiety Level From 0-10
- ❖ How to Monitor Your Anxiety Levels Carefully
- ❖ How to Always Remain In the Present
- ❖ Never Try To Escape From Yourself
- ❖ Test Yourself In Higher Levels Of Anxiety
- ❖ Figure Out Your Bad Thoughts Quickly
- ❖ Feelings And Thoughts Are Separate Things
- ❖ Try And Locate The Trigger Point Of Your Anxiety Spiral
- ❖ Stay Within Yourself
- ❖ Taking Care Of Yourself Helps to Improve Anxiety Disorder

## **Manage It**

There are many important things you need to know and need to execute in order to achieve proper anxiety management.

In the following you'll learn some of the basic techniques which can help you to manage your anxiety and how to control it to some extent.

### **Expecting Anxious Feelings Can be Beneficial**

This is first step towards anxiety management: recognize that negative feelings will happen. This approach will help you not to be shocked or over anxious when something comes your way because you will be expecting it in first place.

Most times anxiety shows its worst effects when you are surprised by some bad event. You don't know exactly how to react in that situation, which leads to anxiety and over reaction. So in order to control your anxiety, you first need to expect anxiety and determine to remain calm in these situations.

### **Try to Categorize Your Anxiety Level from 0-10**

The second step for effective anxiety management is to monitor your anxiety level. This can be tricky at times because self-measurement is often difficult, but it is possible with a little practice.

Make a list of the situations in which you experience anxiety. Then, determine the level of anxiety you have in that situation, and give it a number between 1 and 10, where 10 is maximum and 1 is very little to no

anxiety. This process of identifying and categorizing your anxiety levels is an effective beginning to your anxiety management.

### **Monitor Your Anxiety Levels Carefully**

Once you have figured out these levels of anxiety, you then can begin to monitor your mood swings to determine which feelings, emotions and circumstances take you to highest levels of anxiety.

In this process you'll come to understand that the more you think about an anxiety causing problem, more severe it gets. Conversely, limiting your focus on certain anxiety issues will often result in seeing that they pass by without even being noticed.

Learning to focus on the facts and not your feelings about them is also important to minimizing the power of anxious moments.

One of the most powerful lessons we can learn is to let time take care of some things for you. There are many things which develop in their own way to solve problems, and when you encounter a problem in your life which you cannot solve on your own, even after giving it your best shot, all you can do is wait and watch things unfold instead of being anxious and worried over something you cannot control.

It's a very effective way to manage your anxiety because knowing clearly what you can and cannot do is often very soothing for your inner self.

## **Always Remain in the Present**

This is another important technique which tells you to say “what is” instead of “what if.” Choose to stop fantasizing about a possible future outcome that may never happen and instead concentrate on your present.

If you can make your present a happy place, your future automatically becomes brighter. Step away from a “fear focused future” so you can live your life: do relaxation exercises, listen to music, read books, do something good for people less fortunate than you. Actions like these will help you to get your focus away from your future so you can start making your present very beautiful place to live in. People who get stuck in a future-oriented imagination often face more anxiety because they do not know what to do in their present but just keep thinking about a bad future.

## **Never Try to Escape From Yourself**

Some people try to plan their escape from bad situations but this is usually a bad idea. Escape will not solve anything. Instead it will trap you in a fantasy world where nothing changes and outcomes grow worse with each passing day.

Stay focused on your present and try to solve as many problems as you can. You can practice fear management techniques to help you stay present focused. These techniques will help you overcome your fear and erase the escape plan from your mind frame.

Trying to flee from your fears may seem like an easy way out, but learning to face your fears with courage and deal with them is the key to victory.

## **Test Yourself in Higher Levels of Anxiety**

One of the most important ideas in anxiety management is that you need to have self-belief and never try to be a perfectionist. Believe you *can* do well in panic situations and you will discover that you actually can cope very effectively against all the worst anxiety levels. You need to believe that you can always do well, by doing the best you can. In truth, there is no situation which you cannot handle. Anxiety is disturbing but you don't have to let it become dangerous, because once you allow it to take over it can make you furious, and this level of anger can lead to thoughts about some very foolish tactics to get rid of it.

The bottom line is to remain in yourself and don't take on too much pressure in any situation. You can rest assured that anxiety is very rarely apparent from your outward appearance, and if people cannot tell what is going inside you and they think that you are actually a calm and composed person, you will maintain their confidence in you, and also your own confidence in yourself.

## **Recognize and Accept Your Bad Thoughts Quickly**

This is an important technique and can be explained with the following example: If you suffer from fear of elevators but you know you have an important meeting on the 17th floor of a building, you may start thinking, "What if this elevator gets stuck on the way up?" Obviously this is a disturbing thought, even for people who don't have such a phobia. But if you identify this thought long before entering the building, you can then

create a response in advance to overcome it. Saying to yourself things like, “That elevator seems to be working properly. Other people are using it safely, and so I can use it.” Or, “Even if the elevator gets stuck, I can push the emergency button, use the emergency phone, and someone will come to rescue me very soon.” These positive thoughts can ultimately enable you to use an elevator with confidence as you reduce the fear which was causing you trouble.

## **Feelings and Thoughts Are Separate Things**

Thoughts are the internal dialog we all engage in as we go about our daily lives. Feelings, however, are emotional reactions to our thoughts, and these can affect us physically. If you are able to distinguish the difference, you can learn to lower your anxiety level.

For example, asthma sufferers can make their symptoms worse through fear and anxiety over the next attack. When a thought comes in your mind such as, “I hope I don’t have another episode where I feel like I can’t breathe,” it is *just a thought*. But if you start dwelling on it, it will trigger the emotions of fear and anxiety which may in fact precipitate an asthma attack, or make it worse.

You can choose to respond another way and say to yourself, “Though I may experience problems breathing, I know that using my inhaler will help me deal with it, and in the mean time I can control myself to lower down my anxiety level.” This kind of thinking can be effective in helping you feel more relaxed and peaceful.

## **Try and Locate the Trigger Point of Your Anxiety Spiral**

Sometimes it feels like your anxiety trigger comes from out of the blue but actually this is not the case. Fears usually arise from an intermixture of thoughts and feelings and can have a certain trigger point that causes everything to spiral.

You may not notice that spiral until your anxiety goes up to a very high



level. Therefore it is important to identify those trigger spirals very early in your anxiety level so you can catch them while your fear levels are at 1 or 2, because it is far easier to control your fears at that level instead of controlling them at a higher level.

### **Stay Within Yourself**

You need to think and perceive things concerning yourself and avoid thinking about what other people's point of view is. If you are perceiving things from other's point of view, then you are definitely getting out of yourself and you need to re-center.

At the same time you also need to make sure that you are not obsessing about yourself because that obviously can create problems.

### **Taking Care of Yourself Helps to Improve Anxiety Disorder**

Finally, know your limits. Never try to do things which are not defined and designed for you. Every person comes in this world with a certain set of responsibilities and if you try to overdo those responsibilities, things will start to get bad. When you get over excited or work overtime beyond what you can handle, it will just exhaust you and create anxiety. So in order to stay healthy, fit and active, you need to work according to your own strength.

# Chapter 3:

## *Control Your Competition Anxiety*

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### Synopsis

Discover the ways to control your anxiety in this chapter. You will learn:

- ❖ Establish Your Winning Feeling
- ❖ Centering or Focusing Your Attention
- ❖ The Five Breath Techniques
- ❖ Stop Negative Thoughts
- ❖ Let Things Pass Away



## **Control It**

To find that optimal level of psychological peace, you need to read your mind and psychological responses to stress and other bodily signals. In order to read your psychological patterns, you need to first understand your thoughts and control those patterns.

### **Establish Your Winning Feeling**

Producing a winning feeling in yourself is very important, and to make that happen you should consider the last time when things were going well and you were achieving success.

This is not just about games and sports; you can apply it to any field. Think about those feelings which were there when you won and write them down. By remembering those feelings you will be able to recall that winning situation through conscious efforts of your mind.

### **Centering or Focusing Your Attention**

Centering is another technique which is also called focused use of your attention and thoughts. You can concentrate your thoughts on the center of your body, your heart, diaphragm and stomach.

Centering has a very soothing and calming effect and helps you minimize negative thoughts and focus on positive thoughts. Here are the steps to take to implement this exercise:

- Stand in a relaxed posture with your feet flat on floor and arms

hanging loosely.

- Breathe in and out calmly, and you will observe that when you breathe in, tension increases in your upper body and is then released when you breathe out.
- Try to inhale as deeply as possible and feel the tension in your abdominal, chest, shoulders and other upper parts. Exhale slowly to release all that tension and you will actually feel lighter.
- With every breath, try to visualize and say a word which you want in your body at that time, such as love, peace, focus, etc.

### **The Five Breath Techniques**

There is no particular position to execute this exercise, so you can do it while you are lying down, sitting or any other similar position. You just need to inhale through your nose and exhale through your mouth but in a very even fashion.

- Take a deep breath and allow your neck and shoulders to relax while exhaling
- In the second breath, relax your shoulders and arms
- In the third breath, relax your stomach and other lower parts of your body

Continue this process until you feel that all of your body parts are relaxed.

### **Replace Negative Thoughts with Positive**

This can be difficult at times but it is not impossible to do. Thought awareness is a technique which can stop negative thoughts before they escalate in your conscious mind, and you can then bring in positive

thoughts to take their place.

### **Let Things Pass Away**

Times will come when you have to let something go because you simply cannot cope with everything which you face. You need to understand that there are lots of things which time can heal and sometimes you just have to wait for those things to get corrected. This may be difficult to begin with but once you start to observe the fruits of letting go, you will have an easier time waiting for things to improve. This shouldn't be your initial response for everything, instead choose to let go *after* giving your full effort to that situation.

# Chapter 4:

## *Distraction Techniques*

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### Synopsis

Distractions are not necessary a bad thing when they are put to good use. In this chapter, you are going to learn how.

- ❖ Provide Something Other than The Feared Object or Thought



## **Distraction**

Distraction can also be a very useful technique to divert your anxiety. In its simplest form, you can use distraction as an alternate thought which can help you in replacing the anxious thought which is bothering you.

For many it can be difficult to think about something else when you are anxious. For example, if someone is afraid of water and you take him to beach, he may not be able to have a normal conversation unless he has the ability to divert his attention from the water.

You can help distract a person from their fearful thoughts by implementing the following suggestion. Remember that this is only a suggestion that may work for some people and may not work for others.

### **Provide Something Other than the Feared Object or Thought**

If you can provide that person with something else to think about, it needs to be something which is strong or important enough to divert their attention. In the above example of a person with water phobia, perhaps if you talk about romance or some other happy topic, it may be possible that he will stop thinking about his water phobia.

You also need to know that distraction is only a temporary relief, and when the distraction ends, the person will likely start to feel their phobia or fear again. You can use distraction as a temporary solution but it shouldn't be over used.

# Chapter 5:

## *Muscle Relaxation for Anxiety Control*

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### **Synopsis**

Find out how you can use your muscles to control anxiety.

- ❖ Scan Your Muscles For Tension
- ❖ Progressive Muscle Relaxation
- ❖ Preparation for Relaxation





# **Relax**

The breathing exercises we covered are very effective against anxiety, but there is another technique called muscle relaxation which can also help you control your anxiety in the long run. Here are the steps you need to follow for executing muscle relaxation techniques.

## **Scan Your Muscles For Tension**

You need to think about your whole body for a moment and try to visualize which parts are those where you feel the most stress or tension. Draw a rough outline of your body and mark the areas where you feel the tension.

## **Progressive Muscle Relaxation**

Progressive muscle relaxation is a technique which has been used for many years, and people have found it very effective. In this technique, you basically train your muscles gradually to respond to prolonged anxiety.

There are some initial steps in learning and executing the progressive muscle relaxation technique.

- First, it would be helpful to learn about all the different muscle groups in your body. There are many websites such as this one that are good resources: <https://www.elevatenutrition.com/13-major-muscle-groups-body-functions/>
- These muscle groups can be individually tensed and relaxed on command.
- Practice is the key to success, so the more you engage in it the better your results will be from this technique.

## **Preparation for Relaxation**

First and key step is the preparation to execute progressive muscle exercises as you need to make your body ready to relax.

- If you have any physical injuries or any history of muscle injuries, you should consult your doctor before doing this technique.
- Select an environment where there are minimal distractions. Turn off your TV, radio, mobile phone or any other such things that can distract you.
- Find a very relaxing position to sit or lie in. This could be a chair, sofa, bed or anything where your whole body from head to toe can be in a relaxed position.
- Avoid practicing these techniques after a heavy meal or after drinking alcoholic beverages.
- Consistency is very important, so create schedule that enables you to be regular with your routine.

## **Relaxation Techniques**

Here are some exercises that can help you relax:

- Make a fist of your hand. Feel the tension in your hand and forearm and hold that tension for 5 seconds, then release the tension and feel the difference between the relaxed and tense position.
- Repeat this procedure for the other arm and hand.
- Raise your eyebrows up as high as you can, as if you were surprised by something, and feel the tension above your eyes. Then release the

tension.

- Open your mouth as wide as you can and feel the tension around your mouth then release that tension.
- Other areas such as stomach or legs can also be engaged in this way.

It is not necessary to execute all of the exercises daily, instead you can do different sets of muscles on different days of the week.

# Chapter 6:

*Get Rid of Test, Interview or Meeting Anxieties*

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## Synopsis

In this chapter, we will discuss how to get rid of test, interview and meeting anxieties.

- ❖ Prepare Yourself Before a Test, Interview or Meeting



## **Calm Down**

For many people, whenever they need to undergo a test or interview they feel anxiety and stress. It's not only students who feel this anxiety before tests but adults as well. The main reason for this tension and anxiety is lack of control.

When anxiety is not controlled in childhood it becomes so prevalent that it can create a hindrance to life and career goals. The good news is there are some techniques available which can help you decrease the anxiety associated with an interview, test or a meeting with your boss.

### **What to Do Before a Test, Interview or Meeting**

You need to believe in yourself and choose how you will approach the situation. It's helpful to remind yourself that your life doesn't depend on the outcome of this particular test, interview or meeting. There will always be more opportunities ahead, so try to keep things light.

Make all your preparations as best you can, and after giving your full effort, give yourself credit for actually doing the best you could. Believe in the fact that you have done whatever was necessary and whatever the outcome, you'll be ok.

Remember your past successful tests, interviews and meetings and see yourself doing the same now. This will boost your confidence as you see this event as another similar event. Enter the event with a full positive frame of mind, observe the things closely and you will likely feel more relaxed and well-prepared.

## **Things to Look For During the Event**

Maintain your confidence and positive outlook as you go through the event. Remember this is not a life or death situation in most cases, so don't treat it as such. Complications or difficulties may arise during the event but having the right mindset will help you overcome those things properly.



## Final Thoughts

The fundamental principles that are based on love, truth and power are extremely powerful. Practice them and you are going to see the results you desire.

Always remember, you are *not* a powerless victim. You have the power to create the world you desire, where you can enjoy success in your career, have a happy family, and be with people who love you. You absolutely have the courage and intelligence to face every obstacle that is being thrown at you.

If you're interested in learning more about how to overcome fear, anxiety and panic, be sure to visit our website:

<https://anxietyattacks.us>

There you can get a copy of our new ebook, ***Stop Anxiety Attacks***. It offers even more relaxation techniques along with information on powerful alternative remedies such as natural supplements and herbs.

All the best!

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