

Anti-Anxiety Tips

When you use the system as prescribed and incorporate some of the hints listed below, you may be surprised how much better you feel...

Anxiety can easily be described as a problem with control. Suffering from anxiety means that you have a fight or flight system that is over-active, and you can't control your fears, your physical sensations, and more.

That's why it's so important to learn to control your anxiety. Anxiety control is something that you can do in the comfort of your own home with the right techniques.

1) A study published in 2005 found that walking fast for about 35 minutes a day five times a week or 60 minutes a day three times a week had a significant influence on mild to moderate depression symptoms.

Please note that the exercise lengths suggested here are based on someone who weighs about 150 pounds. If you weigh more, longer exercise times apply, while the opposite is true if you weigh less than 150 pounds.

<http://www.health.harvard.edu/newsweek/Exercise-and-Depression-report-excerpt.htm>

2) Anxiety causes you to focus on the negative thoughts. When your neurotransmitter levels change from anxiety, your thoughts naturally become more negative and most of the time you won't even realize it.

If you can think more positively, you'll find some relief from the effects of negative thinking on anxiety.

That's why you may want to start a gratitude journal.

Every morning write down 5 things you are grateful for, do not worry about what they are, it can be a flower or a smile from a child, anything.

At night, just before you go to sleep you're going to need to write down 10 things you were grateful for that you noticed during the day.

Knowing you need to find 10 things to be grateful for will put you in the frame of mind of looking for good things, not bad and slowly retrain you away from your current habit of negative thinking.

3) Sex... Do I need to say more:?)

It's a well-known fact that people feel much less anxious when they've been able to enjoy sex on a regular basis. It's known to reduce tension and can have a very powerful positive effect on relaxation.

If you have someone in your life that knows you have anxiety, you may want to mention to them that a healthy sex life can be an amazingly effective way to feel better (for both of you:).

***4) Magnesium is an interesting mineral not just because it tends to be processed out of most foods, but also because your body needs it for many reasons. One of those reasons is that studies have confirmed that it actually has the effect of being relaxing on the nervous system.

Many of those who supplement with magnesium report that magnesium makes a great difference in their anxiety levels, even for those that have severe and unusual physical symptoms.

Stress is also known to deplete magnesium levels and when this is combined with already low magnesium levels then it can contribute to making your anxiety worse. . (* be sure to check with your doctor before changing your supplement consumption)

<http://www.psychologytoday.com/blog/evolutionary-psychiatry/201106/magnesium-and-the-brain-the-original-chill-pill>

5) One of the simplest things you can do is drink more water. The reality is that most people in the world are dehydrated.

Dehydration does not cause anxiety, but it is known to make the symptoms of anxiety worse as it can stress the body and mind.

It's good to start with adding 2 or 3 more glasses of water to start with. (* be sure to check with your doctor before changing your hydration habits)

6) Distract yourself.

Did you know that talking on the phone is incredibly distracting to the mind?

Did you know that walking provides visual, olfactory (smell) and tactile (touch) stimulation, which distracts the brain and makes it harder to focus anxiety.

When all of your senses are engaged, it actually makes it very difficult to focus on your anxiety.

7) Did you know that how you breathe can play a significant role in some of the worst anxiety symptoms, like chest pains and light-headedness?

These can result directly from hyperventilation.

You may gain more control over this by simply practicing this every day... Simply practice taking slow and controlled breaths when you are in a comfortable position, every day. Breathe in through your nose, slowly for 5 seconds, hold it in for 2 seconds, and then breathe out slowly with your mouth puckered for 7 to 10 seconds.

If you feel like you might start hyperventilating, or if you just want to calm down your body and mind then practicing this every day may help you to retrain your body to breathe more effectively, which you may find can act to help you to reduce daily anxiety levels.

8) "Breath work" can be very effective as we can see from #7 to help in dealing with anxiety, here is another method you may find helpful...

Simply add a mental image to distract you and help you take your mind off of things...

Imagine that you are drawing a square or rectangle or any shape for that matter, and whenever the shape changes direction you take a long and slow breath and then release it, again, slowly.

Or you can simply imagine that you are watching a candle and slowly blowing on the flame, not enough to blow it out, but enough to make the flame “dance”.

Enjoy watching the flame as it dances for you.

These techniques can help to alleviate anxiety by simply distracting your thoughts away from what bothers you and can be quite effective.

Final thoughts...

Remember that you are entitled to feel great. This in fact is why we feel good, or bad. So we know when we are on the right track, or not.

Do not ignore these feelings as they are nature’s way of telling you when something needs attention and thus are feelings you should be grateful for, and they indeed can be things you feel grateful for.... As long as you listen to them and take the appropriate action.

I’m here for you...

Morry

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Sometimes this form of stimulation can bring repressed or otherwise undealt with memories into consciousness, as a result it is always a good idea to have someone readily available to “talk to”, if the need should arise.