

## **How to Fight Back Against Anxiety**

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Anxiety is a universal phenomenon. We all intimately understand and experience anxiety and what lurks behind it- fear. Anxiety gone rogue dictates our actions, permeates our joy, and drives us to behave with strong avoidance, procrastination, indecisiveness, and most importantly the illusion of control and perfectionism. Anxiety unknowingly and also obviously influences many decision in our lives and not always negative-fear and anxiety can guide us away from danger.

If we live with unbridled anxiety, ailments will encompass our lives - headaches, fatigue, pain, insomnia, dissatisfaction, critical thinking, and panic, to name a few. It is the "unhealthy fear", the fear and anxiety that invents danger and exaggerates the negative that drives us to ruminate about every conceivable problem or potential problem in our lives.

Practical tips can help individuals who embrace their anxiety and wish to minimize it in their lives:

#### **Take care of your body:**

- Eat healthy and throughout the day, avoiding large meals
- Avoid alcohol, nicotine, caffeine and refined sugar
- Exercise regularly – aerobic exercise of moderate level for 40 minutes at least 3-4 days per week

- Sleep 7 hours per night
- Ask your physician if hormonal issues-testosterone, estrogen, progesterone, or thyroid should be evaluated

#### **Learn how to calm your mind:**

- Learn how to mediate- pray, relaxation, mindless, or imagery meditation
- Learn how to breathe from the diaphragm
- Practice Yoga, Qi Gong or Tai Chi
- Be mindful of your thoughts-stay in the moment, naturally you become unable to worry as excessively if you are paying attention to the moment you are in

#### **Place effort in not entertaining the worry:**

- Develop awareness that you are giving anxiety its space and that you can do something to slow it
- Plan fun, laugh more, and behave more spontaneously
- Interrupt the worry by replacing it with thoughts of reassurance
- Sort out your worry by listing your concerns, consider options for dealing with the problem, decide on the best option, and then write out a plan

Daily practice of these techniques will help you to tune in to your inner life of fear and reduce symptoms of anxiety. It is challenging to begin, but taking one technique at a time and practicing

regularly will give the most benefit. If anxiety becomes so severe that it interferes with your ability to live your life productively, seeking the help of a professional may be warranted.

Resources:

<http://www.anxietybc.com/>

[http://www.helpguide.org/mental/anxiety\\_self\\_help.htm](http://www.helpguide.org/mental/anxiety_self_help.htm)

<http://www.anxietycoach.com/>

<http://www.adaa.org/>