

5 WAYS TO COMBAT ANXIETY

I N S I D E O U T M I N D B O D Y

The Anxious Mind

Think of Anxiety is a part of you that is stressed. It is not all of you. There are times I am sure that you don't feel anxious, which means change is possible.

To make changes to our anxiety we need to calm the part of the brain that causes the anxiety, the amygdala.

The amygdala overrides every other brain function when activated. Stress hormones are released and our body goes into fight, fright or freeze stress response.

These techniques given will help retrain your brain and your response to these situations.

Our brain works in pictures and feelings, like a mini movie. So that's why many of these techniques involve visualisation and feelings. Many people try to avoid anxiety, but what you need to do is actually face it, so new neural connections can be formed in your brain and you can respond differently to it.



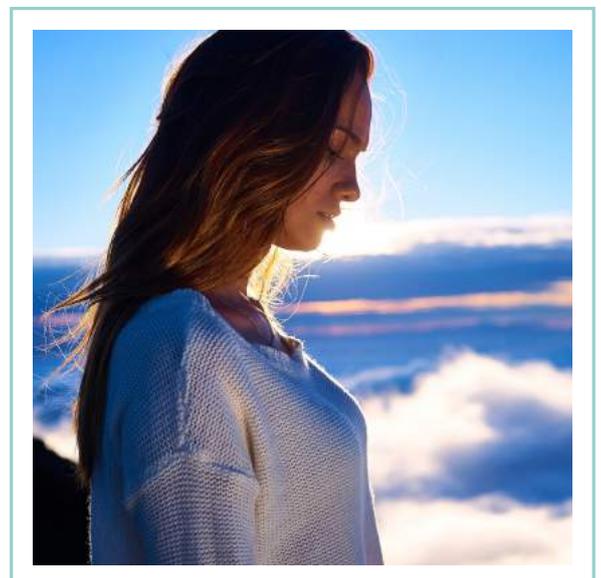
1. Deep Belly Breathing

A lot of anxious people breathe by lifting their chest first. This means the balance of carbon dioxide and oxygen are out in your body.

Place 1 hand on your chest and 1 hand on your stomach. Breathe in and push your belly out like a balloon first before your chest rises, then breathe out.

If your chest rises first, it just means you need to train your other muscles to do this instead. Ensure you practice this technique in the car, at your desk or while you are cooking.

The more you practice, the more it becomes automatic reaction in your body.



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2. Shift the Focus

This technique helps you shift your brain from focusing on the feeling of anxiety and move it out and around your body.

Start by focusing on a spot on the wall in front of you.

Slowly begin to expand your peripheral vision to include the spot and the area to the sides of you. Then gradually keep shifting that vision to the ceiling and floor and become more and more aware of the space behind you.

Repeat and practice anywhere at anytime.



3. Change your Observations

Locate the feeling of anxiety in your body. Notice the size, shape and colour of it.

Now one by one change the colour, shape and size of the anxiety to make you feel better. Then move it to a different position in your body, so it feels better.

Finally, if the anxiety was like a volume dial. Firstly turn up the anxiety slightly, like turning up a sound dial, so you know what it feels like. Then turn the anxiety dial all the way down.

Once you've done that imagine your anxiety as a pebble. Imagine you find it on a wide expansive beach. Now imagine the beach is an island. then the island is in an ocean, in our planet and the universe.

Notice how that feels as you shift your focus.



4. Heart Coherence

This technique is widely used around the world, developed by the HeartMath Institute.

Bring your awareness into your heart. Imagine taking some deep belly breaths and the air moves in and out of your heart space. If easier place a hand or a couple of fingers on your heart. As you do this for a couple of minutes focus on someone you love, care for and allow the feelings to flow through your breathing.

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5. Acupressure with Hands

All over our body are acupuncture points which we can press using our hands to activate them, instead of using needles.

It is similar to EFT Tapping, which helps reduce the anxiety/stress in our bodies.

Hold each finger of 1 hand for approximately 2 minutes, while doing your deep belly breathing.

The thumb = worry, index finger = fear, middle finger = anger, ring finger = sadness and little finger = self-esteem.



About Carlene

Carlene has spent the last 5 years relaunching her own life with the help of Resource Therapy, Reiki, Time Line Therapy, Hypnotherapy, EFT Tapping and NLP techniques. After suffering for years with anxiety, PTSD, social anxiety, self-doubt, confidence issues, workplace bullying, relationship issues and burnout.

She is thrilled with the new confident and connected version of herself. Carlene now helps high achieving women who feel lost and alone, express how they truly feel and embrace who they really are.

More Information

If you need extra support of understanding on how to use the techniques, I'm always happy to answer them. There are many other ways to combat anxiety a lot quicker, and find the root cause of why it keeps recurring in your life. These include EFT Tapping, Resource Therapy, Hypnotherapy, Time Line Therapy and more.

If you have any questions about these therapies please contact me at carlene@insideoutmb.com or 0417 823 487.



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