



# THE ULTIMATE *Conquering* DAILY ANXIETY

FORMULA



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**THE EIGHT  
EFFECTIVE  
STEPS TO  
BREAKING  
YOUR CYCLE  
OF ANXIETY**

You are going to learn powerful coping strategies to manage your anxiety in your life and how you can begin to break the cycle of anxiety starting today!

Do you feel anxious when the pressure's on? Do you struggle to calm your nerves in the midst of stressful situations? These are very normal feelings. Sometimes, however, these worries can become overwhelming even in your day-to-day routines.

Extreme anxiety can inhibit your everyday life. Anxiety about a particular situation can cause you to feel worried about everything else. Anxiety can run your life if you let it, but you can take control and learn to thrive in situations that challenge your resolve.

Learning to deal effectively with anxiety is a powerful skill that will benefit you in many ways. Your relationships with others will be impacted in a positive way. You'll go after your dreams instead of giving up easily. And your self-confidence will grow as you develop the habit of effectively responding to situations despite the fears inside of you!

It's natural to sometimes feel nervous in social situations, or face momentary anxiety, but social anxiety is more than just feeling shy. Social anxiety, or social phobia, can be so severe that it's almost crippling. It can prevent you from moving ahead in your career or having successful relationships.

**Social anxiety can have both emotional and physical symptoms.**

### **Emotional symptoms might include:**

- Intense feelings of fear when interacting with people you don't know
- Fear that you'll be judged by others
- Difficulty making eye contact
- Worrying about doing something that might be embarrassing or humiliating

### Physical symptoms of social anxiety often include:

- A rapid heartbeat
- Shaking
- Sweating
- Blushing
- Muscle tension
- Nausea

Do you experience any of these symptoms when you are in social situations, or do you find yourself trying to avoid situations in an attempt to escape feelings of nervousness or inadequacy?

If you begin to use these eight strategies today, you will notice the difference immediately. These ideas are simple, but they have the power to revolutionize your life.

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**THESE TECHNIQUES CAN HELP YOU  
BREAK THE CYCLE OF YOUR ANXIOUS  
FEELINGS AND CONQUER YOUR  
ANXIETIES**



# PRACTICE DEEP BREATHING



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One of the most effective ways to cope with anxiety is deep breathing. Take deep breaths. Inhale and exhale slowly. Deep breaths get much-needed oxygen to your brain and throughout your body, relaxing your muscles. The increased air to your body and mind helps you calm down in times when you would normally become stressed out.

- **Learn to control your breathing. When people get nervous, it's very common for their breathing and heart rate to increase.** Consider trying this breathing exercise:
  1. **Step #1:** Find a comfortable chair to sit in. With your shoulders relaxed and your back straight, place one hand on your stomach and the other on your chest.
  2. **Step #2:** Take a slow, deep breath in through your nose and hold it for several seconds. When you breathe deeply the hand on your chest will move very little, while the hand on your stomach rises.
  3. **Step #3:** Exhale slowly, letting the breath out of your mouth and pushing out as much air as you can.
  4. **Step #4:** Repeat this process until your heart rate drops and feelings of nervousness subside
- **When you notice that you're beginning to get nervous, pay attention to your breathing.** For a few days, practice deep breathing in a relaxed, private, comfortable environment where you're not rushed. Put your hand on your belly, and make your hand rise and fall with each breath. Be sure to take in a slow, full breath. Exhale slowly.
- **If you practice this deep breathing exercise before the moment of truth, you'll be equipped to control your breathing when a stressful situation occurs.** When the pressure is on, and you notice your heartbeat beginning to rise, simply pay attention to your breathing and do what you've practiced.

**How can you begin to practise deep breathing inside your daily life when you become anxious? Write down action steps you are going to begin taking.**

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# CHALLENGE NEGATIVE THOUGHTS



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Learn to recognize when negative thoughts are creeping up. Think things through logically and avoid giving into overly critical thoughts.

**For example, perhaps you get very nervous when meeting someone new. You might think that you'll look foolish or say something to humiliate yourself.**

When this happens, stop and think it through logically. If you say "hello" to someone and ask them a few questions to get to know them, are they really going to think that's foolish? People will probably find you articulate and intelligent.

Think about what you want to say to someone before you say it. You never want to speak out of pure emotions because you might say something you may regret, so relax and think about your words and contemplate them before they come out into the public air.

Start a journal. Starting a journal can be a real stress reliever. It's like you have a secret friend to vent to whenever you want. In addition to reducing anxiety, starting a journal might also be beneficial for you in challenging negative thoughts because it will help you preserve good memories, too.

Learn what triggers your anxiety. Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

### **Pray & Meditate.**

Meditation & Prayer is certainly an effective strategy even though it seems like quite the opposite. Your choice to be inactive is an action in itself. Try to meditate by taking deep breaths in and out. Doing so will relax all of your muscles in the process and your problems will begin to fade away. If you are religious, get alone and pray with God about your feelings and struggles, and ask for peace, wisdom, strength and help.

Step back for a moment. Take a time-out. Practice yoga, listen to music, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head from racing with anxious thoughts.

**What steps can you take to challenge and combat your negative thoughts?**





# FACE YOUR FEARS



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If you worry constantly, you may not be leaving your comfort zone often enough. Seek opportunities to stretch your mental boundaries in ways that aren't extremely stressful. As your mind and body become used to taking on challenges in dealing with your nerves, give yourself greater challenges to increase your ability to handle them.

- **If you are in the habit of shying away from things that stress you out, purposefully put yourself into situations that you aren't sure about.** This will help you build confidence. The more steps you take outside of your comfort zone, the better equipped you'll be when the real challenges of life cause you to feel anxious.
- **Learn to face your fears.** Putting yourself in a social situation forces you to deal with your anxiety and allows you to find ways to cope.

**For example, consider doing some volunteer work. Although you'd be working side-by-side with strangers, they'd be like-minded individuals with a common goal. This would make it easier to interact with them.**

**What fears can you begin to face head on instead of shying away from them this week? Write them down.**

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# MAKE SOME POSITIVE LIFESTYLE CHANGES



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Making certain lifestyle changes can help you deal with anxiety more effectively. Check out these examples:

- **Quit smoking.** Not only is smoking very dangerous to your overall health, but the nicotine in cigarette smoke is a stimulant that can increase anxiety.
- **Limit your caffeine intake.** Caffeine is also a stimulant. Avoid drinking too much coffee, soda, or energy drinks to help you keep your anxiety under control.
- **Monitor the amount of alcohol you drink.** Many people like to have a drink to help calm their nerves before entering a social situation. However, alcohol can actually increase the risk of an anxiety attack. Limit alcohol and caffeine, which can aggravate anxiety and trigger panic attacks.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

**What positive lifestyle changes can you begin to make in your daily life to help you conquer anxiety? Write them down.**

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# EAT NUTRITIOUSLY



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An often-overlooked way to beat anxiety is to make sure that your body is properly fueled for the challenges it must face. Eat

well-balanced meals. Do not skip any meals. Do keep healthful, energy-boosting snacks on hand. Eat a balanced breakfast. Eat small meals, and eat more often. Keep track of what you're eating in a daily log so that you can begin to notice patterns that sabotage your health.

- **Drink plenty of water.** This one sounds simple enough, right? The truth is that water has some amazing healing powers. Be sure to get at least 8 glasses of clear fluids each day.
- **Putting healthy foods into your body can help reduce anxiety.** Analyze your current diet and pinpoint the items that might need to go. Enjoy the less healthy items in moderation while you increase your intake of the nutritious foods your body craves. Also, you may want to consider taking a multivitamin.

When your body is fueled properly, the daily anxieties you experience will be less overwhelming.

What ways will you begin to have a nutritious daily diet so that you can beat anxiety and make sure your body is properly fueled for the challenges it must face?

**Example:** I will eat three meals a day and make sure I am having a healthy balance of fruits, vegetables, grains and protein. And I will carry a water bottle with me to drink from all throughout the day.

**How about you?**

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# EXERCISE



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Exercise daily to help you feel good and maintain your health. Your body is made to move. If you sit at a desk all day, you'll likely face greater challenges with worry and stress than someone who's always on the move. Exercise provides tremendous stress relief, an outlet for frustration and a boost to your overall self-confidence. All of these contribute to a peaceful feeling and less anxiety on a daily basis.

How will you be adding exercise to your daily life to feel good and maintain your health?

**Example:** Everyday I will be going for a walk around the local park after work and three times a week I will be practising yoga, swimming, or working out at my local gym

**How about you?**

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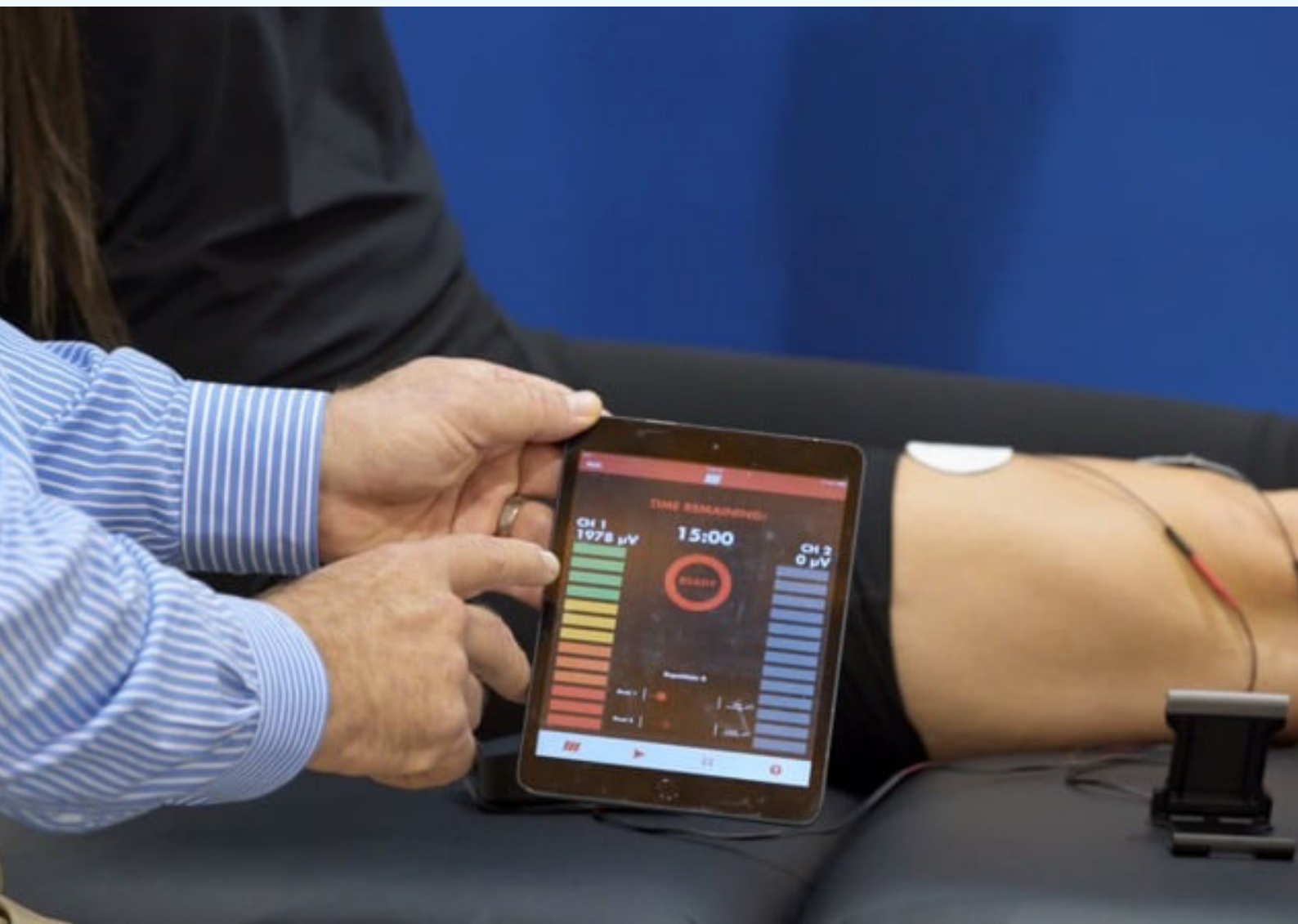
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# GET A BIOFEEDBACK DEVICE



A biofeedback device will show you the subtle things your body does when it gets anxious. It will record your actions, such as increased heart rate, perspiration, temperature, and strained muscles. These are things you don't normally notice. When the biofeedback device gives you these readings, you get to know your body better and you're then more able to counteract these symptoms and relax.



# REDUCING ANXIETY BY CHANGING YOUR WAY OF THINKING



- **Do your best.** Instead of aiming for perfection, which isn't possible, be proud of your accomplishments. Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think? The truth is there are many things you can do to actively reduce your anxiety. Make a list of the things you find relaxing and make sure that you allow yourself some time each day to do one of them.
- **For many people, the way to deal with anxiety or social anxiety is to simply avoid situations that make them anxious.** However, this can prevent you from going after the job you want, dating someone you're attracted to, or making new friends. Instead, find ways to cope with your anxiety so you can live a happy and fulfilling life.
- **It's normal to feel nervous when stressful situations occur.** But without strategies to overcome those nerves, you can feel paralyzed and sabotage your chances of experiencing the success you deserve. Instead, start using these eight strategies today to effectively cope with your feelings of anxiety and emerge triumphant over them!
- **Focus on gaining better control of your mind.** Don't let your thoughts run away with you. Instead, give yourself some time to unwind in the evenings. Most important of all, don't be too hard on yourself. Everyone deals with anxiety at some time or another, but you can use these tips to keep it under control.

# SEEK COUNSELING



You know yourself best and will be able to tell if you're having mild anxiety problems or severely life-altering issues. If your anxiety is showing an interference with your daily life, seek the advice of a healthcare professional.

Talk to someone. Tell friends and family you're feeling overwhelmed, and let them know how they can help you.

Talk to a physician or therapist for professional help

If you've tried these strategies, but you're still having issues with anxiety, it may be time to see a therapist or medical doctor. This is especially true if your anxiety is having a negative impact on your life. A therapist can give you additional strategies for dealing with anxiety and a doctor can prescribe medication that can help.

Sometimes, the issues you face with anxiety may require you to seek counseling to overcome them. If you've tried many things without success, a mental health professional that is trained to help you overcome these challenges may be your best bet.