



7 Steps To Relieve Anxiety Now

Anxiety Relief Techniques

www.AnxietyReliefStress.com



Medical Disclaimer

I am not a doctor, nor do I pretend to be. I am someone that has suffered with social anxiety and have researched ways over the years to help me control and overcome my disorder.

The Internet gave me a chance to share my story with hundreds of other anxiety sufferers.

We often feel alone, but we don't need to when there are people ready and willing to help when needed.

I want to help, whether it be a listening ear when you need it most or with a natural technique I have tried that has helped me.

I have also read many other natural solutions from other anxiety sufferers that have become [anxiety free in two years](#). If I think they can help you I will share them with you too.

I am not a psychiatrist or psychologist or even a therapist...I am just like you, although I feel in control of my life now.

So now you know about me and I have the legalities all written down clearly...let's begin your road to freedom!

You can read more about me here: [About Me](#)

...and you can read my [disclaimer and disclosure](#) too if you like.

To Your Health and Happiness,
Jennifer Johnson

INTRODUCTION

So now the legalities are out the way, let's talk about our anxiety and what we can do right now! Everyone feels anxious occasionally...that's perfectly natural.

Whether work is getting to us or we're simply having a hard time managing all that we have to do, we can feel overwhelmed and worried that we might not be able to manage it all.

When these feelings hit, we don't have to suffer unnecessary anxiety and stress.

By taking some simple steps, you can begin to create a calmer attitude, one that not only helps you feel better, but one that allows you the chance to make better decisions about what you need to do next.

The more time you take to allow yourself to feel calm, the more natural serenity will become – as opposed to being stressed out all the time.

Reducing anxiety in your life doesn't mean quitting your job or not helping others in your life, either. Instead of avoiding stress, you simply need to learn productive ways to manage it.

Plus we all know less stress decreases our anxiety levels and adds up to better health, including:

- Lowering our blood pressure
- Providing a stronger immune system
- Having fewer sick days

You may have heard of many techniques already, such as [meditation](#), or even watching your [diet to reduce anxiety](#)...but how do we start feeling good and taking control of our panic and anxiety attacks today?

You may have heard of or even tried some of these tips I am about to talk about...but practice makes perfect! Don't just do it once and say that doesn't work.

Practice, practice, practice...

1. BREATHING TECHNIQUES

While we all breathe, most of us are breathing less effectively than we could. Have you heard of [diaphragmatic breathing or belly breathing](#)?

When we are stressed out, we are far more likely to take shallow breaths with each inhalation. This is because our chests tighten up with shoulder tension and muscular tension, causing our breathing to be altered, especially when we are feeling a panic and anxiety attack about to unleash.

For many of us this is an everyday occurrence, so we don't even notice it, but what is happening is that our bodies aren't getting enough oxygen...

...and since we do need oxygen to live, this is a problem for our stress levels.

When your body isn't functioning at its highest capacity, and that's what happens when your cells don't get enough oxygen, you are prone to physical anxiety symptoms when under stress.

You might feel fatigued, unable to concentrate, and you will notice that you simply don't feel relaxed, so try this breathing exercise.

Whenever you feel like things are getting a little too difficult, stop for a moment and close your eyes. Take a deep breath in, so large that your stomach begins to expand as you breathe in. (As I said above – belly breathing.) Hold this breath for four seconds and then exhale for the same number of seconds.

When you breathe out all of your air, don't breathe in again immediately, wait a few seconds and then breathe in.

Repeat this as often as possible to help your body get enough oxygen and release muscular tension that can make you feel even more anxious.

You are also clearing out any stale air in your lungs, allowing your body to feel energized and refreshed.

2. STOP AND RELAX

When your 'To Do' list is making you raise a sweat and your adrenaline is rising, you probably just push on regardless.

While this seems like a productive way to attack your responsibilities, you are actually creating more anxiety for yourself. As you continue to 'soldier on' with your responsibilities, your body creates more stress hormones, making you prone to react more aggressively to additional stress.

Think about it. When you're upset about something and then someone comes up to you with more bad news, you feel even worse about the additional news.

What you need to do is to stop the cycle of anxiety and stress for a moment.

Whenever you feel as though you might explode, you need stop whatever you are doing and simply rest.

The world isn't going to end because you're not working every single second of the day. You are simply stopping the anxiety cycle and allowing your body a moment to feel the stress and then move on to do something about it.

This rest can be a few minutes or longer, depending on the time you have. You can do something completely unrelated to the stress you are feeling or you might simply close your eyes and try to block out the world.

However you 'get away' from your anxiety is fine, so long as you take these mini 'mind' vacations throughout your day.

What you are doing is creating the opportunity for your mind to relax and recoup before it is given something else to think about. You will find that you are better able to make decisions when you give yourself a moment to stop.

You will keep yourself from just reacting to the responsibilities you have because you are dealing with one source of anxiety problems before heading into another.

You can try these simple escape paths...

- Go to the bathroom – It's quiet and no one is going to bother you.
- Turn off your computers for a few minutes
- Play with your pets
- Look out the window

Just do something that isn't related to what you're doing and then you will be able to come back less full of panic and anxiety

3. WRITE IT DOWN

Often, without meaning to we tend to 'catastrophize' the anxiety we feel. We can't help it...we are afraid...and we think that we have much more to worry about than we actually do.

Of course, there are times when we are worrying just as much as we should too! Life has its rough spots, but if you find that your mind is racing and that you cannot concentrate because you are anxious, it can help to write down everything you are worrying about.

You can use a special notebook or a plain piece of paper to simply write down all of the tasks you need to complete or other things that are on your mind. This will help to separate your experience from the things that are weighing you down.

By seeing your responsibilities in front of you, you will get a clearer idea of how you can tackle them – often in a less stressful way. You can also see if it really is as big a problem you think it is.

Whenever you feel like you can't handle everything that's on your proverbial plate, write down what you're worried about. You can take this one step further by writing down why these things worry you.

- I'm afraid I won't be able to do this right.
- I'm afraid I'll get fired.
- I'm afraid they won't like me anymore.
- I'm afraid that I will fail and end up living all alone.

Be as silly with your reasoning as possible because it will help you release your anxiety and stress and perhaps realize that you're worrying needlessly.

Some people find that writing down their worries at the beginning of the day gives them a better idea of what they need to do during the day, while others find writing down their worries at night allows them a chance to process potential solutions as they sleep.

4. VISUALIZE

When you're feeling like you simply can't manage the things in your life, stop for a minute and visualize the way you wish things would be.

So often, we begin to visualize the way things could go – often the worst possible scenario. Instead, try to change your thinking to something more positive.

What you might not realize is that our brains can't always tell when they're in certain settings. It's been shown that people who think they're in a warm place and those who are actually in a warm place have the same brain activity.

That is, the brain can't distinguish between what it senses and what it is 'told' by the thinker.

If you are feeling anxious, try 'telling' your brain that it is calm and peaceful.

For just a few minutes, close your eyes and pretend you're at your favorite vacation destination – whether you've been there before or not.

You might also want to visualize how you want a certain project or activity to work out. Picture yourself completing the project and being happy with the results.

The more you teach and train your brain to believe that things are going well, the more likely you are to follow through with actions that will create these results.

If you'd like, you can keep up prompts for your visualizations, like pictures of your favorite things or past vacation. These will help snap you into a calm mode so that you can quickly retreat from your anxiety as you need to.

Visualization can also be done at the beginning of the day to help you plan out how you want your day to happen, or at the end of the day to work through problems you wished you could have handled another way.

5. WALK AWAY

While you can't simply run out of a stressful situation or business meeting, even though you feel a panic attack is imminent, there is something to be said for removing yourself from the situation as soon as you can.

When you are feeling anxious about a certain work project, you might want to allow yourself five minutes to walk away from your desk to talk to someone else in your office...or escape to the bathroom and do some deep breathing.

This will help to distract you from your anxiety attack and to help you focus on something that's more calming for you.

Once your body begins to feel calm again, you can return to whatever you were working on.

Walking away can be a physical process of literally walking away from your desk or from the stressful situation or it can be a figurative practice in which you deflect the anxiety for a moment.

For example, if you are in a meeting in which you don't feel like you are representing your side of the discussion in a productive manner, causing your blood pressure to rise, heart palpitations to go haywire etc., ask to continue the meeting at another time. This can also help you have some time to regroup and to be more prepared for the other side's responses.

Other ideas for walking away include:

- Get up and get a glass of water
- Head to the local coffee shop
- Go get the mail
- Clean something up

Removing yourself from the situation will help you look at the situation in a far more productive and positive way...and it's like giving yourself mini breaks throughout the day.

6. DISTRACTION TECHNIQUES

When you are feeling anxious, your body begins to react in a physical manner. These are normal anxiety symptoms and if you are already upset, you might feel these symptoms worsen and begin to feel even more anxious.

What you need to do is to interrupt your feelings so that you can focus on feeling better, instead of feeling worse.

There are a number of ways to distract yourself when you are feeling the beginnings of a full blown anxiety attack:

- Be observant - Look around you and find something to focus your attention on. Look at this item closely and try to find interesting things to examine.
- Count things - When you are in a setting that is upsetting, you can always count things around you to help take your mind off of your stress.
- Ask questions - Try asking someone a question that will take a long time for them to answer. This will give you something else to focus on, while also taking the spotlight off of you and your contribution.
- Play a computer game – Nearly every computer has pre-installed card games that you can play quickly without any loading time. Things like solitaire are fairly mind numbing and can keep your mind off of your panic just long enough to allow the physical symptoms to subside.
- Wash some dishes – If you're at home when the stress hits, try doing a mundane chore. Not only will you have accomplished something, but you will need to focus your attention on that chore in order to get it done right.
- Doodle – As simple as it sounds, doodling on a piece of paper can help you remove your attention from your stress and put it squarely on this simple and mindless task.
- Try affirmations – When you repeat to yourself that nothing bad is going to happen and that all is well, your body will begin to relax – even if you don't believe it completely. Try writing it down on a piece of paper whenever your stress levels begin to rise too.

7. HAPPY TECHNIQUES

When you are trying to quit a certain habit, some psychologists recommend replacing the habit with something that's unrelated to the previous habit. For example, if you want to give up snacking between meals, experts recommend keeping your hands busy.

The same kinds of tactics can be applied to your anxiety.

No matter where you are, there are things you can do that are in complete opposition of your rising stress, helping you change anxiety into something more positive.

Try some of these fun and happy techniques:

- Take a shower – When you are feeling anxious, your body tends to tense up and produce knots that make you feel worse than you already feel. Instead of letting your body tighten up, try taking a shower to loosen your body up. Not only will the hot water help your tension, but a shower is also a place where you can be completely alone with your thoughts. Have special soaps that smell good or a waterproof radio to turn your shower into a secrete getaway.
- Craft time – If you are artistically inclined, or even if you're not, try finding a craft you would like to do whenever you are feelings stressed. Even a simple coloring book can help you divert your attention from stressful feelings and help you feel relaxed. Maybe you can make holiday cards when you are feeling anxious or you can take out a piece of clay and sculpt it.
- Laugh – Whether you talk to a friend who is always funny or you stop to watch a recording of your favorite comedy, take a few minutes to laugh and to smile. You don't need to be slapping your knee in order to be happy, but simply making your body feel good will help to counteract the stress you are feeling. You simply can't feel unhappy when you are smiling.
- Play with a child or a pet – Since you don't want to be upset around either a pet or a child, you will help to reduce your stress immediately.

You can find your own fun stress reducing activities too. Figure out what makes you happy and feel better and then make sure to practice it regularly.

OTHER STEPS TO TAKE CONTROL

There are many ways we can learn to take control. There are many wonderful [self-help programs](#) available that have helped people and anxiety relief groups where people can talk to others.

There are also times when your organization and planning may be avoided. While this seems like a good idea as you feel that you don't have time to do one more thing, you might actually be increasing your anxiety levels by not taking control using these simple tips.

When you organize your desk, it's easier for you to find things, which can immediately decrease your anxiety levels. You've probably already found this to be true.

So, when you are under a lot of stress, you should stop and clean up your work area in order to allow yourself to feel more in control – because you will be.

At first, this might actually make you feel more worried as you uncover things that you don't necessarily remember having to do, but as you begin to create an organization system, you will feel more on top of the things you need to accomplish.

Here are some simple organization and planning tips that will help you find a system that works best for you:

- File folders – When you have things that you need to organize and complete on a certain schedule, it can help you to have a few file folders to organize it all. Some people like to have certain colors of folders for certain priority levels. For example, if things are very important and need to be done today, they might go in the green folder. Or if you can do them later, they can go into a yellow file folder...and as you complete all of the things in the green folder, you can move to the other folders.
- Have a tiny 'in' box – Instead of simply throwing things in piles around your home or office, you should have an 'in' box that will hold all of the things that need to be addressed. This will help you keep your 'To Do' list manageable, plus it will help you tackle the most important things first.

- Use a calendar – It doesn't matter if your calendar is a paper calendar or a high tech PDA, make sure you are writing down the things you need to do and when they need to be done by. This will help you see when you need to say no to new projects or when you might need to ask for help in order to get things done on time.

What you are doing when you create an organization system is to empty your mind of the things you need to do.

Once you have a system in place that you trust, you can let go of the anxiety you have surrounding whether or not you're on track – you will already know.

TALK TO A FRIEND

One of the quickest and easiest ways to reduce your anxiety is to talk to a friend.

By simply calling them, you can begin to change the way you are thinking about your stress as well as how you might be reacting to it.

You can either talk to your friend about the thing that is making you anxious or you can ask them to make you feel better about the stress you are feeling. No matter what your friend says, you will be able to reduce the anxiety you feel.

Just by asking for someone else's help, you will be able to increase the chances that you will begin to feel better quickly. People like to help other people, so tell your friend that you're upset and that you need them to help you distract yourself from the feelings you are feeling.

Or you might want to pretend like nothing is wrong and let your friend talk about their life. Ask them questions and help them solve problems they might be having. This can often put your own problems into perspective and allow you to feel better about what you are doing.

You might also want to ask your friend for advice on what you are doing (or not doing) at the moment. If your friend is honest, they will show you any errors in your thinking and they might be able to offer you a fresh take on a problem you are facing – often showing you something that you missed because you were focused on your anxiety.

Have someone on your speed dial that you can call when your anxiety is too much. Or you can always talk to their voice mail or answering machine.

CONCLUSION

Anxiety attacks don't have to ruin your life. While we all will get anxious from time to time, you need to realize that our attacks can actually be avoided and diminished with these simple tips and tricks.

Most of these ideas can be completed within minutes, allowing you to get back to the work you need to do or the people you need to talk to.

While you might need to use more of these tips during certain times of your life, that doesn't make you a weaker person for it. Why be the person who suffers all the time when you simply don't need to be?

You can be in control of your panic and anxiety instead of letting it control you. Managing the way you deal with it will help you make better decisions and it will help you live a more satisfying and peaceful life – no matter how much you have to do.

I hope these 7 techniques have been of some benefit to you at least for today! I have many [natural tips](#) up my sleeve! If you would like more information, visit my website...

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ANXIETY RELIEF TECHNIQUES

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