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dealing with anxiety

10 guidelines for dealing with anxiety

1. Any feelings that you experience when stressed are normal bodily reactions; they are simply exaggerated. They are not harmful - just unpleasant
2. Try not to add frightening thoughts to these feelings
3. Notice what IS happening to you and try not to think about what you fear MIGHT happen. More than 98% of things we fear NEVER happen
4. Wait for the feelings to pass; try not to fight them. Simply accept them for the moment and let time pass
5. Notice when the feelings begin to fade away. When you stop adding frightening thoughts, the feelings begin to fade by themselves. There is nothing you need do
6. Use stress is an opportunity for progress; use it to learn coping skills and as opportunity to grow.
7. Think about your progress to date despite the difficulties; focus on how well you'll be when you feel better.
8. When you begin to feel better; focus on your surroundings and start to plan what to do next.
9. When you are ready to go on, start off in an easy, relaxed way. There is no need for effort or hurry
10. Let time pass and remember that as you learn to relax you will have less bad days and more good days.

Some things to tell yourself

"I will stay in the present"

"Thoughts and feelings are not facts and actions"

"Feelings may be distressing but they are not dangerous"

"Anxiety can only go so high and it always comes down"

"I've handled this before, I can do it again"

"I am the same person here or in my safe place"

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