

## **Anxiety**

Anxiety is a God given radar system to alert us that something is not right, or that we are in danger.

### **Live Life**

### **Passionately Ever After**

**Anxiety** is a God given radar system to alert us that something is not right, or that we are in danger. Often, our immediate response is to try to suppress or fight it. Usually, this makes it worse. It can exasperate to hyperventilation, sweating and paralyzing panic. Listed below are some ideas to cope with and minimize the negative consequences that can result.

- Stop what you are doing, slow down and take a few slow deep breaths. (Breathe in four seconds, hold it for four seconds and exhale for four seconds.)
- Move your shoulders back and head up, rolling your head from shoulder to shoulder.
- Force air out of your body. Do some push-ups, jog, or scream into a pillow.
- Tighten and loosen various muscle groups, feeling the tension and "letting go" when exhaling your breath.
- Develop a meditation and imagery script to calm your spirit.
- Try to learn what the anxiety is trying to do *for* you. What were your thoughts or where were you when you first noticed it coming on?
- Once you identify the stimuli, consider making the changes necessary to honor your body.
- If you cannot change the stressors, cognitively "reframe" the situation to minimize anxiety.
- Remember that poor sleep and/or poor dietary habits can make us vulnerable to anxiety.
- If anxiety occurs often and the above techniques do not help, talk with your doctor.

Anxiety can rob your life of passion! Manage it correctly and you can live your life passionately ever after!

For assistance living your life ***passionately ever after***, call...

**Passionately Ever After Counseling Center.**

*At*

**214.618.8202**

