

5 Steps to reduce Anxiety conditions without drugs



1 Conscious Breathing

What we mean by Conscious breathing, is being aware of each breath you take. Focus is on the breathing only.

While you are in bed, each morning on waking and each evening before going to sleep, take a deep breath in to the count of 8 and exhale to the count of 8. Repeat this for 8 breaths.

Allow your mind and body to relax with each breath, feel that deep breath in through the nose, fill your lungs and allow your diaphragm to push out with each breath.

Breathe out through the mouth feeling the chest and tummy lower

You can close your eyes while you do these breathing exercises if that feels better for you.

Once mastered, this breathing technique can be used at any early signs of stress or anxiety.

2 Closed Eyes Meditation

The ongoing practice of meditation is building the ability to allow thoughts in and then to let them pass while remaining calm and relaxed

There is also open eyed meditation and guided imagery where an instructor will guide you.

Find a quiet spot and sit comfortably or lay down. Somewhere, that you won't be disturbed.

Start with a few of the deep breaths with your eyes closed and allow a pleasant and calming image to come to mind.

It may be a fluffy white cloudy floating across the blue sky or perhaps being at the beach and watching the waves roll in and out, feeling the warmth of the sun and the soft whiff of salty air on the breeze, or perhaps a happy childhood memory

Continue to breathe in and out with the picture in mind, letting your shoulders relax and feeling your body relax right down to your toes.

You might rest for 10 to 15 minutes the first time and each time you practice this you will notice that relaxed state will stay with you when you open your eyes.

3 Self Awareness

Self awareness comes from knowing what makes you anxious/worried/afraid etc and how to turn to that relaxed breathing state before the panic/fight or fight response/fear etc sets in.

Learning coping skills like this will help to diffuse the intensity of the anxiety episode in whatever from that takes, over time reducing the effect of the anxiety.

Listing what causes you to feel like this and writing some words about how it feels is also a good way to become self aware of how you are processing things going on around you.

Sleeping and eating well are also of vital importance to your overall health and well being.

This also means, being aware of the harmful effects of drugs and alcohol on the body and mind.

4 Positive Thinking

Positive thinking alone is not the way to make a change for the better in your life.

Taking action is just as important.

Playing with language is both a positive thing and the action is participating.

If I usually say "I am feeling afraid" and changed that to "I am feeling uncomfortable" or perhaps "I am feeling depressed" and changed it to "I don't feel that I am on top of this"

Over time you will notice that your language will change and it will sometimes make you laugh out loud, or at the very least smile.

Ask me for the full sheet of examples.

5 Exercise

Some days, the last thing you feel like doing is exercise. That is understandable.

Sitting on a couch or laying on the bed or even if you are at work, taking a break to get up and walk is the beginning of change for you.

You could take a walk around the house, go outside for 5 minutes and walk in the sun breathing in some fresh air. Perhaps go to a local park and walk around the grass or sit on a swing. Movement is necessary to keep your muscles and ligaments strong and healthy.

After some weeks of small steps, you might go for a run, long walk, keeping some water with you to stay hydrated.

To sum up the 5 steps

1. Conscious Breathing
2. Closed Eyes Meditation
3. Self Awareness
4. Positive Thinking
5. Exercise - including Sleeping, Eating and Hydrating

Each step is building on the first and previous steps.

1. Breathing exercises... Sleeping well..... Eating well.....
2. Being able to relax.....
3. Being alert for what might make us anxious.....
4. Playing with language
5. Adding some form of exercise..... is taking charge and step by step heading towards being in charge of your life.

Help and support is available for you.

Call me on 0419006406 to make an enquiry about my 5 session package on relieving anxiety conditions.