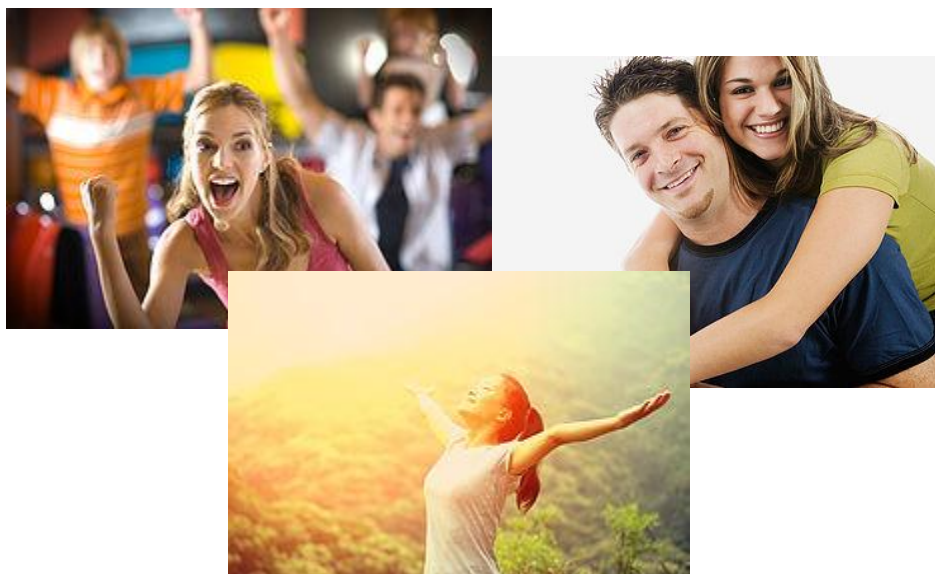




# ***"Five Simple Steps To Rapidly Reduce Anxiety"***

**+**

***A Wealth Of Bonus  
Practical Techniques  
Designed  
To Help Put YOU  
Back In Control***



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# Top Tips And Techniques To Help You Rapidly Reduce Your Anxiety

## ***“Be your own magic!”***

First of all, thank you for requesting this guide! It's packed full of tips and techniques that actually work, and will help you to really start taking back some control over your anxiety!

It's time to enjoy a worry free, happier life!

### **So What Is Anxiety?**

Sounds like a stupid question but the best way to smash it, is to completely understand what it is, where it comes from and how it works.

**The first thing to understand is this:**

*Anxiety is a completely natural response - **TRUE***

*Everyone experiences anxiety - **TRUE***

*Anxiety is actually a protection mechanism - **TRUE***

*Anxiety is my own fault - **FALSE***

*It's just the way I am - **FALSE***

*I will always be this way - **FALSE***

***This Guide Is Split In Two Parts***

***Part 1 - Anxiety: What is it? How does it work?***

***Part 2 - Methods to reduce anxiety***

***"Whatever Form Your Anxiety Takes, You Can Remove It From Your life!"***

## **4 FACTS TO UNDERSTAND:**

- 1. YOU ARE THE PRODUCT OF YOUR OWN THOUGHTS**
- 2. YOUR BRAIN 'LITERALLY' ADAPTS TO THE WAY YOU THINK**
- 3. YOUR BRAIN WILL 'STRENGTHEN' THE MOST USED BEHAVIOURS**
- 4. YOUR BRAIN WILL 'DELETE' THE LEAST USED BEHAVIOURS**

### **So what does that mean in reality?**

It's a bit like gardening. If you don't tend to a garden it becomes overgrown and choked. If you weed it, feed it, cut back plants and remove dead growth...it flourishes.

Your brain does exactly the same - What you focus on grows  
You literally craft your own mind by choosing what you pay attention to.

Neural pathways that are used frequently are reinforced and strengthened so you become better at that behaviour e.g. like when you learn to ride a bike, eventually it becomes easy as the neural pathway is developed. **FOCUS REGULARLY ON THINKING POSITIVELY AND YOU WILL BECOME POSITIVE BUT IF YOU.... FOCUS REGULARLEY ON BEING NEGATIVE/ANXIETY, YOU WILL BECOME NEGATIVE AND ANXIOUS.**

BUT, neural pathways that are used the least get DELETED! Your brain literally removes them as they are not required!! **So if you hardly ever think positively or confidently or anxiety free...Those behaviours get DELETED!** So behaving the way you really want to be, becomes very difficult indeed!

THE GOOD NEWS: You can choose WHAT affects you and create your own neural connections!

Instead of focusing on things that hold you back, focus on things that make feel better, more confident, more positive. Instead of imagining all the 'what if's', use quiet moments and/or self hypnosis to clear you mind and focus on 'now' and direct your thoughts to positive things. Just like riding a bike, it takes a little practice BUT it soon becomes so easy that it becomes second nature.

In order to delete a particular behaviour, stop thinking about it. Even when you are reminded, change your focus and attention and in time the behaviour will be deleted.

## ***PART 1***

***What is Anxiety?***

***How does it work?***

***And where does it come from?***

Anxiety is an unpleasant feeling that we all experience at times. Anxiety is often used to describe when we feel 'irritable', 'nervous', 'uptight', 'tense', or 'wound up'.

Typically we experience a variety of uncomfortable *PHYSICAL* sensations such as:

- Increased heart rate
- Muscular tension
- Sweating
- Trembling
- Feelings of breathlessness

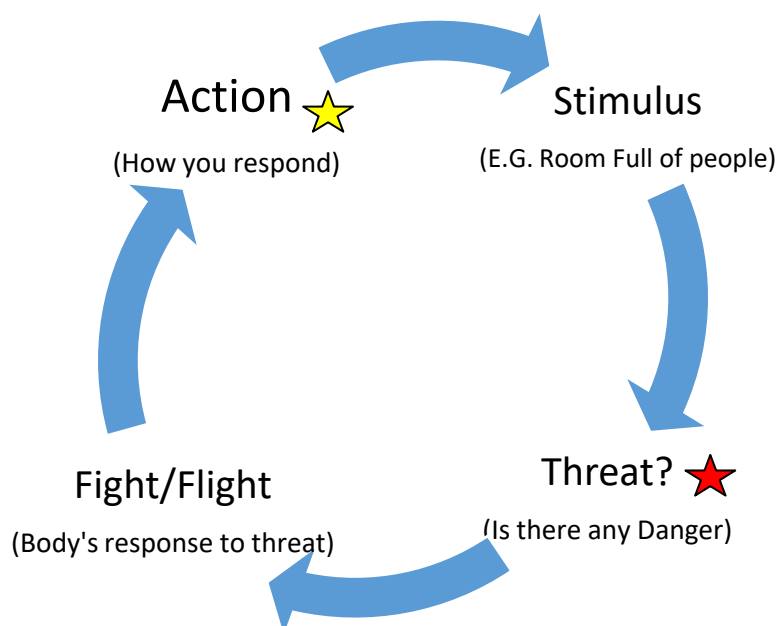
These are often accompanied by *MENTAL* aspects such as:

- Worrying (which will often last a long time)
- A feeling of loss of control or being out of control
- Jumping from one worry to another in our mind
- Fear of doing things in case we fail or it turns out bad
- Imagining the worst outcomes for every event
- Worrying about worrying so much

***This sort of behaviour is Physically and Mentally exhausting!!***

## ***Fight or Flight Response***

### ***What is it?***



You may have already heard of the 'fight or flight' response, but what exactly is it? What does it mean? And how does that affect me? Fight or Flight is the term given to the human body's automatic response to any perceived danger or threat. It's a very complicated series of biological processes that have evolved over thousands of years to keep us safe. Even though the feeling it creates is unpleasant, the result is worth it because it could well save your life! In basic terms, it's an automatic response that happens very rapidly to give us the best possible chance of either running away from, or fighting off the danger:

In the diagram above you can see the process in very simple terms.

1. Some sort of external stimulus - e.g. You see a crowded room
2. Is there a threat? - Are they friendly, Are they angry, Are they fighting (★ This is the first point where an anxiety sufferer can break the cycle)
3. Fight or Flight kicks in - As a result of the threat YOU perceive in point 2
4. Response - Your response then dictates the outcome: Fight or Run (★ This is another key chance to break the cycle, however Anxiety sufferers tend to skip this vital part and head straight back round the circle again in a spiral of fear)

***Sound familiar?***

Let's put this in an example and explain what happens and why....

**Scenario:** A person approaches you and threatens to steal your phone. In that instant, the part of your brain responsible for detecting threats or danger (the Amygdala), kicks in and sets off a chain reaction of events flooding your body with adrenaline. You instantly become aware of the anxiety as your muscles tighten, breathing rapidly increases, you feel shaky, sweaty and a rapid heartbeat! This is a response designed to prime your body for survival in a dangerous situation!!

*Here is how it gives you the survival edge:*

1. Your heart rate increases to supply extra blood to the muscles so they are ready for action
2. You break out in sweat, ready to help cool the working muscles down
3. Your muscles tighten up ready for a burst of action i.e. Fighting or Running away
4. Your breathing rate jumps up to supercharge the muscles with extra oxygen so they can work harder/faster/longer

If you run, you can run faster, longer and further....if you fight, you can fight longer, be stronger and utilise the extra surge in power to win.....

*Anxiety is a system for priming our body to give us the best possible chance of escape or improve our ability to stay and fight the danger.*

When this response kicks off when there is **no real threat** or the mechanism is **too sensitive**, it leaves us feeling shaky, nervous, scared, sweaty etc.

If we actually did have to fight or run, we would use the extra adrenaline, use the extra oxygen, use the muscles and as a result, we would have stopped the response from continuing.

***That's great if you have to fight the odd Sabre Toothed Tiger, but in modern living, that sort of response is rarely needed!***

As a result, we now experience anxiety in situations where it is not necessarily as helpful because we cannot fight or run away from them e.g. work presentation, ordering food etc. We experience the right response but at the wrong time, because of the way we interpreted a situation.

## ***Part 2***

### ***Good News!***

***You can break the cycle and learn  
to re-program your anxiety response!***

The following are some of the most common ways in which unhelpful thinking patterns create anxiety and amplify the fear in everyday life. Here, we will briefly look at these and then show you: a) how to STOP them...and b) how to break the cycle and REMOVE your anxiety.

#### ***Assuming/Mind Reading:***

Making assumptions about others' beliefs without having any real evidence to support them. For example:

- My supervisor thinks I'm stupid.
- Everyone thinks I'm strange or a loner.

This type of thinking can make us very apprehensive about joining in or being ourselves.

Try thinking this way: a) My supervisor doesn't seem to understand me, b) Everyone thinks I am unique, which I like!

#### ***Amplifying and Catastrophising:***

Exaggerating or blowing something out of proportion causes anxiety to grow. For example:

- You assume that something that has happened is far worse than it really was (e.g. that your friend is going to dislike you because you cancelled something).
- You think that something awful will happen, even when there is no suggestion or evidence to that effect. (e.g. you think that if you go out for a drink, you will spill it or say the wrong thing)

Try basing your situation on ONLY the facts you know, can see or read! Recall previous events and count how many ACTUALLY went bad? Reality is, that probably very few did go wrong, versus how many events have passed by uneventfully.

### **Seeing a Negative Future:**

It's common for us to spend a lot of time thinking about the future and predicting what could go wrong. It becomes an all consuming focus, rather than just seeing what happens, Yet in 99% of situations, you have wasted time and energy being worried and upset only to find out that it never happened. For example:

- Assuming you will just mess up a presentation.
- Spending the week before an test predicting you will fail. Even though, previously you have done well and passed.

*We truly do get MORE of what we focus on, compared to the things that we don't focus on. If you focus on the worry about messing up, that's exactly what you are asking your subconscious to achieve!! E.g. Try not to think about the colour GREEN...You did didn't you????!!!*

*That's because in order to not think of something, we tend to think of it first! So if you are worrying about messing up something, DO NOT TRY TO FOCUS ON NOT MESSING UP!*

*Instead, shift your focus on being successful, focus on the presentation going well. Even if you are not very good at doing them, Pretend in your mind that you are! The effect of this can be spectacular!*

### **Focusing on the Negatives:**

You find your time is taken up focusing on the negatives or thinking 'you should have' done something. For example:

- Even though you get on with everyone at school, you find you constantly worry about what people think about you, or zoom in on the one person that dislikes you. Forgetting that all the others DO like you.
- I should have got better results.
- I should never be nervous.

This behaviour, simply adds pressure to you, that simply isn't there....

Instead it can sometimes help to accept that things can't always be perfect. And, like the example above, focus on things being good, focus on what went well.



## **What If?**

Have you ever wondered "what if" something bad happens? For example:

- What if I start to have a panic attack at work?
- What if I am the only one wearing shorts?
- What if I am unwell in front of everyone?
- What if I make a silly mistake?
- What if I.....? ? ?

This is the most common type of thought and is very destructive. It will literally stop you from doing things or even make us avoid going out or doing the things that we would like.

Counter 'What if's?' by tagging a positive on to the end of your sentence. It will negate the initial worry or fear. Use the word 'AND'

- What if I start to have a panic attack at work **AND I manage to stop it?**
- What if I am the only one wearing shorts **AND everyone says they wish they had too in this heat?**
- What if I am unwell in front of everyone **AND they help me feel better?**
- What if I make a silly mistake **AND laugh about it, along with anyone else?**

*Doing this will give you a chance to see that, the reality is often what YOU make it. Again, focus on the positive possibility...*

## **Labelling:**

Do you find that you attach negative labels to yourself? For example:

- I'm weak.
- I'm a waste of space.
- I'm always anxious.

Labels like these really influence how we see ourselves and can heighten our anxiety levels.

This is super destructive because remember: as stated above, if you repeat these often enough, you will achieve them!

We all know about someone who is always saying something like "I can't *stand* queuing" or "I can't *stand* this or that..." and then realise they are the person who has bad knees or bad feet!!!

They are literally causing their own symptoms!! No wonder they have bad knees/feet: They are constantly telling themselves 'They CAN'T STAND!'

\*\*\*Look closely at how you speak to yourself! Ask yourself this: Would I say this out loud to someone I want to date????\*\*\*

**REMOVE these statements from your internal voice NOW!**

# ***TIME FOR ACTION!***

The following methods will give you a range of highly effective tools to **REDUCE** your anxiety. The key thing to remember is that they only work if you do them!

**Simply reading this will have no effect unless you actually act upon it!**

## ***STEP ONE: Triggers!***

The first step in reducing anxiety, is to identify your personal triggers.

### ***Action Point "The Five W's"***

Over the next week, start making a note of when you find your anxiety occurs.

**Make a note of:**

**What?** What was happening that triggered the feeling

**Why?** Why did you feel that way

**When?** When does it happen: Mornings, Lunchtime, Evenings etc

**Who?** Who were you with: How did they make you feel, Did they trigger it...

**Where?** Where were you: at home, pub, supermarket, friends' house, work etc

***Once you have a 'Conscious Awareness' of your triggers,  
you are ready to REMOVE them!!***



## STEP TWO: Pattern Interruption

As discussed earlier, anxiety is automatic or unconscious. An effective way to tackle this is to make your behaviour a better 'Conscious' one. Once the new, better behaviour is accepted, it will be passed to the subconscious to use automatically.

This is achieved by **PAUSING** the moment you become aware that anxiety is kicking in. Sounds simple, but is highly effective at interrupting the automatic behaviour and disrupting your once automatic routine. It works by forcing you to stop and think about what is **ACTUALLY** happening **RIGHT NOW**, giving you the chance to *change* what happens next.

You can literally visualise a big STOP sign in your minds' eye:



**And tell yourself**

# "NO FEAR"

**N** - NO

**O** - OVERTHINKING...IT'S... **F** - FALSE

**E** - EVIDENCE

**A** - ACTING

**R** - REAL!!!

**REMEMBER:** ANXIETY is amplified and made worse by 'over thinking' about things that almost certainly never happen. It literally is 'false evidence' that acts 'real' in your mind!

**THE KEY** here is to identify **ONLY** any **REAL** events or dangers and to *disregard* the 'What If's'

**Literally ask yourself** if what you find yourself thinking is **REAL** or **FASLE** (Imagined)  
**EVERY TIME YOU DISREGARD A FALSE THOUGHT/OUTCOME - SAY THIS:**

**"I AM IN CONTROL MORE AND MORE"**

While doing this, check your emotional state and pay attention to how differently you react. Ask yourself: How do I feel? What's happening emotionally? You'll have a better understanding and have a better response next time - **You will be surprised!**

## STEP THREE: Conscious Breathing Method

You have probably been told before, to control your breathing to help when anxiety is bad or you feel panicky? Unfortunately this is common advice which is frequently given out incorrectly! You may have even tried it and found it didn't work. That's not your fault!

There is a right way and a wrong way so let's get it right this time!

Get it right and you will love the effect!

### THE WRONG WAYS

1. Breathe in Deeply for 3 seconds and out for 3 seconds
2. Breathe in quickly and breathe out quickly
3. Breathe in, hold your breath for 5 seconds, breathe out
4. Breathe in deeply, hold for a few seconds then BLOW it out
5. Breathe in, Hold breath, turn purple, pass out! Ha-ha - just kidding on this one!

### The RIGHT way

*In the following instructions, when you breathe in, you MUST breathe down into your belly rather than your chest (Abdominal Breathing). You may wish to practice this before doing the following technique. The following link has an easy to follow guide on how to perform this correctly: [www.wikihow.com/Do-Abdominal-Breathing](http://www.wikihow.com/Do-Abdominal-Breathing)*

Step 1 - Sit down and Close your eyes

Step 2 - Tell yourself "I AM IN CONTROL OF MY BREATHING AS I FOCUS ON MYSELF"

Step 3 - Pay attention to your lungs as you breathe in a long deep breath (**5 Seconds**)  
- Pause briefly

Step 4 - Let the air out slowly (**7+ seconds**) as you *imagine* and *let* your shoulders drop and ribs *let go*

Step 5 - Again tell yourself "I AM IN CONTROL OF MY BREATHING AS I FOCUS ON MYSELF"

Step 6 - Do this FIVE times, and on each out breath...Imagine yourself sinking into a soft bed or huge marshmallow! As you FEEL yourself sinking into your chair.

Step 7 - Repeat as often as you require

**\*\*YOUR 'OUTBREATH' MUST BE LONGER THAN YOUR 'IN BREATH'\*\***  
**(THIS TURNS OFF THE FIGHT/FLIGHT RESPONSE)**

This is effective as it shifts your focus inwards in a positive way, instead of outwards. The more you focus on visualising the suggestions given, the more powerful it becomes.

N.B. Don't forget, the more you do this the better it works, just like any new skill! So practice it regularly and then when you need it, you will already be ready to do it like a professional!

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## STEP FOUR: FIX YOUR FUTURE

This technique is designed to help generate new behaviours when normally anxiety would have held you back or created fear and stopped you doing the things you want to do.

It's works by using 'guided imagery' or 'guided visualisation' to help you overcome your normal anxiety responses, and the best thing about this, is that it's really easy! It's a little bit like doing self hypnosis but without having to know any technical knowledge or language patterns or such like.

This requires no more than 10 minutes each day, BUT those 10 minutes can have a powerful impact on your ability to REDUCE anxiety...

### Method

1. Set aside 10 minutes every day when you will not be disturbed.
2. Use the conscious breathing technique in Step 3 for a minute or two to become settled.
3. Choose a situation that would normally cause you high anxiety e.g. Meeting someone new.
4. Imagine you are watching yourself on a big cinema screen going through the situation BUT with no sound! - NOTICE HOW DIFFERENT IT FEELS
5. Now...Play it again BUT this time with no colour AND no sound - Again NOTICE HOW DIFFERENT IT FEELS
6. Now play it again BUT speed it up like a funny cartoon AND AT THE SAME TIME SHRINK THE SCREEN DOWN and make it faster and squeakier as it shrinks! - NOW FEEL HOW FUNNY IT SEEMS!!
7. NOTICE..NOW... HOW MUCH BETER YOU FEEL ABOUT THAT SITUATION?!
8. Finally, with that positive, happy feeling see yourself meeting someone new and see yourself looking relaxed and comfortable as you do. See yourself talking happily and saying hello. See yourself smiling and standing tall. If it seems hard at first, just pretend! Pretend you are smiling and confident and find meeting new people a doddle!
9. Now smile and let a sense of pride flood your body.
10. Open your eyes and feel good about what you have done.

Start off by choosing the same situation until you feel comfortable with it, then move on to work on another problem area.....

## STEP FIVE: GET MOVING/SLEEP BETTER

**From this point onwards, make a conscious decision to change your attitude, activity level and every day actions.**

- **Make daily exercise a priority. Start off small and build up if you need to, but whatever you choose make sure you do something every day!** Physical activity will boost your mood and your energy levels, not to mention a fantastic stress buster! It will also burn off the stress hormone...
- **Take time out to relax!** Download my [FREE Mindfulness MP3](#) - Give yourself permission to take time out every day to relax, and unwind. In that time 'unplug' from the world, put down your mobile, turn off the TV and focus on just the moment. This will recharge your batteries and elevate your mood and more importantly your ability to cope. THIS CAN REALLY BE A GAME CHANGER!
- **Connect with other POSITIVE people.** Don't neglect the importance of close relationships and social activities. Try to spend time with positive people who enhance and charge your life. Feed off their energy and enthusiasm! It will help protect you from the negative effects of anxiety and stress.
- **Get Proper Sleep and Rest** - You are twice as likely to suffer from anxiety and stress when you're short on sleep. Lack of sleep has a direct link to anxiety, stress, overeating, and weight gain. When you don't get the sleep you need, your hormone (called 'Ghrelin') levels go up, stimulating your appetite so you want more food than normal, your serotonin levels can drop leading to low mood, fatigue and difficulty concentrating. This has a massive impact on how you cope and can amplify anxiety in a vicious circle!



## ***BONUS TIPS & TECHNIQUES!***

***Listed below are some extra highly effective tips that really do work!***

### **If you're depressed, lonely or fed up? Do these:**

Call someone who always makes you feel better  
Play with your dog or cat  
Look at a favourite photo

### **If you're anxious? Do These:**

Burn off your nervous energy by dancing to your favourite lively song,  
Squeeze the life out of a stress ball  
Got to town on a punch bag  
Taking a brisk walk around the block

### **If you're exhausted? Do These:**

Treat yourself with a nice hot cup of tea or coffee  
Run a luxurious hot bath  
Light some scented candles  
Wrap yourself in a warm throw or blanket

### **If you're bored? Do These:**

Read a good book  
Watch something funny  
Explore somewhere new outdoors  
Do an activity you enjoy such as playing piano, jigsaw, painting or gardening etc.

### ***If You Feel Anxiety Escalating - Heart racing, Muscles tensing, Rapid breathing***

Your FIGHT or FLIGHT response is in full swing, SO USE IT!!

Sprint Across The Garden!

Do some fast, high star jumps!

Push hard against a wall!

Cycle a stationary bike as fast as you can!

***BURN OFF THE ADRENILINE AND CORTISOL!!***

**FIGHT IT OFF!!!**

## **BONUS TIPS & TECHNIQUES!**

### **DAILY ACTIONS**

**DO these EVERY day as often as you can and begin**

**'Re-Programming' your mind!**

1. When you wake up, immediately tell yourself 5 times **"I am in control and feel calmer with every day that passes"**
2. When eating breakfast mentally **think through how your life is changing for the better**, knowing that you are turning everything around and moving more.
3. **In the evening before eating, visualise yourself as a super confident version of yourself.** Let this experience motivate you and boost your confidence.
4. Place a **pre-designed sign in your car/wallet/purse.** Make these warning signs strong in tone so that they motivate you challenge yourself. E.g. Anxiety is no longer my < *insert swear word* > ruler!
5. **Make a point of watching the habits of confident people;** Tell yourself that you are moving towards similar positive habits.
6. Each time you feel better about a situation, no matter how small or big the difference, **have a conversation with yourself.** Mentally affirm that you are love the control over your old anxiety habit and look forward to feeling like even better!
7. At lunch time after eating deliberately go for a walk and **listen to some uplifting music.**

**Keep clear of moaners! They will do nothing but drag you down. Don't feel guilty if you decide to ditch those who drain you!**

**Remember:**

**This is NOT a GAME**







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