

**DANIEL
BROWNE**

THERAPY

**21 Tactics to
Eliminate
Anxiety for
Good**

Anxiety is on the rise. More and more people are suffering with it and at my hypnotherapy clinic an increasing amount of people are coming to see me because they can't live with the pain of anxiety any more.

There are a number of reasons why anxiety is on the rise. It could be because as a society we have increasingly busy lifestyles and have so much to pack into a day that we neglect ourselves. Pressure is put on us from external sources and we also put pressure on ourselves internally too.

It could also be because discussing anxiety is less taboo than it was in the past. We're more able to open up about how we are feeling. I think that's a good thing and will always encourage everyone to be more open about how they are feeling. It's good to talk and let it all out.

As a therapist specialising in helping people to eliminate their anxiety for good, I've created this guide with 21 helpful tips to help you eliminate anxiety for good. Have a read, give some of the tips a try and let me know how you get on.

Wishing you happiness and an anxiety free life.

Daniel

1. Breathe deeply.

Counting to 7 on the inhale and 11 on the exhale is a useful anxiety reducing, relaxation technique to try.

Breathe deeply using this method for at least two minutes at the start of each day and at any time you need to. Let the breathing calm you and notice how your anxiety reduces.

2. Remind yourself to keep your cool.

Anxiety can often cause other emotions such as anger and stress to be felt. If this happens, ask yourself the following questions:

What will becoming angry achieve?

Will becoming stressed actually help you?

The truth is that both of those negative emotions will only serve your anxiety. You'll find that your anxiety levels remain high and may end up feeling guilty that you got angry or stressed.

Keeping your cool is key and it will help.

3. Take time out.

Taking some time out to focus on yourself and your own wellbeing is very important.

Perhaps you could try activities such as yoga, listening to music, meditation, having a massage or practicing techniques such as mindfulness.

Stepping back and taking some time out can help you to clear your mind of anxiety.

4. Eat healthy, well balanced meals.

This is something that everyone knows they should be doing anyway, but it's often easier said than done. Otherwise everyone would be incredibly healthy.

Eating healthily is not just good for your body; it's also great for your mind. The two things are linked. A healthy body will result in a healthy mind, and vice versa.

Of course you can treat yourself to a bit of what you fancy now and again, but eating a healthy, well balanced diet around 80% of the time will help you.

5. Exercise daily.

This will help you to maintain your physical and mental health. Walking is a great form of exercise and it's free. Even just 10 or 20 minutes of walking each day will benefit you.

If you're not quite up to leaving your house yet, there are lots of exercises you could do at home. Try an exercise DVD, jog on the spot, put some music on and dance, or get the Hoover out and give your house a going over. They will all help.

6. Do your best.

Aiming for perfection isn't healthy. Plus, who wants to be perfect anyway? Our imperfections are what makes us unique individuals.

Don't worry too much or put pressure on yourself to do something or achieve something. Accept your limitations and focus on what you can do in the present moment.

Be proud of what you are achieving and tell yourself that doing your best is absolutely fine.

7. Welcome humour into your life.

Laughing really is one of the best forms of medicine. Allow yourself to laugh at the silly things and give trying to make other people laugh a go too.

Humour is healing.

8. Learn and understand what triggers your anxiety.

Is it to do with work, your family life, or something else?

When you feel anxiety coming on, write down what you were doing, how you were feeling and what you were thinking at that time. This will help you to identify a pattern and any triggers for your anxiety.

Once you know what the trigger is, you can begin to work on resolving the issue.

9. Count to 10 slowly.

Do this while breathing deeply and allow this to calm your anxiety. Repeat as often as necessary and even count to 20 if you need to.

10. Talk to someone.

Keeping your anxiety bottled up will not help you. It will only make you feel worse. A problem shared can indeed be a problem halved.

Talk to someone your trust about how you are feeling. Being able to offload to a listening ear can be a weight off your shoulders.

11. Know when to get help.

If you don't have anyone to talk to or feel that you cannot confide in someone you know, it's important that you seek support from elsewhere. Counselling or hypnotherapy can help.

12. Get involved in community initiatives.

Volunteering for a good cause or being active in your community in some way will create a support network and give you a break from your anxiety.

13. Build and maintain a positive attitude.

Practice being kind to yourself by saying something nice to yourself every morning when you wake up and every night when you go to bed.

Compliment yourself on something you've done well. Tell yourself that your hair looks nice today or that you look good. Say out loud one thing you are looking forward to that day.

Words form beliefs and you will find that over time the words you say to yourself will begin to form your internal beliefs. This in turn reduces anxiety.

14. Meditate instead of medicate.

Pills prescribed by a GP only mask the issue and often when people stop taking anxiety medication, the anxiety just returns. So give yourself the gift of inner peace and serenity at the start of each day with ten minutes of quiet and positive energy.

Think calm, measured and open-minded thoughts and let that guide your day. There are some great meditation tutorials online, including on my Youtube channel.

15. Remind yourself that feelings are not facts.

Although you may be experiencing anxiety and its associated negative beliefs about yourself, that doesn't mean those things are true.

You are not actually worthless. You are not useless. None of those negative beliefs about yourself are true.

This is admittedly a tough tip to put into action if you are feeling really anxious, but it is important to remind yourself that thoughts do not equal facts.

16. Attend a social event, even if you don't want to.

Sometimes it's good to force yourself to do something that you would normally avoid doing.

Being an introvert is ok. However, socialising is an important part of life. It's good for overall wellbeing, happiness and life satisfaction.

Challenge yourself to attend a social event. Start small if you need to, and take a friend with you if that helps.

17. Reward yourself.

Every time you achieve something that your anxiety would normally stop you from doing, give yourself a treat.

Even if it's something as basic as making a phone call or meeting a friend for coffee, treat yourself to something. It could be a massage, a new haircut, a new item of clothing, some time out watching your favourite film, or anything else that you will enjoy. We all deserve an occasional treat.

18. Remove yourself from difficult situations.

For example, if faced with confrontation that would make you feel anxious, walk away.

Removing yourself from difficult, anxious or stressful situations can free you emotionally so that you are able to think about that situation more clearly and rationally.

19. Let go of any expectations and remember that life is unfair sometimes.

It's a fact of life. We all have to face it.

20. Have a nice hot bubble bath.

Put on some relaxing music, light some candles or aromatherapy oils, sit back and relax in a nice, hot bath with lots of bubbles in it.

Who doesn't like to do that?

21. Try visualisation techniques.

Close your eyes, breathe deeply, count down from 20 to 1, and visualise a calm, tranquil place such as the sea, mountains or fields. Allow yourself to be in that place for at least five minutes. Notice how calm, relaxed and much less anxious you feel.

Daniel Browne

Ad.Dip CP, Dip CP, Dip Hyp CS, MHS Accred
Hypnotherapist, Counsellor, Psychotherapist, Coach
Anxiety, quit smoking and weight loss specialist

Self-care expert

Author, trainer, motivational speaker

LGBT+ affirmative therapist

Hypnotherapy supervisor

Men's health champion

Helping you get to where you want to be in life

07816 181 428

daniel@daniel-browne.co.uk

www.daniel-browne.co.uk

twitter.com/DanielHypno

facebook.com/danielbrownetherapy