

5 Quick Ways to Relieve Anxiety

Strategy 1: Recognise Your Anxiety

Recognise that you have Anxiety and try to make yourself as comfortable as you possibly can.

This is not some psychology trick to play on yourself or on your mind, but rather a truth about our human nature. By giving attention to our feelings and our thoughts, we are giving them the energy and the feeding they need to become stronger.

This is a very known fact in meditative yoga and tantric.

The more you think about something, the stronger it gets.

Instead just recognise that you're experiencing Anxiety, get comfortable and wait until it passes.

Once you have managed this a couple of times, you will suddenly realise that your Anxiety passes away much faster than it usually does.

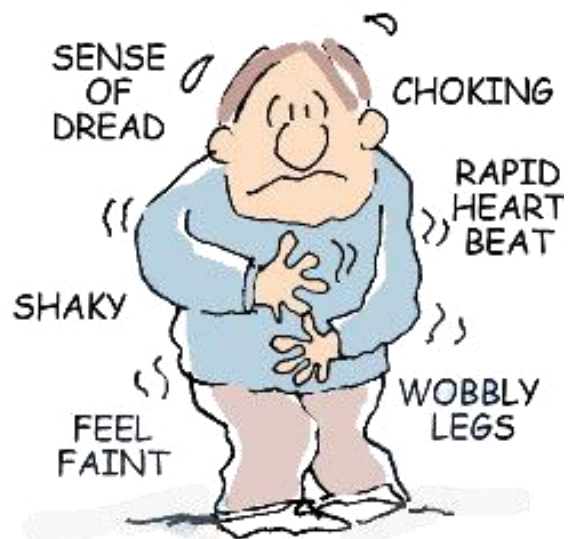
Strategy 2: Be an Observer – Without Judgment

Feelings like Anxiety are often called a blind emotion in Neuro Linguistic Programming (NLP) and Hypnosis. Meaning, it is an emotion that is so close to you, and so much bigger than anything else in your life, that it virtually makes your logic and everything else in you go blind while experiencing it.

Unusually this emotion is fear (or panic) and it is bigger than the life itself and you're very much associated with what you're experiencing.

By being an observer, you disassociate yourself from it, you take a step back and more importantly you're slowly teaching yourself and your unconscious mind a different way to treat the Anxiety experience.

Like Strategy 1 when practised a couple of times, it will become an automatic and a default response.



Strategy 3: Use Calming Visualisation, Positive Self-Talk and Distract Yourself

Another very valuable strategy that you can use to gain control over Anxiety and how you are feeling.

In previous strategies, we learned not to give Anxiety too much attention and energy. However, this strategy takes it even further.

Not only is this about not giving Anxiety any attention, but it diverts your attention completely.

Positive and calming self-talk and visualisation is a very good way to teach yourself and your unconscious mind to be proactive with Anxiety.

This is also a good way to break an already established pattern of how one behaves and acts during Anxiety situations.

An easy way to do this strategy is to start remembering something positive from your life, which will automatically and naturally float you into a calm and positive visualisation, self-talk and distract you from the Anxiety.

Strategy 4: Do Some Physical Activity or Breathing Exercises

Nothing can change the way we feel as much as when we do something physically. As human beings, we are very much physical creatures and very kinaesthetic by nature.

The moment we start doing something physical we forget about everything and our mind goes toward what is happening with our body at this specific moment.

When we exercise, our body produces endorphins and other natural happy hormones in our body which greatly affects how we're feeling here and now.

Even just taking a short walk in the nearby park can make wonders in changing the way we are feeling.

Breathing stands a bit aside, but not by much. Remember our mind moves towards what our body does.

Ever wondered why yoga puts so much emphasis on breathing? In yoga they believe our mind controls our breathing, and our breathing controls our mind. They are interconnected!

Now, you don't need to do anything special, nor do you need any special breathing yoga system.

Just take a comfortable position and calm down your breathing for a couple minutes. You may even slowly count how many seconds it takes to breathe in and breathe out. That's all you need to do.

Strategy 5: Learn Mindfulness Meditation

Meditation is the king and the queen when it comes to developing strong and calm mind. Nothing else comes even close to it.

Learning mindfulness meditation is very easy. It goes beyond the scope of this article, but the main idea of mindfulness meditation consists of relaxing your body and letting your mind express itself without any interruptions.

By just staying on the side as an observer viewing the thoughts like clouds passing by.

Mindfulness meditation is very easy to learn and you're likely to feel the benefits of it the very first time you're meditating.

There have been numerous researches from well-known institutes on the effects of mindfulness meditation for Anxiety and Depression. So far, the results are very positive and promising.

Conclusion

As with everything else when using these 5 strategies, consistency is the key.

Ideally you would do these strategies time after time, until your unconscious mind learns to perform them without your logical input. That is the sweet spot you should aim to reach.

You see, our unconscious mind has all the tools to overcome Anxiety, what it is missing is the knowledge on how to do it. So, we must teach it.