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# Table Of Contents

Foreword

Chapter 1:  
Anxiety Management

Chapter 2:  
Control Your Competition Anxiety

Chapter 3:  
Distraction Techniques

Chapter 4:  
Muscle Relaxation for Anxiety Control

Chapter 5:  
Get Rid of Test, Interview or Meeting  
Anxiety

Wrapping Up

# Foreword

If you remain stressed out too often or you feel anger without reasons then, you are a victim of anxiety. Anxiety has different types which can give you different sorts of disorders and disorientation in personality.

To solve these problems, you need some effective needs to control your anxiety and in this EBook I will try to tell you all of such techniques which can help you in controlling your emotions, thoughts and angriness. These techniques will help you to make your life a happy experience.

There are too many worries in our routine life but if you started to scream and show weariness on each and every one of these worries then, things will get complicated and complex and you will not fit in society.

Anxiety is not a bad feeling all the times instead it can give you energy and hope in some desperate situations but that hope and strength comes from controlled anxiety.

There are different reasons behind anxiety getting out of control. It can be a phobia, an emotional situation, an accidental trauma and any of such other events but once you realize the core problem then, it gets easier to eliminate and address that situation.

The main question here is that is anxiety disorder a disease or it is just another mental situation. The answer depends upon the state of anxiety

because a long term anxiety disorder can lead you to a full time illness or disease but if you can control it in initial stages then, it can be just another temporary mental situation.



## ***The Anxiety Antidote***

Relaxing Ideas For Ridding Anxiety From Any Situation

# Chapter 1:

## *Introduction to Anxiety*

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### Synopsis

In this chapter, you are going to be introduced with the concept of anxiety. In addition, you will be learning about:

- ❖ Anxiety Can be of Many Types
- ❖ Treatments of Anxiety Disorders



## **What Is It**

Our life is full of stress and tension. If you think that you are the only person who is born with so many problems then, you are mistaken because everyone is tense in his own way but this is all about handling that pressure and tension effectively.

Some people can handle those emotions, feelings, problems and tensions more positively than the others which make their life little more peaceful. Anxiety has different types and majorly you can divide it in two types which can be negative and positive.

Now, most of you will wonder that how come anxiety can be positive thing but believe it or not if you utilize anxiety in proper way then it can be a much focused set of thoughts which can give you strength and courage to move forward in life.

### **Anxiety Can be of Many Types**

There can be different types of anxiety which can bother you at times. It can be just a bad feeling or it can be a panic attack but the type depends upon the severity of the event. There is a generalized anxiety disorder and in this disorder a person worries too much about a particular situation or event for example someone can take extra tension or care for his kids and that can lead to anxiety disorder.

Now people often get confused about panic disorder and anxiety disorder. These two are different things but are related to each in a sense that they are produced under similar set of circumstances.

When you experience most severe type of anxiety disorder then, they turn into panic attacks and it is also called panic disorder. For example if you have got out in your car and suddenly you feel that your heart is racing, your blood pressure increases, your head feels dizzy and you faint. This is not anxiety instead this is called panic attack which can occur after constant tension and pressure building.

Another thing is phobia and as I mentioned above that some people start taking something or some event more seriously and they start to think about that thing 24/7 a day and this becomes a phobia. For example some people think so much about darkness that they cannot go into dark places as garage or any other similar place alone. This is called phobia and it can be of any time. Some people can have water phobia that they become afraid of water.

### **Treatment of Anxiety Disorders**

People often think that phobia, anxiety, stress, tension and similar other types of things cannot be treated with medicines and this is true to some extent but there are medicines which can act as catalyst in your treatment procedure. Mind therapies are the best and almost only way of getting rid of these stressed situations but mental relieving medicines also play their role.

In coming chapter of my book, I will tell you about some solutions and treatment plans for anxiety and stress control. There are hundreds of techniques but most of them revolve around your will to get cured because your self-belief is very necessary in all of such therapies and methods. It can help you to overcome your fears and will help you to get your routine life back.



# **Chapter 2:**

## *Anxiety Management*

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### **Synopsis**

This chapter is going to bring you to a deeper level of anxiety management.

You are going to learn:

- ❖ Anxious Feeling Can Be Beneficial
- ❖ Try To Categorize Your Anxiety Level From 0-10
- ❖ Monitor Your Anxiety Levels Carefully
- ❖ Always Remain In Present
- ❖ Never Try To Escape From Yourself
- ❖ Test Yourself In Higher Levels Of Anxiety
- ❖ Figure Out Your Bad Thoughts In Precise And Exact Time
- ❖ Feelings And Thoughts Are Separate Things
- ❖ Try And Locate The Trigger Point Of Your Anxiety Spiral
- ❖ Stay Within Yourself
- ❖ Taking Care Of Yourself Helps to Improve Anxiety Disorder

## **Manage It**

There are different things which you need to know and need to execute for proper anxiety management. If you search about anxiety then, you will know that there are hundreds of therapies, cures and other similar things available which promise you to get rid of anxiety but most of these methods are very hard to follow and they also need lots of time.

In this discussion, I am going to tell you some of the basic techniques which can help you to manage your anxiety and you can control it to some extent.

### **Expecting Anxious Feeling Can be Beneficial**

This is first step towards anxiety management that you need to do that never make anxious and anger feeling unexpected and keep them expecting. This feeling will help you not to feel surprised or over anxious when some similar situation comes because you will be expecting it in first place.

Most of the times, anxiety shows its worst affects when you get surprised by some bad event. You do not know exactly how to react in that situation and that unknown feeling leads you to anxiety and you always over react. So in order to control to your anxiety, you first need to expect anxiety and try to remain calm and normal in anxious situations.

### **Try to Categorize Your Anxiety Level from 0-10**

Second thing for effective anxiety management is to monitor your anxiety level. This can be tricky at times because self-measurement is always difficult but you can do it with very little practice.

You need to concentrate on your feeling and then figure out that what are the situations which give you most anxiety and you can categories them as number 10 and then think about those situation which can bring you anxiety but not to that level where you can become furious and you can categories them according to their sheerness to number 3-8. This whole procedure of identifying and categorizing anxiety level is an effective part of anxiety management.

### **Monitor Your Anxiety Levels Carefully**

Once you have figure out these levels of anxiety then, you need to monitor your mood swings and determine that which feelings, emotions and tensions are such that they take you to highest level of anxiety.

In this procedure you will come to know that more you think about an anxious feeling, more severe it gets and if you stop thinking but a certain anxiety problem then, you will see that it will pass without even being noticed.

Once you develop this feeling of accepting the true facts and not being angry about them then, anxious moments will be temporary and they will pass before even you know them.

You should develop this habit and let the time take care of some things for you. There are lots of natural forces which act in their own way to solve these problems and if you think that there is some problem in your life which you cannot solve at your own then, after giving your best shot, you just need to wait and watch the result instead of being anxious and worried all the time.

This is very effective way to manage your anxiety because in lots of very intense situations, you will just wait for the time to do the things right and it will be very soothing for your inner self.

### **Always Remain in Present**

This is another important technique which tells you to say “what is” instead of “what if” and this is the right way to live. Forget about the future and concentrate on your present.

If you can make your present a happy place then, your future will automatically become bright. There is no need to think hard about your future instead just live your life do some relaxation exercise, listen to music, read books and these things will help you to get your focus away from your future and will make your present a very beautiful place to live in. People who get stuck in future-oriented imagination often face more anxiety because they do not know what to do in the present but they keep thinking about their future.

### **Never Try to Escape From Yourself**

Some people tend to plan their escape from bad situations but this is really bad idea because escaping from a certain situation will not solve that problem for you instead it will take you in future situation which will be more intense and more horrifying with greater consequences.

You should stick with your present and try to solve as many problems as you can because if you tried to escape then, no one will be there to help you and you will be ruined by your fears.

You can practice fear management techniques to stay awake and in present. These techniques will help you in overcoming your fear and erasing the escape plan from your mind frame.

This is rather an easy approach, not to face your fears and make a plan to flee from situation but the first technique which you will learn in your fear management is to face your fears with courage and stand against them like a man.

Disturbing thoughts will come which will tell you that running away from situation is best solution possible but you should not execute that plan instead stick with the usual plan and remain in present.

### **Test Yourself in Higher Levels of Anxiety**

This is one of the most important things in anxiety management that you need to have self-belief and never try to be a perfectionist. You can always do well in panic situations and you can also cope very effectively against all

the worst anxiety levels. You need to believe that you can always do well if not best. There is no situation which you cannot handle. Anxiety is disturbing but do not let it be dangerous because once you started to develop a dangerous feeling for anxiety then, it can make you furious and you will start to think about some very unusual tactics to get rid of that feeling.

Bottom line is try to remain in yourself and do not take too much pressure of any situation. You need to struggle hard and give your best shot to every situation no matter how worst it is. You can take a positive way that anxiety is very rarely apparent from your exterior state and people cannot tell that what is going inside you and if they think that you are a calm and composed person then, try to act like one and do not lose their and also your own confidence in yourself.

### **Figure Out Your Bad Thoughts in Precise and Exact Time**

This is an important thing to execute and I can explain it with an example that if you have to reach in 17th floor of a building but you are afraid of using lift and you will think like “what if this elevator gets stuck in middle?” this is really a disturbing thought and it will create a fear in your mind but if you can identify this thought before entering in the building that “Lift seems to be working properly and I can use it” or “even if elevator gets stuck someone will come to rescue very soon.” These are more positive thoughts and ultimately you will be using your lift and getting rid of that fear which was causing trouble.

## **Feelings and Thoughts Are Separate Things**

Thoughts are internal calls which have nothing to do with your physical gestures while feelings are solid gestures which are experienced physically. If you are able to make them a part then, you can lower down your anxiety level but if you are confusing your thoughts with feelings then, things will start to get scary and anxious.

For example if you have a thought coming in your mind that “I cannot breathe.” This is just a thought but if you start taking it seriously then, you will start experiencing pain and other similar things in your body, neck and other parts.

You can think in another way and say to yourself that “though I am experiencing problems in breathing but I know that my internal systems will get hold of this problem soon and in the mean time I can control myself to lower down my anxiety level. This kind of thought can be effective for you and you will feel more relaxed and peaceful.

## **Try and Locate the Trigger Point of Your Anxiety Spiral**

Sometimes, it feels like your anxiety trigger came from out of the blue but this is not like that because fears always come from intermixture of thoughts and feelings and they always have a certain trigger point in spiral.

You do not notice that spiral until the anxiety goes up to a very high level. You need to identify those trigger spirals very early in your anxiety level and make sure that you have identified them when your fear levels are at 1 or 2

because it is far easier to control your fears at that level instead of controlling them at a higher level.

### **Stay Within Yourself**

You need to think and perceive things only for yourself and never think about you from other's point of view. If you are perceiving things from other's point of view then, you are definitely getting out of yourself and you need to come back.

You also need to make sure that you are not thinking too much about yourself because it can also create problems. Try to mix into environment and remain in light mood. Talk with everyone and try to remain calm and peaceful.

### **Taking Care of Yourself Helps to Improve Anxiety Disorder**

In the end, I will say that you should fix your jobs and work within limits. Never try to do things which are not defined and designed for you. Every person comes in this world with a certain set of responsibilities and if you try to overdo those responsibilities then, things will start to get bad. If you try to get over excited and work over time then, it will just exhaust you and create anxiety. So in order to stay healthy, fit and active, you need to work according to your own strength.

# Chapter 3:

## *Control Your Competition Anxiety*

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### Synopsis

Discover the ways to control your competition anxiety in this chapter. You will learn:-

- ❖ Establish Your Winning Feeling
- ❖ Centering or Focusing Your Attention
- ❖ The Five Breath Techniques
- ❖ Stop Negative Thoughts
- ❖ Let Few Things Pass Away



## **Control It**

To find that optimal level of psychological peace, you need to read your mind and psychological responses to stress and other bodily signals. In order to read your psychological patterns, you need to first understand your thoughts and control those patterns.

In order to control your competitions anxiety, you need to make sure that you have found your optimal arouse points. There are certain techniques which can help you in making this competition anxiety work.

### **Establish Your Winning Feeling**

Producing a winning feeling in yourself is very important and in order to make that happen, you should consider the last time when you were performing in your particular field well and achieving success.

This is not just about games and sports instead you can implement it in any field. Think about those feelings which were there when you won and write them down precisely. By remembering those feelings, you will be able to recall that winning situation through conscious efforts of your mind.

### **Centering or Focusing Your Attention**

Centering is another technique which is also called focused use of your attention and thoughts. You need concentrate your thoughts in center of your body and center of your body is area just behind navel. This technique is especially effective for all those sports men who have some pauses during

the game for example tennis, soccer and other similar games. Centering has a very soothing and calming effect and it helps you to avoid negative thoughts and focus on positive thoughts. This is a kind of exercise which you can execute with following steps.

- Stand in a loose posture in which your feet flat on floor and arms hanging on either ways
- Breath in and out calmly and you will observe that when you breath in then, tension increases in your upper body which is released when you breath out
- Try to inhale as deep as possible and try to figure out tension in your abdominal, chest, shoulders and other upper parts. Exhaling will get you rid of all that tension and you will feel lighter.
- With every breathe, try to visualize and say a word which you want in your body at that time for example, lose, calm, focused, sharp etc.

### **The Five Breath Techniques**

There is no particular position to execute this exercise and you can do it while you are laying down, sitting or any other similar position. You just need to inhale through your nose and exhale through mouth but in a very even fashion.

- Take a deep breath and allow your neck and shoulders to relax while exhaling
- In second breath, try and relax your shoulders and arms to relax
- In third breath, try to relax stomach, and other lower parts of your body

Similarly continue this process until you have relaxed all of your body parts.

### **Stop Having Negative Thoughts**

You also need to make sure that negative thoughts are not arising in your mind for example instead of thinking “I just do not want to play today.” You can make it like “Now I am here and I must play and play good.” This can be difficult at times but it is not impossible to do. Thought stopping is a technique which can stop negative thoughts before they even escalate in your conscious mind and you can bring in positive thoughts to take their place.

### **Let Few Things Pass Away**

Times will come when you have to let something go because you cannot cope with everything which you face. You need to understand that there are lots of things which time can heal and you just want to wait for those things to get corrected. This will be difficult in start but once you start to observe the fruits of letting go then, you will have no problems in just sitting and waiting. Do not make this an excuse for everything instead let go after giving your full effort to that thing.

# Chapter 4:

## *Distraction Techniques*

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### Synopsis

Distractions are not necessary a bad thing when they are being put in good use. In this chapter, you are going to do that exactly.

- ❖ Provide Something Other than The Feared Object or Thought



## **Distraction**

Distraction technique can also be a very useful technique to divert your anxiety. In simplest form, you can take distraction as an alternate thought which can help you in getting rid of that anxious thought which bothers you.

Normally it is very difficult to think about something else when you are anxious for example if someone is afraid of water and you take him to beach then, he will never involve in your discussion unless he has a very strong mind which can divert his attention from water.

You can distract a person from that fearful thought by implementing following suggestion but remember that these are only suggestion that can work for some people and may not work for some others.

### **Provide Something Other than the Feared Object or Thought**

If you can provide that person with something else to think about but make sure that the other thought is strong enough to divert the attention of affected person. For example in above example of sea and a person with water phobia, if you talk about romance with that person then, it is possible that he will stop thinking about his water phobia.

You also need to know that distraction is only a temporary relief and when the distraction will end, person will start to feel same phobia or fear. You can use distraction as a temporary solution but do not over use this

technique because in that way, you will skip some more powerful tools which can help you in a permanent solution to your problem.



# Chapter 5:

## *Muscle Relaxation for Anxiety Control*

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### Synopsis

Find out how you can use your muscles to control anxiety in this chapter now.

- ❖ Scan Your Muscle For Tension
- ❖ Progressive Muscle Relaxation
- ❖ Preparation for Relaxation



## **Relax**

Breathing exercises are very effective against anxiety and you can practice these techniques to get hold of your anxiety but there is another technique which is called muscle relaxation technique which can help you in controlling your anxiety in long run. There are certain steps which you need to follow for executing muscle relaxation techniques.

### **Scan Your Muscles For Tension**

You need to think about your whole body for a moment and try to realize that, which are the parts where you feel most stress or tension after a tiring day? Make a chart of all body parts including shoulders, forehead, stomach, arms, legs and others. And select all those parts where you think that you feel tension.

Muscle relaxation is more effective for people who feel stress in their muscles more than other parts of the body because this technique can tell you to respond differently towards that muscle stress and your muscles will become more responsive than other parts of the body.

### **Progressive Muscle Relaxation**

Progressive muscle relaxation is a technique which is being used now for many years and people have found this technique very effective. In this technique, you basically train your muscles gradually to respond to prolonged anxiety.

There are some crucial steps in learning and executing progressive muscle relaxation technique.

- First of all, make sure that you know exactly about all the different muscle groups in your body and if you do not know then, try to learn and group muscles.
- You also need to know that how you can make some muscles tense and how to utilize that tension.
- Learn some relaxation techniques and let go of yourself.
- Practice is the key to success in this case and more you practice, more results you will get out of this technique.

### **Preparation for Relaxation**

First and key step is the preparation to execute progressive muscle exercises as you need to make your body ready to relax.

- You should not have any physical injuries or any history of old muscle injuries and if you have then, before attempting muscle relaxation, you should consult your doctor.
- Select an environment where, you have minimum distractions to five senses. Turn off TV, radio, mobile phone and other similar things which can distract any of your senses.
- Find yourself a very relaxing position to sit in. this can be a chair, sofa or bed or anything where your whole body from head to toe is in relaxed position.

- Avoid practicing these techniques after a heavy meal or any drinks like alcohol.
- Practice is the key, as I mentioned earlier, and once you start then, you need to be very regular with your routine.

## **Relaxation Techniques**

Here are some of the techniques for relaxations:-

- Make a fist of your hand. Feel the tension in your hand and forearm and hold that tension for 5 second then, release the tension and feel the difference between relax and tense position.
- Repeat this procedure for both arms and hands
- Raise your eyebrows as up as you can as if you were surprised by something and feel the tension above your eyes then, release the tension.
- Open your mouth as wide as you can and feel the tension around your mouth then, release this tension.

Similarly, these kinds of exercises are there for almost every muscle of your body and once you start executing them, you will feel the difference.

It is not necessary to execute all of these exercises daily instead, you can categorize them in sets and execute them for different sets of muscles in different days of the week.

# Chapter 6:

## *Get Rid of Test, Interview or Meeting Anxieties*

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### Synopsis

In this chapter, we will be discussing about getting rid of the test, interview and meeting anxieties.

- ❖ Situation Before Test, Interview or Meeting



## **Calm Down**

Some people have this problem that whenever they need to undergo some tests, interview, they feel anxiety and stress. This is not only about students who feel anxiety before tests but I have seen grown up adults going through similar kind of anxiety when they have to undergo any kind of similar situation and main reason behind this tension and anxiety is less control.

They did not control this anxiety in their childhood and it becomes so big that it creates hindrance in their career. There are some techniques available which can help you to decrease that anxiety of interview, test or meeting with boss.

### **Situation Before Test, Interview or Meeting**

You need to have believe in yourself and make sure that you are not taking that particular test, interview or meeting as your life's depending upon it. This is not the only opportunity of your life instead you need to be very casual and remain in light mood.

Make all the preparations as good as you can and after giving your full effort, try to forget about the fact that you are not prepared for the event. Believe in the fact that you have done whatever was necessary and whatever was in your approach to make things better.

If you are still confused then, try to remember some of the old successful tests, interviews and meeting which you have done. This will boost your confidence and think this event as another similar event. Enter the event

with a full positive frame of mind and observe the things closely. Observe the environment and you will feel very relaxed and well-prepared.

### **Things to Look For During the Event**

When you are in middle of that particular event then, do not lose your confidence and be sure of your success. If you give even a single bad gesture then, it will ruin your whole preparation and background of that event. You can expect some complications during the event but make sure that you overcome those things properly.



## Wrapping Up

The 7 fundamental principles that are based on love, truth and power are extremely powerful. Some of you may wonder what are some of the factors that are hindering you from achieving the goals that matter to you.

Well, now you have these principles with you and all you have to do is to bring back all the areas of your life in alignment with these principles. When you do, I can almost guarantee you that you are going to see the results you desire.

Always remember, you are not a victim. You have the power to create the world you desire where you enjoy your success in career, having a happy family with lovely children, your peers love you and you have the courage and intelligence to face every obstacle that is being thrown at you.

All the best!

