

**FREE SPECIAL REPORT**

**STOP SUFFERING FROM  
PANIC AND ANXIETY!**

**Discover What  
The Professionals  
Recommend to  
Their Patients to  
Relieve Panic and  
Anxiety Fast!**

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# TIPS AND TRICKS FOR RELIEVING ANXIETY...FAST!

**Brought to you by  
Stress & Anxiety Adviser**

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# INTRODUCTION

Everyone feels anxious sometimes. Whether work or family situations are getting to us, or we're simply having hard time managing all that we have to do, we can feel overwhelmed and worried that we might not be able to manage it all.

When these feelings hit, we don't have to suffer.

By taking some simple steps, you can begin to create a calmer attitude, one that not only helps you feel better, but one that allows you the chance to make better decisions about what you need to do next.

The more time you take to allow yourself to feel calm, the more natural serenity will become – as opposed to being stressed out all the time.

In some cases, feeling stressed becomes a habit. We get used to working under pressure, feeling the adrenalin rush.

The problem is, we tend to armour our bodies during stress and in our modern world, the stresses are continual so we forget how to relax. We can reach a point where we know something is wrong, but simply do not realize how tense, tight, tired and wired we are. Our adrenal glands are depleted and our bodies are numb to the tension.

Reducing anxiety in your life doesn't mean quitting your job or not helping others in your life, either. Instead of avoiding stress, you simply need to learn productive ways to manage it. We can learn how to make a habit out of relaxing our muscles and thought processes. First we must become aware.

And less stress also adds up to better health:

- Lower blood pressure
- Stronger immune system
- Fewer sick days

You owe it to yourself and to others to manage your anxiety when it hits you.

Read on to learn some tools that will help you ...

# TAKE SOME DEEP BREATHS

While we all breathe, most of us are breathing less effectively than we could.

When we are stressed out, we are far more likely to take shallow breaths with each inhalation. This is because our chests tighten up with shoulder tension and muscular tension, causing our breathing to be altered when we are feeling anxiety.

For some, this is an everyday occurrence, so they don't even notice it. But what is happening is that their bodies aren't getting enough oxygen.

And since you do need oxygen to live, this is a problem for your stress levels.

When your body isn't functioning at its highest capacity, and that's what happens when your cells don't get enough oxygen, you are prone to physical symptoms when under stress.

You might feel fatigued, unable to concentrate, and you will notice that you simply don't feel relaxed.

Instead of letting stress take over, you will want to try this breathing exercise.

Whenever you feel like things are getting a little too difficult, stop for a moment and close your eyes. Take a deep breath in, so large that your stomach begins to expand as you breathe in. Hold this breath for four seconds and then exhale for the same number of seconds.

When you breathe out all of your air, don't breathe in again immediately, wait a few seconds and then breathe in.

Repeat this as often as possible to help your body get enough oxygen and release muscular tension that can make you feel even more anxious.

You are also clearing out any stale air in your lungs, allowing your body to feel energized and refreshed.

You might even consider taking a breathing workshop. Zen meditation classes, yoga lessons, and exercise programs such as Tai Chi will also teach you how to breathe properly, taking deep "belly breaths."

# STOP FOR A FEW MINUTES

When your To Do list is making you sweat, you probably just push on through anyway.

While this seems like a productive way to attack your responsibilities, you are actually creating more anxiety for yourself. As you continue to 'soldier on' with your responsibilities, your body creates more stress hormones, making you prone to react more aggressively to additional stress.

Think about it. When you're upset about something and then someone comes up to you with more bad news, you feel even worse about the additional news.

What you need to do is to stop the cycle of stress for a moment.

Whenever you feel as though you might explode, you need stop whatever you are doing and simply rest.

The world isn't going to end because you're not working every single second of the day. You are simply stopping the anxiety cycle and allowing your body a moment to feel the stress and then move on to do something about it.

This rest can be a few minutes or longer, depending on the time you have. You can do something completely unrelated to the stress you are feeling or you might simply close your eyes and try to block out the world.

However you 'get away' from your stress is fine, so long as you take these mini vacations throughout your day.

What you are doing is creating the opportunity for your mind to relax and recoup before it is given something else to think about. You will find that you are better able to make decisions when you give yourself a moment to stop.

You will keep yourself from just reacting to the responsibilities you have because you are dealing with one source of stress before heading into another.

Some people like to:

- Go to the bathroom – It's a quiet place where no one is going to bother you, after all.
- Turn off their computers for a few minutes
- Play with their pets

- Look out the window

Just do something that isn't related to what you're doing and then you will be able to come back less stressed.

## WRITE IT DOWN

Often, we tend to 'catastrophize' the stress we feel. We think that we have much more to worry about than we actually do.

Of course, there are times when we are worrying just as much as we should, too. But can you tell the difference?

If you find that your mind is racing and that you can not concentrate because you are anxious, it can help to write down everything you are worrying about.

You can use a special notebook or a plain legal pad to simply write down all of the tasks you need to complete or other things that are on your mind. This will help to separate your experience from the things that are weighing you down.

By seeing your responsibilities in front of you, you will get a clearer idea of how you can tackle them – often in a less stressful way.

Whenever you feel like you can't handle everything that's on your proverbial plate, write down what you're worried about. You can take this one step further by writing down why these things worry you.

- I'm afraid I won't be able to do this right.
- I'm afraid I'll get fired.
- I'm afraid they won't like me anymore.
- I'm afraid that I will fail and end up living in a cardboard box.

Be as silly with your reasoning as possible because it will help you release your stress as well as realize that perhaps you're worrying needlessly.

Some people find that writing down their worries at the beginning of the day gives them a better idea of what they need to do during the day to avoid stress, while others find writing down their worries at night allows them a chance to process potential solutions as they sleep.

# VISUALIZE

When you're feeling like you simply can't manage the things in your life, stop for a minute and visualize the way you wish things would go.

So often, we begin to visualize the way things could go – often the worst possible scenario. Instead, try to change your thinking to something more positive.

What you might not realize is that our brains can't always tell when they're in certain settings. It's been shown that people who think they're in a warm place and those who are actually in a warm place have the same brain activity.

That is, the brain can't distinguish between what it senses and what it is 'told' by the thinker.

If you are feeling anxious, try 'telling' your brain that it is something calm and peaceful.

For just a few minutes, close your eyes and pretend you're at your favorite vacation destination – whether you've been there before or not.

You might also want to visualize how you want a certain project or activity to work out. Picture yourself turning in that project and your boss being happy with the results.

The more you teach your brain to believe that things are going well, the more likely you are to follow through with actions that will create these results.

If you'd like, you can keep up prompts for your visualizations, like pictures of palm trees or a past vacation. These will help snap you into calm mode so that you can quickly retreat from your anxiety.

Visualization can also be done at the beginning of the day to help you plan out how you want your day to happen, or at the end of the day to work through problems you wished you could have handled another way.

While visualization can have a powerful effect on the outcome achieved in your life, it is also important to stay "in the moment." Stress can often be controlled by staying in the present, focusing on only what can be

accomplished right here and now, instead of worrying about tomorrow or next week or next year.

## **WALK AWAY**

While you can't simply run out of a stressful business meeting, there is something to be said for removing yourself from stressful situations – when you can.

It's not always possible to head to the beach or park, but when you can, get outside and take in nature. Hearing birds singing and looking at trees and plants growing often helps keep our problems in perspective.

When you are feeling anxious about a certain work project, you might want to allow yourself five minutes to walk away from your desk to talk to someone else in your office. This will help to distract you from your anxiety and to help you focus on something that's more calming.

Once your body begins to feel calm again, you can return to whatever you were working on.

Walking away can be a physical process of literally walking away from your desk or from the stressful situation or it can be a figurative practice in which you deflect the stress for a moment.

For example, if you are in a stressful meeting in which you don't feel like you are representing your side of the discussion in a productive manner, causing your blood pressure to rise, ask to continue the meeting at another time. This can help you have some time to regroup and to be more prepared for the other side's responses.

Other ideas for walking away include:

- Get up and get a glass of water
- Head to the local coffee shop
- Go get the mail
- Clean something up

Removing yourself from the situation will help you look at the stress in a far more productive and positive way.

And it's like giving yourself mini breaks throughout the day.



# DISTRACTIONS

For many people who suffer from panic attacks, they have to learn how to deal with stress and anxiety on a daily, even hourly basis. How do these people function without losing themselves in their stress?

Distraction techniques.

When you are feeling anxious, your body begins to react in a physical manner. And if you are already upset, you might feel these symptoms and begin to feel even more anxious.

What you need to do is to interrupt your stressful feelings so that you can focus on feeling better, instead of feeling worse.

There are a number of ways to distract yourself when you are feeling the beginnings of anxiety, or a full-blown anxiety attack:

- Be observant - Look around you and find something to focus your attention on. Look at this item closely and try to find interesting things to examine.
- Count things - When you are in a setting that is upsetting, you can always count things around you to help take your mind off of your stress.
- Ask questions - Try asking someone a question that will take a long time for them to answer. This will give you something else to focus on, while also taking the spotlight off of you and your contribution.
- Play a computer game – Nearly every computer has pre-installed card games that you can play quickly without any loading time. Things like solitaire are fairly mind-numbing and can keep your mind off of your panic just long enough to allow the physical symptoms to subside.
- Wash some dishes – If you're at home when the stress hits, try doing a mundane chore. Not only will you have accomplished something, but you will need to focus your attention on that chore in order to get it done right.
- Find license plates – Some people become nervous when they drive, but you don't want to lose your attention in this situation. Instead, try increasing your attention by looking for as many different license

plates that you can. Make a game of it to keep your mind off of the possible things that could go wrong on the highway.

- Doodle – As simple as it sounds, doodling on a piece of paper can help you remove your attention from your stress and put it squarely on this simple and mindless task.
- Try affirmations – When you repeat to yourself that nothing bad is going to happen and that all is well, your body will begin to relax – even if you don't believe it completely. Try writing it down on a piece of paper whenever your stress levels begin to rise too.

Just as you can distract yourself and forget about a food craving you have, by taking a few moments to distract yourself from stress can help you avoid an anxiety attack or just a moment of panic.

## **TAKE CONTROL WITH PLANNING**

Too often, when we are stressed, organization and planning get avoided. While this seems like a good idea as you feel that you don't have time to do one more thing, you might actually be increasing your stress by not taking control in these simple ways.

When you organize your desk, it's easier for you to find things, which can immediately decrease your anxiety levels. You've probably already found this to be true.

So, when you are under a lot of stress, you should stop and clean up your work area in order to allow yourself to feel more in control – because you will be.

At first, this might actually make you feel more stressed as you uncover things that you don't necessarily remember having to do, but as you begin to create an organization system, you will feel more on top of the things you need to accomplish.

Here are some simple organization and planning tips that will help you find a system that works best for you:

- File folders – When you have things that you need to organize and complete on a certain schedule, it can help you to have a few file folders to organize it all. Some people like to have certain colors of folders for certain priority levels. For example, if things are very important and need to be done today, they might go in the green folder. Or if you can do them later, they can go into a yellow file folder. And as you complete all of the things in the green folder, you can move to the other folders.
- Have a tiny 'in' box – Instead of simply throwing things in piles around your home or office, you should have an 'in' box that will hold all of the things that need to be addressed. But the trick with this is that as soon as you get new things to put into this box, you need to deal with it. It should be sorted into a file folder, thrown out, or filed in a cabinet, if necessary. This will help you keep your 'To Do' list manageable, plus it will help you tackle the most important things first.
- Use a calendar – It doesn't matter if your calendar is a paper calendar or a high tech PDA, make sure you are writing down the things you need to do and when they need to be done by. This will help you see when you need to say no to new projects or when you might need to ask for help in order to get things done on time. If you want, you can also create quicker deadlines for yourself to help you ensure things get done on time.

What you are doing when you create an organization system is to empty your mind of the things you need to do.

Once you have a system in place that you trust, you can let go of the anxiety you have surrounding whether or not you're on track – you will already know.

## **SHOWERS AND OTHER STRANGE FIXES**

When you are trying to quit a certain habit, some psychologists recommend replacing the habit with something that's unrelated to the previous habit. For example, if you want to give up snacking between meals, experts recommend keeping your hands busy.

The same kinds of tactics can be applied to your anxiety.

No matter where you are, there are things you can do that are in complete opposition of your rising stress, helping you change anxiety into something more positive.

And the more you change your thinking from panic to calm, the more quickly you will be able to get yourself out of a stressful mindset in the future.

Try some of these fun and strange fixes:

- Take a shower – When you are feeling anxious, your body tends to tense up and produce knots that make you feel worse than you already feel. Instead of letting your body tighten up, try taking a shower to loosen your body up. Not only will the hot water help your tension, but a shower is also a place where you can be completely alone with your thoughts. Have special soaps that smell good or a waterproof radio to turn your shower into a secrete getaway.
- Craft time – If you are artistically inclined, or even if you're not, try finding a craft you would like to do whenever you are feelings stressed. Even a simple coloring book can help you divert your attention from stressful feelings and help you feel relaxed. Maybe you can make holiday cards when you are feeling stressed or you can take out a piece of clay and sculpt it.
- Laugh – Whether you talk to a friend who is always funny or you stop to watch a recording of your favorite comedy, take a few minutes to laugh and to smile. You don't need to be slapping your knee in order to get stress relief, but simply making your body feel good will help to counteract the stress you are feeling. You simply can't feel stressed when you are smiling.
- Play with a child or a pet – Since you don't want to be upset around either a pet or a child, you will help to reduce your stress immediately.
- A variety of holistic methods for relieving stress and anxiety are discussed at length on our website at [www.StressAnxietyAdviser.com](http://www.StressAnxietyAdviser.com). Some of these include art, music and light therapy, meditation, energy work, and a variety of herbs that can help calm you down. Particularly worth trying out are some herbal formulas using highly energetic organic plants that are sustainably harvested from the Peruvian Amazon rainforest. They are:
  - **Calmazon™, Sumacazon™ and Pure Camu™**  
This soothing and calming blend of herbs in Calmazon will elevate your mood, calm your nerves and help you sleep. Sumacazon helps restore adrenal glands depleted by stress and anxiety, leaving us lethargic and jangled. Containing high levels of important vitamins which support an

optimal emotional state, Pure Camu is said to "Clear your mind and Brighten your day."

These herbal formulas are available online exclusively from Amazon Organic Herbs at [www.AmazonOrganicHerbs.com](http://www.AmazonOrganicHerbs.com) . Or send an email to [AmazonGarden@aol.com](mailto:AmazonGarden@aol.com) for more information.

You can find your own fun and stress-reducing activities too. Figure out what makes you happy and feel better and then make sure to practice it regularly.

## TALK TO A FRIEND

One of the quickest and easiest ways to reduce your stress is to talk to a friend.

By simply calling them, you can begin to change the way you are thinking about your stress as well as how you might be reacting to it.

You can either talk to your friend about the thing that is making you anxious or you can ask them to make you feel better about the stress you are feeling. No matter what your friend says, you will be able to reduce the anxiety you feel.

Just by asking for someone else's help, you will be able to increase the chances that you will begin to feel better quickly. People like to help other people, so tell your friend that you're upset and that you need them to help you distract yourself from the feelings you are feeling.

However, first take a hard look at yourself and decide if you might be using catastrophes and anxiety as a means to draw attention to yourself.

If this is the case, once you are aware of it, you might want to take a different approach. Try taking yourself out of the conversation and focus only on your friend. Pretend like nothing is wrong and let your friend talk about their own life. Ask them questions and help them solve problems they might be having. This can often put your own problems into perspective and allow you to feel better about what you are doing. In addition, your friend will appreciate your interest and support, and the result may be more positive attention to you.

You might also want to ask your friend for advice on what you are doing (or not doing) at the moment. If your friend is honest, they will show you any

errors in your thinking. They might be able to offer you a fresh take on a problem you are facing – often showing you something that you missed because you were focused on your anxiety.

Have someone on your speed dial that you can call when your anxiety is too much. Or you can always talk to their voice mail or answering machine.

## CONCLUSION

Stress doesn't have to run your life. While we all will get anxious from time to time, you need to realize that this stress can actually be avoided and diminished with these simple tips and tricks.

Most of these ideas can be completed within minutes, allowing you to get back to the work you need to do or the people you need to talk to.

And while you might need to use more of these tips during certain times of your life, that doesn't make you a weaker person for it. Why be the person who suffers all the time when you simply don't need to be?

You can be in control of your stress, instead of letting your stress control you. Perhaps you can't change what you have to do, but you can choose the way you feel while you are doing it.

Managing the way you deal with stress will help you make better decisions and it will help you live a more satisfying and peaceful life – no matter how much you have to do.

*To Your Whole Health!*

**We hope this report is helpful in giving you some ideas on how to take control over your stress. For more information about a wide variety of options to relieve anxiety, please visit us online at**

**[www.StressAnxietyAdviser.com](http://www.StressAnxietyAdviser.com)**