

5 Steps to Overcome Anxiety



Meditate Every Day

Practice Breath Focus and Noting skills to get used to bringing yourself out of the uncertain future and back into the present moment.

Make Space for It

Don't fight your anxiety. Imagine moving some things around in your mind to make physical space for it to exist on its own.



Radical Acceptance

Stop fighting reality. Learn what you can't control and let it go. Focus on the good those things bring you and accept uncertainty.

Self-Trust

Keep the promises you make to yourself to regain a sense of control in an uncertain world. Don't be at the mercy of external factors in your environment.



No Victim Mindset

Things are not happening to you. They are happening around you. You can choose to engage or not. You always have control over how you feel, so control it.

Sign up for the Anxiety Breakthrough Program to learn how to master these concepts and rid yourself of anxiety in just 3 months!

www.TATEmeditation.com

