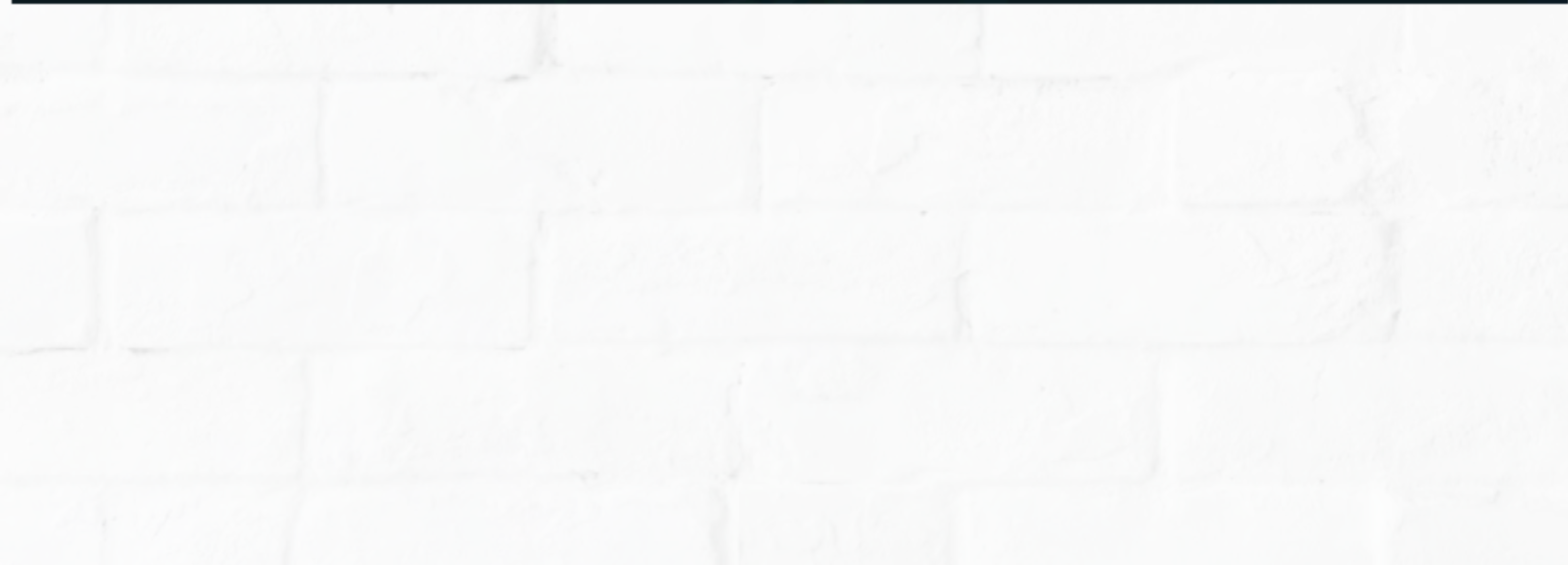


# Weathering The Storm

5 Strategies to Reduce Anxiety

*Renew Hypnosis & Counseling*





Michael has come and gone for many people. For some of us it lives on in our daily lives and in our memories. Learning to navigate the way you feel after a life changing event can be hard. Here you will find 5 strategies to help you manage how you are dealing with anxiety.

These techniques are designed to break the thought cycle of anxiety and give you time to choose a different thought and or behavior.





## **Bi lateral stimulation**

This technique involves stimulating both sides of the brain to stop anxiety. It's very simple, but amazingly effective.

When you feel the anxiety try to locate it in the body

- Notice where you are feeling the anxiety
- Rate it in the level of intensity on a scale from 1 to 10
- Use a small ball and pass it back and forth from one hand to the other, crossing the midline so you are stimulating both hemispheres of the brain. Do this for about 1 minute
- Stop
- Take a deep breath and notice what is different about the anxiety • Repeat as needed

# Peripheral vision



Start by picking a spot or a focal point to stare at

Slowly begin to expand your peripheral vision to include the space around the spot

Now expand your vision even further to the sides, all the way up to the ceiling and down to the floor

Continue to expand it even more, allowing your visual field to open so that you can imagine almost becoming aware of the space behind you

This might feel strange at first but after practicing three or four times you will notice a general calm come over your mind and body as you realize your internal dialogue has stopped. You can press the pause button on the anxiety/cravings by stopping the self-talk that keeps it going. This interrupts the thought pattern and shifts the focus off the anxious way of being.

# Heart Coherence

This technique slows down the breathing and creates a parasympathetic balance.

Start by bringing your awareness to your heart and as you do imagine breathing deeply in and out from your heart, (literally imagine breathing through your heart). You might want to hold your hand over your heart to keep your awareness there as you breathe through it.

The heart is the strongest emitter of electromagnetic energy in the body. By doing the exercise you are beginning to entrain your brain into coherent and moving relaxed brain-wave state.

You can find out more by going to <https://www.heartmath.org/>



# The Emotive Journey

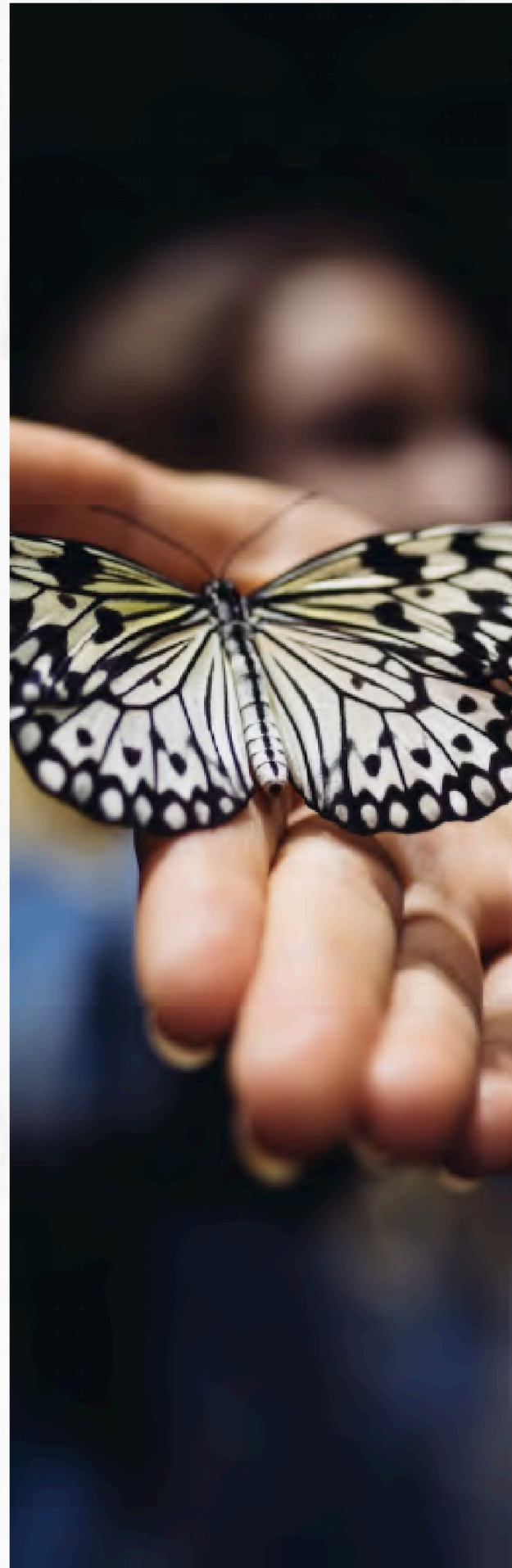
Another technique that can be anxiety shifting is called a “drop through” or “emotive journeying.”

When you begin to notice anxious feelings locate where in the body you are feeling it and imagine going right to the center of that feeling. Think of the anxiety as feeling/layer that one can drop through. Feel the feeling as much as you can bear in order to “drop through it”. This exercise helps you to drop through to a safer feeling.

When you have felt it as much as you can ask yourself, “what’s underneath this feeling?” Take a deep breath and notice what feeling lies underneath the original feeling (it will come to you as a thought or a feeling); then drop through that feeling by asking again, “what’s underneath this feeling?” keep going until you hit a good feeling or resource state.

I know this sounds crazy, but under all negative feelings is a positive and usually very powerful feeling. I have noticed that when my clients use this technique, they eventually uncover a powerful positive state that is resourceful and safe.

Once you find the resource at the core, underneath all the layers, spend a little time soaking it up. Once you are full of that core essential state (feeling) imagine traveling back up the layers bring this amazing energy noticing how it transforms any negative state.



# Remember the Basics

## Daily Activities to reduce anxiety

Eat well to feel good. A diet that is designed to support a healthy lifestyle can reduce the feelings of anxiety. A well-balanced diet helps the bodies response to stress. Following all the common advice about eating well are tools that can be helpful in changing the way your body processes anxiety.

**Sleep:** Anxiety and insomnia go hand in hand. It's difficult to tell which one came first. It's important to get good sleep as a tool for managing anxiety. If you are having trouble sleeping or staying asleep consult your doctor. Going to bed at a routine time, turning off lights, computers, putting your phone in another room and reduction in alcohol also helps to improve sleep. Most importantly consult you doctor if you are having problems sleeping.

**Exercise.** One of the easiest ways to change the feeling of anxiety is to change what your body is doing. If you notice anxious feelings going for a short walk can be an instant reset. 30 minutes of daily activity, (walking, jogging or lifting weights), can help ease symptoms of anxiety and can sometimes stop or slow down how often they are happening.

## When to get help

1. When anxiety last more than 6 weeks
2. When anxiety is based on a past trauma
3. When anxiety puts you in the freeze mode and your daily life is interrupted
4. When you find you can't accomplish your goals because you are so anxious



## **Renew Hypnosis & Counseling**

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