

Hypnosis Works!



The Anxiety Epidemic

As some of my subscribers and clients may already know, I have had a long history of severe anxiety and panic disorder. I understand what it's like to live day to day, for decades as a prisoner of your own mind.

As President Franklin Delano Roosevelt once said "the only thing we have to fear is fear itself". FDR's words could have not be more truer today. One of the questions we have to collectively ask ourselves as a society is, are we increasingly living in a world of fear?

From fears of disease, our future as a society, family and terrorist attacks, there seems to be no shortage of reasons for all types of anxiety to be on the rise. We are pretty much in a constant state of sensory overload, which in itself, triggers anxiety responses and we all seem to be becoming much more hypersensitive to the world around us.

Below is an [excerpt from my ebook - Anxiety & Panic Disorder, Where it All Started.](#)

"THEN IT HIT!!! Suddenly out of nowhere, my heart started pounding out of my chest. I was certain I was having a heart attack but I was only 23 years old. I couldn't breathe right, my mouth went completely dry, my palms were sweating, and numbness spread throughout my body, especially in my arms. I couldn't even hold the steering wheel because my hands and arms cramped up and actually curled inward.

It felt as though my mind was on a space launch. My thoughts were uncontrolled, confusing and very rapid, like my brain was running and my body was displaying the physical results. The problem was that my body was reacting as if I was in the middle of a 200 yard sprint at top speed after drinking five pots of coffee and yet I was completely still. **I FELT I WAS DEFINITELY GOING TO DIE.** [My heart absolutely could not beat any faster. In fact, after about ten minutes...](#)"

Please feel free to [contact me directly](#) if you or someone you know is struggling with anxiety or

More Americans Suffering from Stress, Anxiety and Depression

More Americans than ever before are stressed, depressed and anxiety-ridden, and many are unable to get the help they need, a new study suggests.

An estimated 8.3 million American adults - about 3.4 percent of the U.S. population - suffer from serious psychological distress, an evaluation of federal health data concluded. Previous estimates put the number of Americans suffering from serious psychological distress at 3 percent or less, the researchers said.

"Mental illness is on the rise. Suicide is on the rise. And access to care for the mentally ill is getting worse," said lead researcher Judith Weissman. She's a research manager in the department of medicine at NYU Langone Medical Center in New York City. This increase is likely a lasting after-effect of the Great Recession that began in late 2007 - a stress-filled time that caused long-term emotional damage to many Americans, Weissman suggested.

Many people psychologically affected by the Great Recession haven't been able to get the help they need, either because they can't afford it or because their condition hampers their ability to seek out treatment, she said. As a result, hundreds of thousands of Americans live with serious psychological distress, an umbrella term that runs from general hopelessness and nervousness all the way up to diagnosable conditions such as depression and anxiety, Weissman explained.

"The recession seemed to have pushed the mentally ill to a point where they never recovered," she said. "This is a very disturbing finding because of the implications of what mental illness can do to a person in terms of their ability to function and their life span."

The study included national health data from a survey conducted by the U.S. Centers for Disease Control and Prevention. More than 35,000 households nationwide participate each year. The investigators found that between 2006 and 2014, access to health care services deteriorated for people with serious psychological distress, compared to people without emotional distress.

Comparing self-reported psychological distress symptoms across nine years, the research team estimated that nearly one in 10 distressed Americans in 2014 did not have health insurance that would give them access to a psychiatrist or mental health counselor.

In 2014, people with serious psychological distress were nearly three times more likely to experience delays in getting professional help due to insufficient mental health coverage than people without serious distress, the study findings showed. Approximately 10 percent of people with serious psychological distress could not afford to pay for their psychiatric care in 2014, up from just under 9 percent in 2006. The economic turmoil caused by the Great Recession struck at the heart of the American dream, rattling some to their core, Weissman said.

"Earning and sustaining a living is getting harder for people, especially for men," Weissman said. "The loss of jobs could mean there's a loss of community and a loss of role as wage earners and providers." Dr. Harsh Trivedi is president and CEO of Sheppard Pratt Health System, a Maryland mental health provider. He said constant noise from the internet and social media likely serve to amp up people's anxiety and angst.

"In the past, you may go out and meet with your friends and talk about something, but when you got home you'd go to sleep," Trivedi said. "The difficulty now is you can't really turn things off. We don't necessarily have downtimes to recharge and get our bearings straight again."

Weissman pointed out that psychologically distressed people already struggle to deal with the health care system, and on top of that there are national shortages of mental health professionals. And, Trivedi added, the ongoing debate over the Affordable Care Act isn't doing distressed individuals any favors.

"If you are in a more distressed state, how easy is it for you, from a psychological perspective, to seek care?" Trivedi said. "If the overall market is shifting, and you are more psychologically distressed, how are you going to have the faculties to keep track of your access to health care?"

Weissman said insurance companies should pay for mental health services, which need to be more fully integrated into primary care for people. "We need to increase access to care for the

mentally ill," she said. "We also need to put trained psychiatrists and mental health providers within the primary care setting. If you have linkages of care within primary care, then the mentally ill patient can be helped even if they've come in for some other reason."

The study was published April 17 in the journal *Psychiatric Services*.

20 Celebrities That Suffer With Anxiety Disorder

Millions of people are diagnosed with anxiety disorders, panic attacks and obsessive compulsive disorder (OCD). This means celebrities and other entertainers are not immune from being diagnosed with one of these issues. In fact, quite a few creatively gifted people suffer from sometype of anxiety disorder. The list below highlights some current celebrities that are suffering from an anxiety disorder, OCD and even panic attacks. Check and see who is on the list. [Johnny Depp](#), [Kate Moss](#), [Emma Stone](#), [Kim Basinger](#).....



Children Are Affected by Anxiety Disorder

The latest statistics from the National Institute of Mental Health show that anxiety disorders affect 1 in 8 children. Untreated anxiety disorders put children at risk for a range of issues from poor school performance, difficulty maintaining peer relationships and [sleep disturbance](#) to [substance abuse](#) as they get older. [Read the article in US News...](#)



[Visit My Friends at Club Barks - Riley's Favorite Place](#)

5 Herbs To Calm Anxiety

Whether you're suffering from a lifelong illness or simply going through a stressful period in your life, natural herbs can help. Here are seven that are particularly good for calming you down - without putting you to sleep. [Here's the list..](#)

ARTICLES

- [Less Social Media - Less Anxiety](#)
- [10 Ways Hypnosis Can Help You Lose Weight For Good](#)
- [The Neurological Mechanisms Behind Hypnosis](#)

[Totally Updated 1 BR Condo for Sale by Owner - Little Falls, NJ](#)

[Scott Lea, CH.t. - Anti Stress Center](#)



[More About Hypnosis](#)

Article Resources: cbsnews.com

Scott Lea, CH. t. | Anti Stress Center | 973-388-8794 | [Email](#) | [Website](#)

Get Your Hypnosis Certification This Summer!
\$200 Off

STAY CONNECTED:

