

3 WAYS TO STOP LIVING IN FEAR/ANXIETY

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LIVING WITH FEAR/ANXIETY

Living with fear and anxiety is detrimental to overall health and well-being. Not only does it have a negative impact on your physical health in the form of high blood pressure, headaches, and insomnia, but can also negatively impact your mental health in the form of depression.

I know from experience how you feel. I suffered from anxiety and depression for years, to the point that I was on medication. During this time I had difficulty functioning and hated even leaving the house. It was when it got so bad that I had regular panic attacks (one even sent me to the hospital) that I knew things had to change.

LIVING WITH FEAR/ANXIETY

As I said, I know how it feels to live with fear and anxiety. It is terrifying and difficult to find your way out. I am here to help! This mini-course is designed to give you a few tools that will help control your response to stressful situations and improve your quality of life (and overall health). You should notice a difference if you practice these tips on a daily basis.

BREATHE

Notice your breath. If you are shallow breathing in your chest, stop. Shallow, rapid breathing leads to hyperventilation, which can make panic/anxiety symptoms worse. Instead, be mindful of your breath. Take a deep breath (so that your belly rises) while counting to four. Hold the breath for about two seconds and exhale while counting to four. This will help ensure you are taking in more oxygen than carbon dioxide and relieve anxiety symptoms. If you like, you can read more [here](#).

LIVE IN THE MOMENT

Practice mindfulness and live in the moment. Life really is like a rollercoaster: it has its ups and downs, but also you have no control over the cars in front of you (future) or behind you (past). All you have is the car you are in (present). When we live in the present we focus on what is happening right now and not on what may or may not happen in the future. We don't know what is going to happen in the future because **anything** can happen. We miss out on so many happy moments and opportunities to be happy when we focus on the past or future. One way to help improve mindfulness is to practice meditation.

LIVE IN THE MOMENT



ANTIOXIDANTS

Believe it or not the nutrients you eat, or don't eat, can contribute to anxiety. Increasing consumption of antioxidants can relieve symptoms of [anxiety](#). Some [foods](#) you may want to consider are: pomegranate, pecans, goji berries, broccoli, and sweet potatoes.

These tips are just the beginning to a life without (or with less) anxiety. They should become a part of your daily life in order to experience a change. Try these everyday for two weeks to a month and let me know if you notice a difference improveyourhealthwithbrandi@gmail.com. I would love to hear your story. You can also join my Facebook group [Improve your Health with Brandi](#) or visit [my page](#) for more helpful tips and information.