



Anxiety Help: 8 Solutions to Your Anxiety Symptoms

By Doris Jeanette

Holistic Psychologist, Doris Jeanette is the author of ["Overcoming Anxiety Naturally"](#) a multimedia online course and 14 other self help products. Dr. Jeanette is a licensed psychologist with 33 years of experience teaching people how to relax and enjoy life by using more of their human potential. She is director of the Center for New Psychology, founder of www.drjeanette.com; radio host of Live at the Edge at newvoices.com and her popular, free weekly newsletter "The Vibrant Moment" has inspired thousands for six years. Doris has been featured in Woman's Day, Men's Health, The Philadelphia Inquirer, NBC radio, TV and many other national and international media venues.

More than 9.1 million Americans, 18 to 54, suffer from Anxiety Disorders. This makes anxiety the most common mental health problem in the USA.

If you do not live in the USA, Google the anxiety statistics for your country.

"Anxiety is everywhere"

These USA numbers do not include the children who have been diagnosed with anxiety and subsequently drugged by professionals. As far as I am concerned, the act of drugging creative, sensitive children is the biggest crime Americans are currently committing.

***"Anxiety is a given
everyone has some"***

Parents need to be assertive enough to stop this extremely unhealthy practice of drugging lively, energetic children.

A healthy alternative is for parents to reduce their own anxiety so they offer a calm and secure environment for their children to live and play in. Intelligent people and properly trained professionals know that the children are not the ones with the original anxiety problem. Anxiety is learned from the adults.

Neither do these 9.1 million Americans with anxiety include the anxious people who have not been labeled with an official diagnosis by a mental health professional.

Neither do these numbers include the millions more who have trouble sitting still and relaxing under a cherry tree in the sun in peaceful bliss.

These numbers may not include you and your anxiety.

How Anxious Are You?

In reality everyone on the planet has anxiety. Right now in 2008, the whole world is freaking out about money and fighting over water. Anxiety is a given. Everyone on the planet has some tension in their body and nervousness in their automatic nervous system! Even the natives deep in the woods are scared, frightened and anxious.

***"Never judge yourself
about being anxious"***

Please do not judge yourself or your children for being anxious. It is natural to be anxious when things are out of balance, out of control and when you cannot do anything about the situations around you.

Let's take a look at you and your anxiety. Ask yourself the following questions and be honest with your answers.

***"Move slow and easy
through life"***

1. Do you regularly enjoy your morning coffee or tea as you watch your beautiful plant or gaze at your lovely garden with a quiet mind and rested body?
2. Do you take the time to eat slowly and enjoy every bite of the food you eat during the day?
3. Do you enjoy the flowers and trees on your walk or drive to work?
4. Can you sit still and relax without reading for 30 minutes?
5. Can you sit still and relax without picking up your phone to talk to someone?
6. Can you sit still and relax without having to watch TV or play a game or use your computer?
7. Do you have patience when things do not go the way you want them to go?
8. Are you comfortable and relaxed when you are not in control?

If not, anxiety is ruining the quality of your life and keeping you from using your natural talents and innate skills.

If you avoid any person, place or situation you have a phobia of that person, place or situation.

***"Help yourself with
your anxiety"***

Here are some specify physical signs to help you to become more aware of your anxiety. Anxiety is very different from real fear. You need to learn the difference in these two states if you want to relax and enjoy your life.

8 Signs Indicative of Anxiety

"Notice your breathing patterns"

1. Your breath stops up high in your chest instead of filling your lungs to the bottom of the rib cage.
2. Your thoughts are obsessive, racing or telling you things to do much of the time.
3. Your physical body is too tight and tense or too loose and fat.
4. You are unable to sit still and be in the moment without doing something, looking at something, or thinking something, or talking to someone.

"Overweight is due to anxiety"

5. You are not aware of your physical surroundings as you go through your day.
6. You are not aware of your physical body as you go through your day. You forget you have feet or ears.
7. You hyperventilate in certain situations, which means you are breathing quickly and gasping for air.
8. You have a startle response to any noise, movement or situation in your environment at any time.

If you are honest with yourself, I am sure you have some of these symptoms of anxiety some of the time.

It is not a matter of "If" you have anxiety, but the question is "How much anxiety do you have?" Anxiety keeps you from enjoying life and achieving peak performance.

What is the Solution to Anxiety?

"Many approaches do not help you let go and relax."

As most of you know, drugs whether they are legal or illegal, can be dangerous to your health. You probably also know psychotherapy and talk therapy are limited in their ability to relax your nervous system and permanently reduce the chronic anxiety out of your body.

Instead of more talk and more drugs, you need safe, effective anxiety solutions. First you need to learn the difference between your real fears and irrational anxieties so you can deal with both of these states effectively. Anxiety and fear are two different states that have two different solutions.

"You body has your answers"

Cognitive Behavior Therapy is helpful with negative thinking but this approach tends to keep you in Beta brain waves. Thinking about your thoughts is mental activity. Consider the fact that there are three other brain waves you could enjoy- Alpha, Delta and Theta.

I began developing my natural anxiety approach in the early 1980's by working with some of the women who did not respond successfully to CBT at the Beck Institute at the University of Pennsylvania. I did my post doc in Behavior Therapy with Joe Wolpe, MD in 1975 at Temple Medical School. One of the things I learned from Joe was how to relax my clients and myself.

Yoga, an Eastern approach that many people consider effective has a tendency to control your body by telling you to take certain body postures. I prefer to teach you how to listen to your body and let your natural energy flow in vital, healthy ways. With yoga, the brain and mind are in charge and frequently the result

is your muscles do not successfully let go and relax.

Meditation is yet another form of mental activity. With meditation you can actually become more anxious if you do not ground your energy. This happens when you keep bringing mental energy into your body without learning how to ground the energy that is already there. Your body has no choice but to become an overloaded circuit when your nervous system gets too wired. This means you could blow a fuse if you have excessive mental energy.

"Relaxation is a natural skill you can reclaim"

Barbara Brennan, author of "Hands of Light," wrote that, "Marital Arts teachers are the only people I have seen who are grounded." I have observed that the Marital Arts teachers I see walk around in sneakers and as a result they are rarely grounded. My conclusion is that most people need help in getting grounded and staying grounded.

The principles of grounding for humans operate on the same principles as the electricity in your wall socket.

"Learn how to get grounded"

**When you are grounded you are not anxious.
When you are grounded you are relaxed and secure.**

You can learn how to relax your body naturally and normally. You can enjoy the moment and have peak experiences in your everyday life.

To achieve these healthy states you need to reduce your anxiety so you can tap into and learn to use your inner strengths, intuition, instincts and emotional wisdom.

Anxiety is just like the static on your radio. When you reduce

the static in your nervous system, you tune into the stations you want to hear instead of the static. You can do what you want to do with your time and with your life.

"Relaxing is fun"

To achieve these relaxed states, you need to get out of your thoughts and stop all mental activities.

Image this: See yourself sitting with your back against a cherry tree on a warm spring day. You take a deep breath. You feel the tree against your back. You feel the sun on your skin. You sense your butt on the earth.

Your body sinks deeper into the ground and you take another big deep breath and let go. You sink even deeper into the earth. As your awareness expands, you feel connected to the tree and the earth as if you are one and the same. You smile and feel good all over. Your body surrenders even more to gravity. You take another deep breath. You have no thoughts or resistances.

You experience a moment of contentment and safety you have never felt before. You feel good all over.

"Letting go releases unusable debris"

As you relax, your senses are heightened so you feel each little breeze that blows against your face. You feel the wind move your hair across your cheek and goose bumps ripple throughout your whole body. Yum. Being alive is wonderful.

You sense your body and the area around you. You are enjoying a Vibrant Moment, a moment where you are fully alive.

Below are some self-help actions that are sure to make the scene above a reality for you.

8 Solutions to Anxiety

"Become a conscious breather"

1. Learn to consciously breathe fully into the bottom of your lungs as you go through your day.
2. Calm your mind by learning how to tame your thoughts so they do not race in an out of control fashion.
3. Discover what your emotional needs are by listening to your emotional self. Pay attention to internal stimuli and meet your emotional needs.

'Get massages and give them'

4. Practice sitting still in silence without any activity until you can sit still for at least 30 minutes.
5. Look around at what is outside of you and notice your physical surroundings as you go through your day. Pay attention to outside stimuli.
6. Give physical touch to yourself and others. Get physical touch from yourself and others. Nourish and calm your nervous system.

"Relaxing can become a way of life"

7. Learn to stop panic attacks and reduce startle responses so they do not overwhelm you and scare you to death.
8. Reduce chronic anxiety with daily body relaxation practice.

Anxiety impedes your performance more than anything else in the whole world. Just look at your favorite athlete. As soon as she tightens up just a little bit, her skills deteriorate rapidly. You cannot succeed in anything without consciously and deliberately relaxing your body. The foundation for all self-improvement is the removal of anxiety from the system.

***"Listen to your body
and heart"***

In my own life, I continuously put into practice the wonderful things I learned from Joe Wolpe, MD, who started me on my lifetime habit of relaxation. In my course, "Overcoming Anxiety Naturally" (which is available as an online course or a home study course) I share his wisdom along with all the other secrets I discovered about energy and emotions.

***"Take action and
empower yourself"***

Check out the unusual information and body tools you learn in this affordable course. For example, feeling your real emotions will naturally reduce your anxiety dramatically so the course includes the emotional health guide, "Opening the Heart" to show you how to start moving your healthy, vital, energy. (<http://www.drjeanette.com/anxietycourseonline.html>)

In addition, you can join one of the in -person "Overcoming Anxiety Naturally" classes in Philadelphia. To sign up for the 6 week class or get on the waiting list, click here for more information: <http://www.drjeanette.com/anxietyclass.html>

If you are interested in a private consultation or ongoing coaching contact me to check availability. Email: <mailto:drjeanette@drjeanette.com>
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