

# 5 WAYS TO DEAL WITH ANXIETY

## *That Really Work*

Fiona Brennan shares her top tips for dealing with daily distress.



### 1 Anxiety Is Not Your Fault

Realising anxiety is not your fault is the first step to moving away from its crippling effects. This negative bias is strong and is a fundamental part of your survival – it must be maintained so that if we are confronted with a threat or trauma we have a strong resource of this energy to help us cope. However, the pressures of modern life are constantly triggering cortisol (the stress hormone), leaving many of us living in a constant state of fight or flight. This has developed into a pattern of automatic response, which presents itself as anxiety.

### 2 Understand Your Subconscious Power

Your subconscious mind is very suggestible and you have a lot more control over it than you may imagine. In fact, you have complete authority over soothing anxiety and focusing on being calm and confident. If you think of your subconscious mind like a small child and your conscious mind as the

parent, where everything you say conditions a response of either fear or love depending on your thoughts, wouldn't you choose to be kinder and calmer to the child? Becoming more positive is not about changing who you are, it is about accessing a part of you that is already there.

### 3 Discover A Positive Self-Concept

The way you speak about your life is essentially a way of creating your own story, both to yourself and to other people. The words you use to describe yourself, your family, where you live and the work that you do form the framework of how you feel about yourself and the life you have created. This is the story you tell yourself and has a huge impact on your daily life. YOU are telling the story to yourself. Make it a good one!

### 4 Learn to Love and Parent Yourself

Becoming an adult is essentially about shifting the power

and responsibility from your parents to yourself. It is about letting go of any real or perceived hurt and pain from the past and realising that to feel safe, secure and loved you must cultivate these feelings from within. Nobody can love you until you love yourself. The full realisation that you are responsible for yourself is a fundamental step for mental wellbeing. Feeling you are worthy of care and love and providing that for yourself is liberation.

### 5 Start Caring for Yourself

The habit of practicing self-care is essential to implement when dealing with anxiety. Your body responds well to having its needs met and soon recognises the rewards of a healthy self-care habit. We wouldn't expect our children to wake after a restless four or five hours sleep, forget to feed them breakfast and send them off to school in the morning in the hope that they have time to grab a quick snack at lunch if they have time to stop their school work. Yet many of us treat ourselves in this manner and wonder why we feel exhausted and struggle to think clearly. It's important to emphasise the necessity of choosing and establishing a self-care programme that works for you. The words to note here are 'self' and 'care'.

The Positive Habit is Fiona's five-star self-therapy programme that is helping people all over the world to train their brains to let go of anxiety and embrace a positive, emotionally resilient mindset. More information can be found on [www.thepositivehabit.com](http://www.thepositivehabit.com)

Fiona Brennan is a Clinical Hypnotherapist and a member of the CHPA, the regulatory body for Clinical Hypnotherapists and Psychotherapists. Fiona is the regular mental health expert for 'Mind Yourself' on the Dermot & Dave Show on Today FM.