

9 common mistakes
about
anxiety





9 Common Mistakes about Anxiety

Anxiety is a normal and useful emotion. That's right – you heard me say it – anxiety can be useful. It has often been advantageous to experience anxiety, as it helped to ensure our survival as a species.

Let's imagine, if a wild animal was charging at our ancestors, it was their feeling of anxiety that urged them to run. The feeling of anxiety can enable us to adjust to threats and danger in our environment.

Today, it more likely motivates us (often not in a good way) to meet important deadlines and accomplish tasks, but is not helpful when it starts to impede upon our day-to-day functioning.

We can stop anxiety from having a negative impact on our lives by learning to focus the feelings and redirect them towards positive action.

Myth #1: Having anxiety isn't a big deal

Reality: Anxiety disorders can accompany and lead to other illnesses, such as depression and substance abuse.

Myth #2: Anxiety disorders are not so common

Reality: According to beyondblue, slightly more women are affected than men, and the condition is most common in people as early as in their late teens to mid-twenties. An anxiety disorder is one of the most prevalent mental health issues affecting young and old alike.

Myth #3: The disorder will resolve on its own

Reality: While some people recover from anxiety on their own, it's important to have it treated. Over time, anxiety disorders can develop into serious conditions like depression. There are several methods to treat anxiety, including psychotherapy, hypnotherapy and Cognitive Behavioural Therapy (CBT).

Myth #4: Anxiety is all about fear

Reality: While many cases of anxiety originate from excessive fear, the condition can also be genetic. It can also be associated with certain medical conditions, such as anaemia, asthma, several heart conditions and infections. Stress can also bring on anxiety problems.

Myth #5: No one can ease an anxious person

Reality: Even though you are not a trained therapist, there are many ways to offer help and support to those suffering from anxiety disorders. The best approach is to ask questions instead of making assumptions regarding what they need, like "Is there anything I can do to make you feel better?"

Myth #6: A drink or two can soothe anxiety

Reality: A study reported in the Archives of General Psychiatry found that despite the risks, people suffering from anxiety try to relieve it by self-medicating with drugs or alcohol. You might think that the best way to deal with anxiety is to have a drink but it can in fact worsen the condition. Substance abuse can eventually reinforce anxiety.

Myth #7: To ward off anxiety, avoid things that you fear

Reality: Anxiety specialists recommend facing your fears instead of running away from them. "Avoidance is not a good strategy," says David Spiegel, Associate Chair of Psychiatry and Behavioural sciences at Stanford University. He contends that the more we avoid what we're fearful of, the more anxious we become. On the other hand, the more you expose yourself to your fears, the more you are able to overcome them.

Myth #8: Tranquilisers and sleeping pills work best for anxiety

Reality: Although medications are commonly recommended for anxiety sufferers, they only provide a temporary solution and never address the root cause of the problem, which is the key component for recovery. What's more, these medications have side effects, which bring their own slew of problems to deal with. Anxiety is best treated with mindset therapies like NLP and hypnosis, assertiveness training, exercise, or complementary therapies, such as aromatherapy or massage.

Myth #9: Therapy for anxiety can take forever

Reality: This is not the case, in fact, improvements can be apparent after only a few sessions. Hypnosis patients, for instance, can experience up to a 50% reduction in



symptoms from the virtual outset. Combining treatments is also an effective way to achieve even faster results, complemented with ongoing 'therapy homework' outside of the session.

Anxiety disorders are real and can be life-threatening. Like many other mental health conditions, anxiety symptoms can – if not treated appropriately – deteriorate into more serious conditions.

Anxiety can strike anyone at any point in their life. But with the right treatment and understanding, it's possible to overcome this often debilitating condition.



Are you making your own anxiety even worse?

1. Believing everything you think.

We have thousands of thoughts per day. But not every thought is true. Our brains attempt to make sense of the world by coming up with stories in the form of a series of thoughts.

Rather than try to stop our anxious thoughts, we can work to recognize that they don't have power.

When we simply notice our anxious thoughts without ruminating on the past, we can then bring ourselves back to the present moment.

2. Avoiding things that trigger your anxiety.

It makes sense that we might try to avoid situations, things, and people that trigger anxiety. However, this actually causes more anxiety in the long term.

When we avoid something that triggers your anxiety, it feels calmer in the moment, but this reinforces the avoidant behavior because you experience a pleasant emotion as a result.

Repeatedly facing the things that you fear can decrease your anxiety over time. If you are really struggling with facing the sources of your anxiety, as a qualified therapist, I can help you to discover and overcome the thoughts and emotions behind the triggers.

3. Beating yourself up for feeling anxious.

When you criticise yourself, you feel worse about yourself, leading to more anxiety.”

Instead, treat yourself the same way that you would treat a loved one that was feeling anxious. Be kind to yourself when you are in the midst of anxiety.

Remind yourself that you are doing the best you can in this moment. Ultimately, you deserve to extend the same kindness to yourself that you would give to someone you love.

Through learning how to distance yourself from anxious thoughts, facing your fears, and practicing self-compassion, you can change your relationship with anxiety and stop it from controlling your life.



Here's some more specific information about anxiety <http://www.mynd.works/anxiety/>

If you found this guide helpful and would like to arrange a **FREE 25 minute chat**, contact me by...

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