

How To Control Your Anxiety Before It Controls You



Anxiety can be debilitating and overwhelming. It has the power to take over your life and hinder your ability to enjoy everyday activities. The good news is that there are effective strategies you can use to regain control and manage your anxiety before it controls you.

Understanding Anxiety

Before diving into strategies, it's important to understand what anxiety is and how it affects you. Anxiety is a normal reaction to stress or danger, but for some individuals, it becomes excessive and persistent, leading to anxiety disorders.

The individual most often Freud himself has had greater impact on modern psychotherapy. - Psychology Today



albert ellis, Ph.D.
With a New Foreword by
Kristeen A. Doyle, Ph.D.

How To Control Your Anxiety Before It Controls

You by Albert Ellis (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English
File size : 671 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 260 pages
Lending : Enabled



Common symptoms of anxiety include:

- Feelings of restlessness or irritability
- Inability to concentrate or think clearly
- Racing thoughts
- Frequent fatigue or lack of energy
- Trouble sleeping
- Panic attacks
- Physical symptoms such as increased heart rate, sweating, and trembling

1. Practice Deep Breathing Exercises

Deep breathing exercises are simple yet powerful tools to quickly reduce anxiety.

They help activate the body's relaxation response, bringing a sense of calm and control. Find a quiet place, sit or lie down comfortably, and focus on your breath.

Take slow, deep breaths in through your nose, hold for a few seconds, and exhale

slowly through your mouth. Repeat this for a few minutes, concentrating solely on your breath.

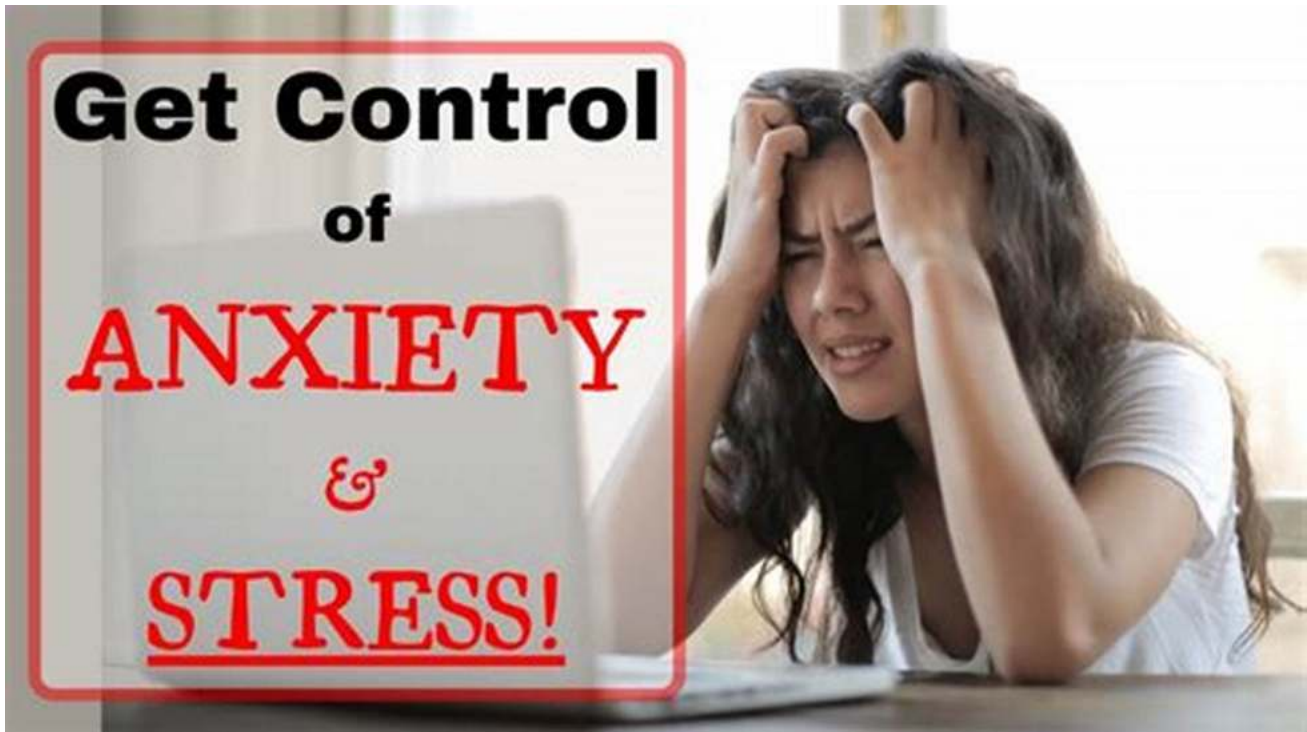


2. Challenge Negative Thoughts

Anxiety often stems from negative thoughts or irrational fears. Challenge those thoughts by questioning their validity. Are they based on facts or mere assumptions? Replace negative thoughts with positive affirmations and realistic thinking. Consider seeking help from a therapist or counselor specializing in cognitive-behavioral therapy (CBT) if negative thoughts persist.

3. Engage in Regular Exercise

Physical activity is known to boost endorphins - feel-good chemicals in the brain - and reduce anxiety. Engage in regular exercise such as walking, jogging, swimming, or yoga to naturally alleviate anxiety symptoms. Aim for at least 30 minutes of moderate-intensity exercise five days a week.



4. Prioritize Self-Care

Self-care plays a crucial role in managing anxiety. Ensure you're getting enough sleep, eating a balanced diet, and practicing relaxation techniques such as meditation or taking warm baths. Avoid excessive caffeine and alcohol consumption, as they can worsen anxiety symptoms.

5. Connect with Others

Isolation often fuels anxiety. Make an effort to connect with supportive friends, family, or join support groups where you can share your experiences and seek guidance. Socializing helps combat anxiety and provides a sense of belonging and understanding.



6. Seek Professional Help

If anxiety significantly impacts your daily life and none of the self-help strategies seem to work, it's essential to seek professional help. A mental health professional can provide specialized treatments and techniques tailored to your specific needs, ensuring you gain control over your anxiety effectively.

Controlling anxiety before it controls you is possible. By implementing these strategies consistently and seeking the necessary support, you can regain control over your life and find peace and happiness.

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Learn to manage your anxiety with this classic self-help book from a respected pioneer of psychotherapy.

From social anxiety to phobias to post-traumatic stress disorder, sources of anxiety in daily life are numerous, and can have a powerful impact on your future. By following the rules of Rational Emotive Behavior Therapy (REBT), created by world renowned therapist Dr. Albert Ellis, you can stop anxiety in its tracks if you will admit this important fact: Things and people do not make you anxious. You do. Your unrealistic expectations produce your needless anxiety. Yet not all anxiety is needless . . .

Healthy anxiety can ward off dangers and make you aware of negative things that you can change. Unhealthy anxiety inhibits you from enjoying everyday activities and relationships, causes you to perform poorly, and blocks your creativity. Using the easy-to-master, proven precepts of REBT, this classic book not only helps you distinguish between healthy and unhealthy anxiety, but teaches you how to:

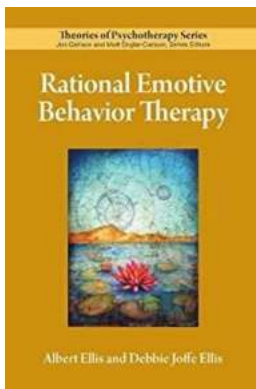
- Understand and dispute the irrational beliefs that make you anxious
- Use a variety of exercises, including rational coping self-statements, reframing, problem-solving methods, and Unconditional Self-Acceptance (USA), to control

your anxiety

- Apply over two hundred maxims to control your anxious thinking as well as your bodily reactions to anxiety

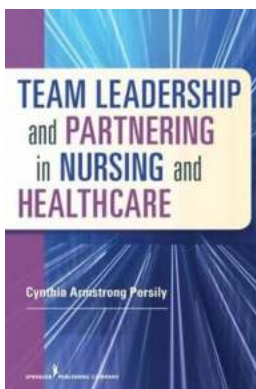
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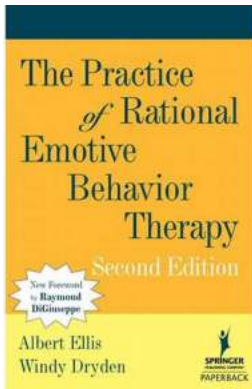
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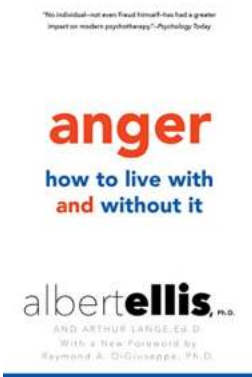
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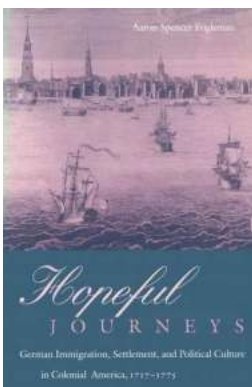
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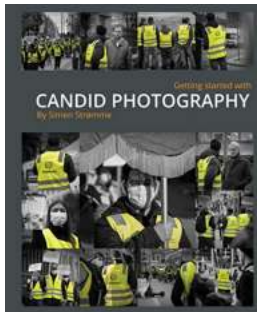
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