

# OVERCOME ANXIETY

Defining anxiety  
The problem with anxiety  
How anxiety might affect you  
**Understanding Anxiety**

Phobia  
Separation anxiety  
Panic disorder  
Social Anxiety Disorder  
General anxiety disorder  
**Determining Your Type of Anxiety**

Can manage and combat stress  
Reach a state of relaxation  
Relationship between stress and breathing  
Breathing exercises to reduce anxiety  
**Breathing Techniques to Stop Anxiety**

Eliminate depression and other mental disorders  
Eliminate worries  
Benefits of mindfulness  
Being fully active and present in daily life  
**Practicing Mindfulness to Overcome Anxiety**

Controlling anxious thoughts  
Face the thought  
Unwanted images  
Unprompted worries  
Write the thought out  
**Manage Your Thoughts to Control Anxiety**

Participate in exercise therapy  
Avoid certain foods  
Salt  
Stimulants  
Alcohol  
**Changing Your Lifestyle to Regain Control of Your Life**

How to deal with unhelpful thoughts  
Understanding your feelings  
Cease  
Calm  
Change  
**Getting in Tune with Your Thoughts and Feelings**

**Managing Daily Activities to Reduce Anxiety**  
Time management vs. managing your activities  
Determine where you are spending your time

Long-term management  
Positive self-talk  
Takes time  
Short-term management  
The best ways to find instant calm  
**Ways to Find Instant Calm and Overcome Anxiety**

Meditate  
Change your bedroom environment  
Train your body to know its bedtime  
Establish good bedtime rituals  
Listen to relaxing music  
**The Importance of Sleep When Trying to Stop Anxiety and Worry**