

Dealing with Anxiety/ Stress.

Having looked at various relaxation techniques what else can we add to our personal Stress Busting Tool Kit.

Eat your way out!

You don't stop to eat your snacks when about to be attacked by a tiger – however nice your food. Eating is a signal to your body that you are NOT in danger. Anxiety shuts down digestion because you need that energy to run or fight. Your mouth will be dry so choose a moist snack – Fruit, Yoghurt, something with water. As you eat, you are sending the lower brain a message that it is safe enough to stop and eat, so the danger is not significant.

My Snack(s)-

Sit or Lie Down.

When anxious, we tend to move or pace around. Our body has the urge to run or fight. When we pace it may feel like a reduction in the sensations, but your body reads that you are up and moving to evade any threat, reinforcing the anxiety and fight or flight response. Sitting down gives the message that there is no danger. Add a moist snack and you should 'be laughing'.

Smile or Laugh.

We don't start smiling at a person who is threatening us. Feeling happy or enjoying oneself doesn't happen when in danger. Smiling is a message to the brain that you have misinterpreted the situation.

Fun Activity.

Add a fun activity and it will counter the anxiety. Find a simple activity that helps you relax- listen to music, play a game, whatever works for you. In a threatening situation you do not engage in fun.

My Activity-

Re-interpret.

Label emotions differently- the sensations of fear and excitement are very similar. So 'I am excited about what is happening' vs 'I am nervous'.

Ask questions.

Why do you do that?, what does this mean?, how do I do this? Reduce the confusion by getting the information.