

# Attacking Anxiety

Kelly Armatage, our resident Healer, Coach, Speaker & Seminar Facilitator shares easy steps to a happier you.



Kelly Armatage

**A**nxiety is a disagreeable emotional state of apprehension and inner turmoil, often accompanied by nervous behavior. It is a rumination of thoughts within the mind that focus on something improbable happening. Anxiety is feeling unrealistic fear, worry, and nervousness, on a consistent basis, that creates a lot of inner conflict for the sufferer. It is often accompanied by restlessness, fatigue, problems in concentration and muscular tension. When anxiety becomes overwhelming and distressing, it may fall under the psychiatric diagnosis of an anxiety disorder.

Those that suffer from repeated anxiety feel they are powerless under the force of this condition. Yet this is far from the truth. Anxiety is a negative emotion that is created by the rumination of fearful thoughts and we do actually have control over the creation and maintenance of our thoughts. Our thoughts provide our emotional response; positive or negative. We can choose to have a thought at any given time and within that space, we can choose an uplifting or depressing thought. However, many people feel that they do not have that option, due to the non-practise of cognitive creation.

## Steps To Overcome Anxiety

- The first step is the knowledge that this condition is something that can be mastered, overcome and healed.
- Next is the realisation that the solution to overcoming anxiety is via your thinking. Your mind created the distorted and fearful thoughts and your mind (once practiced enough) has the power to create and maintain the opposite. You are your solution!
- Writing down on paper the familiar negative, fearful thoughts. The ones that are consistently ruminating, such as

“I am not going to be able to cope”.

- Challenging these thoughts with enquiring questions such as; is this fact about the future (and the future not being within my possession) actually true?
- Writing down the opposite thoughts such as “I can cope and the way I am going to do that is .....”. Then finding an action plan to support the new way of thinking. Actions that you can implement, in order to ensure the new thought created can become a reality in your future.
- Affirming the new way of thinking via mantra, meditation, prayer, continual self-talk. Reprogramming the mind via repetition of the new, empowering and uplifting thought so that it is repeated on an hourly basis.
- Facing uncomfortable tasks, to be lifted out of your comfort zone. If we are not doing something uncomfortable regularly, we are not growing.
- The realisation of the rewards that you might be gaining subconsciously from nurturing

anxiety – is it more attention from others?

- Are you afraid to come out of familiarity and face life with emotional independence? What scares you beyond anxiety? What is so difficult to face? Who do you model that has anxiety and is close to you?
- Finding a way to get content under any condition. Life will always have external situations that are challenging. The challenge is for us to get content within those conditions and we do that via acceptance of the status quo and with the hope that things are always evolving, improving and changing for the better.

Anxiety does not have to be the bane of anyone's life. Anxiety is a choice. It is a choice to think a certain way and we create that choice. There are so many methods to ensure our minds can be cleansed. A cleansed mind equals a cleansed, content and creative life. Anxiety never has to attack you again, it is now within your power as to whether you wish to attack it! ■

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“You are your solution!”