

# Overcoming and Avoiding Anxiety

In today's world it is extremely difficult to overcome anxiety, anxiousness, or just having a nervous gut feeling. There is so much negative news constantly being thrown our way. We hear about fights amongst countries, parties and individuals. War is now taking place against the innocent, in schools and shopping malls. We are bombarded with name calling, social media bullying, divorces, illnesses, cancer, sex trafficking, domestic violence, drugs and hatred. How are we to feel safe anywhere...anymore? This kind of question leads us to feeling imprisoned in our own world, whereby we no longer feel free.

As individuals, we cannot stop any of the above, except within our own lives and home. This is where our power lives. We make a decision to not feed our anxiety. Because we are all the collective one, the moment we embrace peace within ourselves, our loved ones, friends, co-workers and family, unbeknownst to us, we are starting the much needed transformation. Our hearts do not want conflict, our hearts yearn for safety and peace.

Because there is much we cannot change for our own empowerment and peace of mind, we must stay focused on what we can change.

## Tips to Avoiding Anxiety – The Do Nots

1. Do not listen or watch the news.
2. Do not watch violent TV programs, or violent films, or read violent books.
3. Do not engage in any gossip on social media.
4. Do not read newspapers.
5. Do not play or allow our children to play violent video games.
6. Do not go to areas that are crime filled.
7. Do not do drugs.
8. Do not get drunk.
9. Do not speed when driving.
10. Do not allow negative news on the Internet to enter our space.
11. Do not Google people – it is a lack of privacy.
12. Do not allow our anger to get out of control.
13. Do not sweat the small stuff.
14. Do not allow depression or fear to take over our life. Name it, Claim it, then Tame it.
15. Do not partake in gossip, it creates anxiety both for the gossiper and the one being gossiped about.

## Tips to Overcoming Anxiety – The Do's

1. Embrace our anxiety, study it and see if it is a wisdom or a warning.
2. Make it a habit to listen to beautiful music.
3. Incorporate soft lighting in our home and office.
4. Incorporate wonderful fragrances into our home or office.
5. If very angry, wait three minutes before we speak. If it is a very large issue, wait three days before we act.
6. Spend time in nature – it brings beauty into life.
7. Be exposed to animals – they bring in love into life.
8. Eat well and get enough sleep.
9. If depressed, find a friend to talk with, or join a group.
10. If we have a family or partner, at dinner time have healthy discussions.
11. Everyday think of five things we are grateful for. Before going to sleep, say five things we want to give thanks for. Have others we are in charge of or involved with do the same.

12. Be happy if we have our health.
13. Find positive people to be with and search for positive mentors to learn from.
14. Believe that to every problem, there is a solution.
15. If we feel anxious being in large crowds (which many people do presently), don't do it. If we are obligated to do it, remember to breathe and think good thoughts.
16. Find inspirational stories to read or watch.
17. Listen to our heart, it usually knows the answer.
18. Wear clothes that make us happy.
19. Always nurture ourselves when feeling unnurtured.
20. Make an agreement with ourselves to ONLY listen, watch or be involved with positivity.
21. Find faith in believing that someone, somewhere is taking care of the problems we cannot.
22. Accepting we cannot change another person - we can only change ourselves.
23. Maintain our humor and make certain we laugh more than once a day.
24. We may not be able to solve the world's problems, but we are able to solve our own.
25. Help others - it creates a powerful momentum in transmuting our own helpless feelings.
26. Discernment is a powerful tool against destruction, knowing who or what is good for us and who or what is not.
27. Dedicate ourselves to a good cause - this ignites our empowerment.
28. Water helps alleviate worry and a shower is known to wash off anxiety.
29. Do not care what others think of us, only care what we think of ourselves.
30. If something is bothering us, take the time to clear and clean it out, so we are not a carrier of resentment or fear.
31. At all times, through all circumstances...remember to breathe.
32. Yoga and meditation are powerful tools for peace and calmness.
33. We have all experienced feeling victimized, but the feeling of victory is our conscious choice over victimhood.
34. Injustice can only be overcome through the elimination of all prejudice.
35. Peace of mind is not the absence of challenges but the ability to deal with them constructively.

## Some Emotions that create Anxiety and Their Transformative Feelings

Fear	Calm
Frightened	Safe
Angry	Peaceful
Jealous	Content
Resentful	Forgiving
Confused	Certain
Helpless	Empowered
Hopeless	Hopeful
Rigid	Flexible
Pessimistic	Optimistic
Hateful	Loving
Judgmental	Understanding
Worried	Relaxed
Lonely	Embraced & Loved

## Quotes That Help Anxiety

1. We may not be able to make the world different, but we can make a world of difference to someone, including ourselves.
2. Life may not be perfect, but we can spend our time perfecting our own.
3. Bring the light to times of darkness.
4. Let us be part of the solution, not part of the problem.
5. Negativity is a virus.
6. Our thoughts are the initiators of our actions.
7. Life is what we think it will be so we must watch our thoughts.
8. Faith will get us through challenges, especially when nothing else is left.
9. Detachment is the most powerful force we have.
10. When we accept life on life's terms, we make better terms for our own life.
11. Do unto others as you want the world to do.
12. Love is not a word; it is an action.
13. Discernment is a necessity for our safety.
14. Don't stay in the mid breath of worry, for good things be in a hurry!
15. Enthusiasm is the best weapon against worry.
16. We may not be a world leader but we are ALWAYS a leader in our own world.
17. Seek and we shall find answers, even to the most challenging problems.
18. Patience is power.
19. When worried, look to see if it is an intelligence.
20. Yearning for a better world is the first step to learning how to make it happen.
21. If we eat meat, we need to thank the animal for giving its life force to us.

22. When confused, search for certainty.
23. Complaining accomplishes nothing.
24. We must love ourselves, then everything else falls into place.
25. Warring seems to be the planet's answer, so as individuals, let's not make it ours.
26. The most important lesson in "needing to control" is to accept what is out of our control.
27. An undivided mind is far less anxious.
28. When feeling taxed – take a moment to relax!
29. Our anxiety turns the gold of our lives into rust.
30. We need not waste time forecasting something that may never happen.
31. Do not let worries embitter our sweetness.
32. Only use worry and anxiety as a tool for intelligence.
33. Best medicine for the illness of anxiousness - always believe there are better times to come.
34. Never trouble trouble until trouble troubles you.
35. Though there are difficulties to be endured, there are pleasures that are equally ensured.
36. There are enough problems we will have to face, so do not invent ones that will never happen.
37. Do not anticipate misfortune – it circumvents our deserved fortune.
38. Holding happy prospects in view are the most powerful weapon against anxiety.
39. When others are afraid or worried, be the voice of reason.
40. We risk our glory when we focus on a negative story.

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