

# Learn to deal with your anxiety

To the anxiety sufferer it can seem that the symptoms appear out of the blue. Churning stomach, feelings of nausea, racing pulse, shallow breathing, inability to get off to sleep, difficulty concentrating – to name but a few.

These are all the natural symptoms of the body getting ready to flee or to fight because it thinks it is in danger. When we are under threat, we produce adrenalin that prepares us for action. In today's world we often feel under threat and produce adrenalin, but are not in a position to physically expend it by fighting or fleeing. So it stays in the system and we feel anxious instead. Often we don't even know what we are anxious about.

We do however, have more control over these feelings than we might think.

Typically, an anxiety sufferer is:

- Overestimating the risks he faces and underestimating his ability to deal with these risks.
- Is finding it difficult to prioritize what needs to be done and therefore feeling overwhelmed.
- Is frightened of not being in control, which can manifest as perfectionism – the fear of not being perfect, or as health fears, or social fears such as the fear of rejection.

Anxious people also tend to have “what if...” thoughts. What if this happened, what if that happened? And frighten themselves that way.

These are the thinking patterns that are at the root of the anxiety, and these patterns can be successfully modified. Hypnotherapy is a particularly effective way of doing this. Patients are shown how to:

- Feel more comfortable about everyday events they used to get anxious about
- Put some mental order into what needs to be done so that it becomes more manageable
- Feel in control, even when external events are changing or new
- Turn off those thoughts that go round and round and get off to sleep more easily
- Distinguish between those “what if?” thoughts that are rational and those that can be safely ignored”.