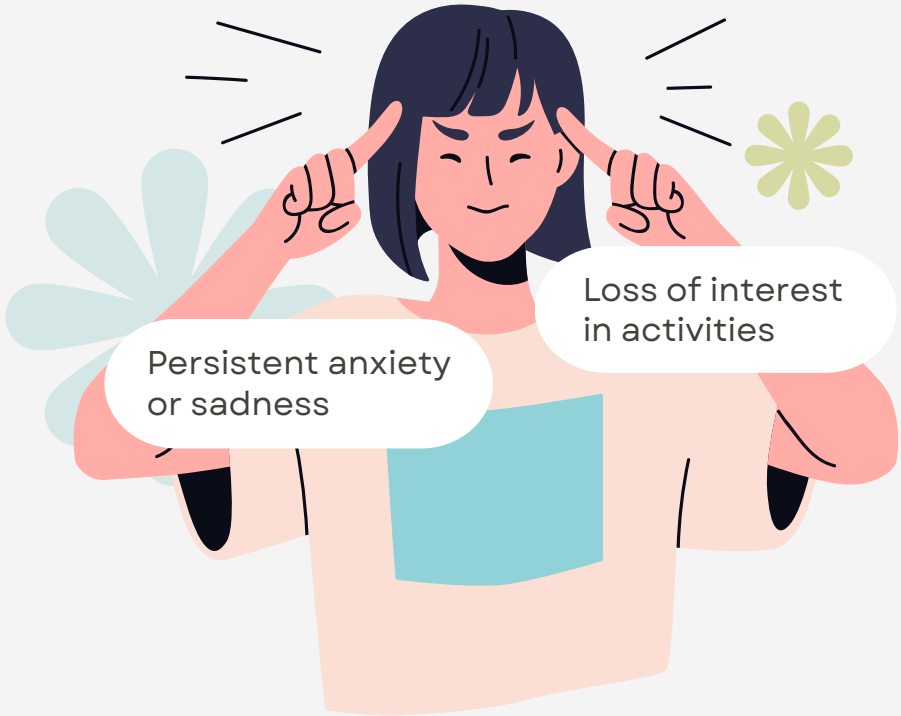


Overcome your health anxiety

Constant
googling

Fear of unknown



by BARN

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Overcoming Health Anxiety

How to Stop Checking, Googling, and Catastrophising About Your Health

Health anxiety is one of the most distressing forms of anxiety.

Every sensation feels dangerous.

You may:

- check symptoms repeatedly
- Google constantly
- seek reassurance
- imagine worst-case scenarios

But here's the truth:

The anxiety itself is causing issues. You need to break the cycle between the symptoms of anxiety and anxiety about those symptoms.

This guide shows you how to break that cycle.

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Why Health Anxiety Feels So Real

Anxiety causes real sensations:

- dizziness
- heart palpitations
- tingling
- chest or shoulder tightness
- fatigue
- nausea

Your body isn't lying.

But the cause is often stress, not an illness.

8 Second Outbreath

When you notice a symptom:

- Breathe in for 4 seconds
- Hold for 2 seconds
- Breathe out for 8 seconds

Repeat 3 times. See how you feel. Your stress levels might be lower.

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The Google Rule

Every search increases anxiety.

Create one rule:

No symptom searching after the first check.

This alone reduces anxiety dramatically.

If you are concerned, book an appointment with your medical professional. They can actually diagnose symptoms, and refer for further tests.

The Body Scan Reset

When anxious:

1. Notice feet
2. Notice legs
3. Notice breathing

Slow attention down.

This grounds the mind in the present.

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The Reassurance Cycle

Checking gives short relief.

But it trains the brain to check again.

Recovery requires reducing checking gradually.

The 10-Minute Delay Technique

When you want to check symptoms:

Wait 10 minutes first.

Most urges pass.

This weakens the habit.

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Returning Attention to Life

Health anxiety shrinks when attention expands.

Focus on:

- movement
- hobbies
- conversations
- nature

The brain cannot obsess when fully engaged.

Conclusion

Your body is resilient. Your sensations are temporary.

And your mind can learn to stop sounding false alarms.

The best thing you can do if you are anxious? Ditch Google and seek medical assistance: check-ups, tests and professional advice. It will be uncomfortable but if there is any issue, **you will have caught it early.**

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