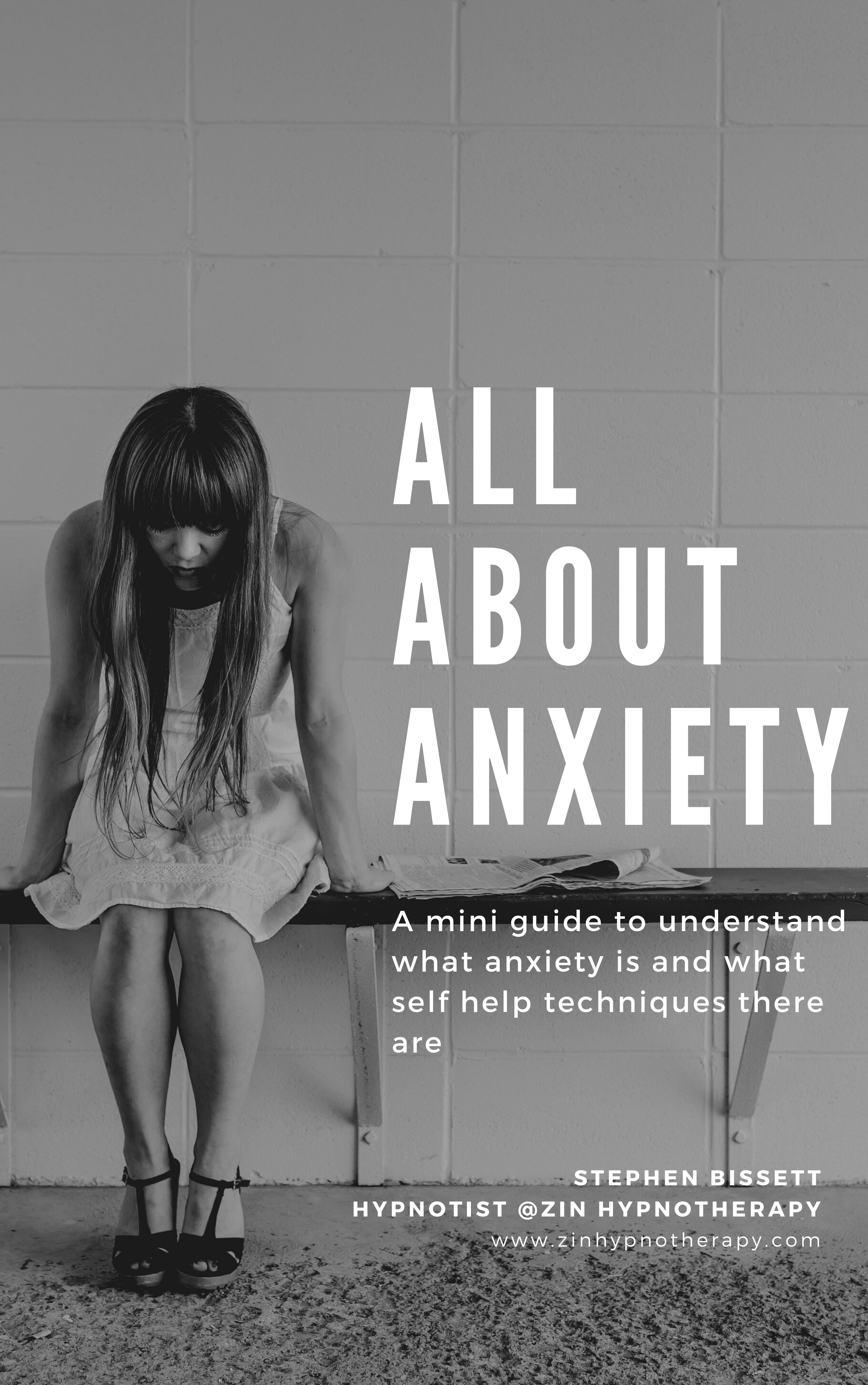




ALL ABOUT ANXIETY

A mini guide to understand
what anxiety is and what
self help techniques there
are

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ALL ABOUT ANXIETY

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Introduction

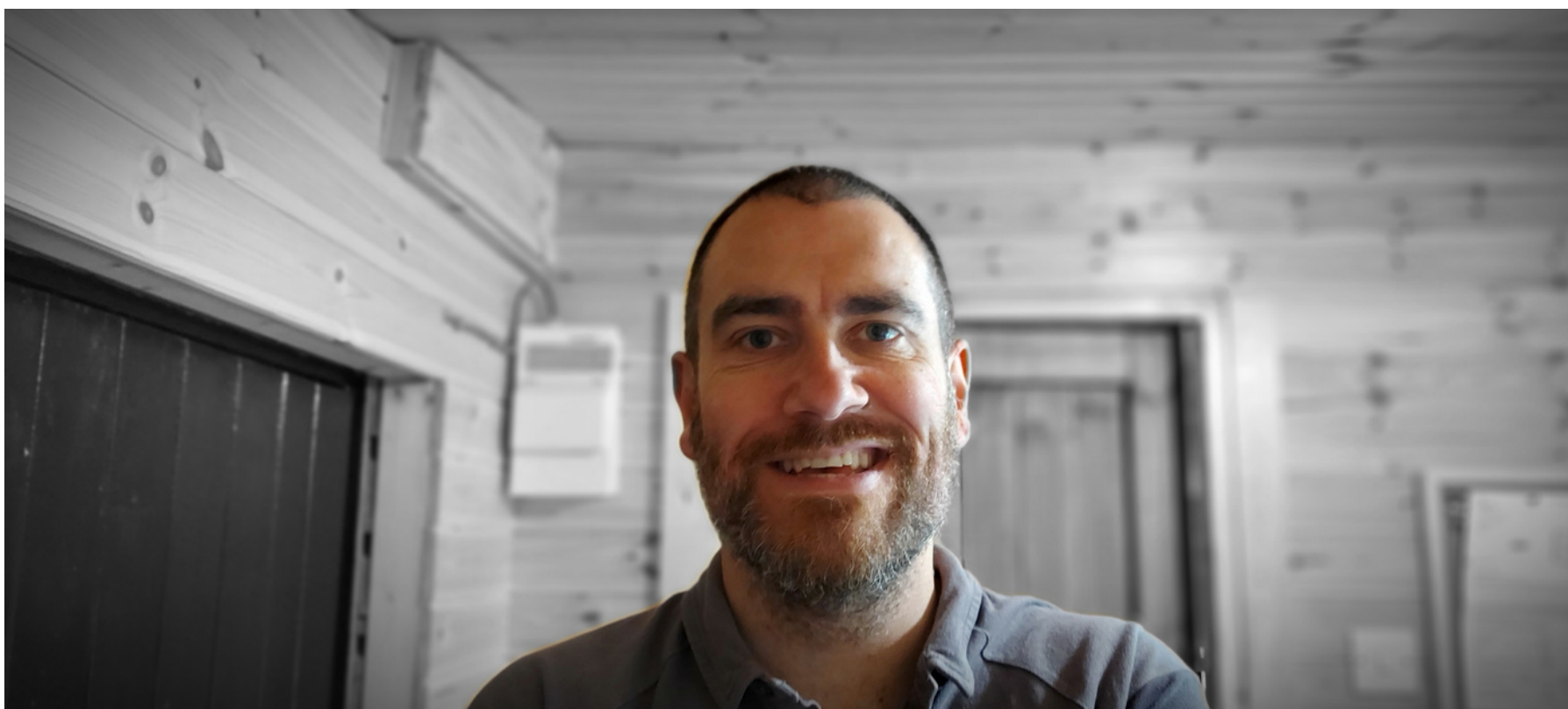
Hi! I'm Stephen Bissett, Hypnotherapist at Zin Hypnotherapy.

Thankyou for requesting this eBook on anxiety. I have written it to help give you an understanding of what you might be going through as well as to give you some simple techniques to give you relief.

I do hope you find that the techniques work as intended, ie give you relief. Many people have an underlying cause of anxiety which will need addressing for a permanent solution. For instance, there may be a negative emotion attached to a past trauma or event causing the anxiety. If this is dealt with appropriately then it can clear the anxiety permanently.

So, for a permanent solution, I recommend scheduling a free, 15 minute, no obligation call directly with me so we can have a chat and see how I can help you. You will find this easy to do by heading to www.zinhypnotherapy.com

I hope to meet you soon!



1) What is anxiety?

Anxiety is a feeling of unease, such as worry or fear that affects everybody at some point in their lives. If you've ever waited in line for a big roller coaster, there's a good chance you've experienced that feeling, especially when it looks terrifying and it's been a while since you went on a roller coaster, or if it is your first time.

Perhaps you have been in a different situation – you might have experienced that same feeling when you are about to sit an exam, or counting down the hours or minutes before an important job interview.

Anticipation

The fact is, once you are living through the event you were getting anxious about, there's a good chance that the anxiety has subdued, so it is often the case that the anticipation is worse than the event itself.

The likelihood is that you are building up for the worst case scenario – that you are going to be asked the most difficult questions, or give lacklustre answers. Perhaps you have a feeling that despite the ride operating every 5 minutes for the last 10 years, somehow when you get on, the carriage will come off the tracks. How many times have you experienced the build up (anxiety) is far worse than the event itself?

2) Fight or Flight response

This anxiety is actually a natural fight or flight response, which is triggered by the hormone adrenaline. Our early ancestors literally survived because of this response – running away (flight) from predators or standing up to fight threats. The main objective of the fight or flight response is to put you on high alert to the possible

existence of danger.

As a result, the individual begins to shift their attention to the surroundings to search for potential threats. This accounts for the difficulty in concentrating that people who are anxious experience. This is a normal and important part of the fight or flight response as its purpose is to stop you from attending to your ongoing chores and allow your senses to find the danger.

Sometimes an obvious threat cannot be found, it's just not there. Unfortunately, most of us cannot accept not having an explanation for something and end up searching within themselves for an explanation. This often results in people thinking that there is something wrong with them.

3) When is anxiety a problem?

What is normal?

Everyone tends to go through anxiety over similar things – if you had to stand up and talk in front of 500 people, the chances are you would be horrified at the thought of doing it, as would most of the human population. If you were afraid to get on an aeroplane, you would most definitely be in the minority.

In fact, a little bit of anxiety is a good thing as it can enhance your performance by giving you a burst of energy and making you more alert.

Now, the chances are you are reading this because you are suffering from something different from the “normal” feelings of anxiety when faced with a real threat or event. So how do you deal with anxiety when it is affecting your everyday life?

When there is a specific anxiety – such as a fear of flying or phobia of some kind, this is surprisingly quick and easy to permanently overcome, using therapy and NLP techniques. I would recommend

scheduling a call with me (Stephen) at www.zinhypnotherapy.com so that we can get to the bottom of why you have the anxiety but then eliminate or reduce it.

Beyond the normal feelings

Where there is a flight or fight response with no perceived threat, then this can be a problem for the person. This is when people tend to say that they “suffer from anxiety” and the feelings are generally either being felt or never too far away from the surface, so are quite a problem and impact daily life.

Some common experiences are:

- The feelings of anxiety are very strong or last for a long time
- Fears or worries are out of proportion to the situation
- A feeling of doom or worry that something is going to happen
- You avoid situations that might cause you to feel anxious – such as being in social situations
- The worries feel very distressing or are hard to control
- It is hard to go about your everyday life or do things you enjoy.

When we are in constant fight or flight mode though, it can affect physical and mental. It can cause high blood pressure, heart disease, heart attack and stroke. It can also cause weight and sleep issues.

4) What is going on when we feel anxious?

Going back to the fight or flight response, when we believe that we are in danger, there are some real physiological changes going on inside of us. These are typically temporary to help us deal with the perceived threat – they allow us to either stand up and fight or flee.

The main effects to the body are:

An increased heart rate. This is to pump the blood round the body and organs to provide oxygen more promptly to muscles and tissues. When muscles are active they require more oxygen (to produce the chemical energy molecule ATP), so the increased heart rate helps deliver the oxygen needed.

An increase in the rate and depth of breathing. This is to help produce the extra oxygen to the muscles and tissues needed to prepare us for action. The feelings produced by this increase in breathing can include breathlessness, tightness and pain in the chest, and sighing and yawning.

Blood is redistributed. It is diverted away from areas of the body that don't need the blood as much, such as skin, fingers and toes. Instead it goes towards the areas that need it, such as the muscles. It is this reason why some people may feel cold or look pale.

Pupils Widen. This is to let more light into the eyes. This is to allow people to see better, so that any threat can be spotted. This could result in blurred vision, spots in the eyes or a sense that it is too bright.

Reduced activity of the digestive system. This allows more energy to be diverted to muscles and tissues more immediately involved in the fight or flight response. As a result, this may result in a decrease in salivation, (therefore resulting in a dry mouth) and decreased activity in the digestive system, often producing feelings of nausea, a heavy stomach or even constipation.

Muscle tension. This is a natural response to stress/ anxiety. The release of adrenaline into the body causes the muscles around our spine to tense and spasm in case we need to flee the source of the stress. It is also a protection mechanism against injury and pain. Sometimes this results in aches and pains and trembling and shaking.

Increased Sweating. There are a few reasons for this. One is that the natural flight or fight response leads to an increase in the body temperature, so sweating is the natural way of cooling the body. The other reason being, going back to more primitive times, sweating gives off a scent that in turn alerts others to panic. Sweating through anxiety or stress is from a different gland (the apocrine) from those when you sweat through exercise.

As well as feeling or noticing the effects of these physical effects, the very fact that someone cannot necessarily carry out the fight or flight in the modern world (such as running out of the exam hall), the energy is often dissipated through foot tapping, pacing around or snapping at people (aggression).

5) Methods to help deal with your anxiety

There are some effective techniques to use when you feel anxious to help reduce the effects. We will now go through some of these techniques below. I provide video demonstrations of some of these techniques and others on the Zin Hypnotherapy YouTube channel at the following link – these videos are added to all the time:

https://www.youtube.com/channel/UCK5_i7IfQtbQT4sZAYaBXHw

So, let's now go over some simple techniques to reduce anxiety when you feel it coming on. Try them out and use what works for you:

- **7/11 Breathing**

This is a well known and popular technique because it is easy to do and can be done anywhere. This method has you taking a deep breath in through your nose for 7 seconds but then breathe out slowly through your mouth for 11 seconds. There, simple isn't it! You can then combine it with meditation and relaxation sessions with background music (you can visit www.zinhypnotherapy.com/music for effective background music).

It is effective when you focus and put your attention to your breathing.

The science behind this is straightforward – you cannot be stressed and relaxed at the same time. When you practice this breathing technique, it activates your parasympathetic nervous system, which is responsible for the 'rest and digest' functions. You may notice that this is the opposite to the fight or flight description above.

- [Cognitive thought challenges](#)

This requires you to challenge intrusive thoughts that are creating your anxiety episode. If a thought enters your mind that is causing anxiety, then your aim is to debunk the thought with an alternative, positive thought instead.

Often if we are faced with a situation, our minds create worry that isn't there. For example, if your boss has asked to speak to you at the end of the day but hasn't said why, the next thing you know you have not only convinced yourself you're getting fired but you're already wondering to yourself how you will tell your spouse.

In the scenario above, you would instead reframe the scenario that your boss just wanted to chat and that he's going to thank you for the work you have been doing, or to discuss a project that must be coming up. The reality may not play out exactly the same but it is better than catastrophising the situation.

This technique works with the frontal lobe of the brain to suppress emotions that deemed threatening to those no longer posing as threatening.

- [Exercise](#)

Exercise is a very effective way of dealing with anxiety. Even going

for a stroll is effective: it diverts your attention to something else, especially if you live in the moment, taking in the surroundings – whether it is the hustle and bustle of the city or the sights and sounds of nature in the countryside.

As you relax it will reduce your muscle tension. If you combine exercise with music, this adds to the distraction and has its own calming effect.

Regular exercise triggers the release of feel-good neurochemicals in the brain, which build up our resilience against negative emotions. When you do any form of exercise, it can boost your confidence and your mood. According to research, any form of movement for 30 minutes, 3 to 5 days a week can help to significantly improve anxiety symptoms, but even 10 minutes can make a difference.

- [Distract yourself](#)

Similar to going for a walk – if you are distracted by doing any activity, it means that you're not going to be letting your mind wander towards unwanted thoughts. Being so absorbed in a task is such a wonderful way to get your mind concentrating onto something else. So, can you imagine having a vested interest in a game of sport or some other activity – so much so that you can't let anyone speak to you as you might miss something. This may be an extreme version of what you are trying to achieve. You are so distracted by something that you can't possibly let any other thoughts in!

- [A good night's sleep](#)

If anybody has a bad night's sleep, it has a negative effect on the mood or emotions. It can make you more cranky, less tolerable, more aggressive and more. If you have anxiety, then a lack of sleep won't be helpful to you. If you don't get enough sleep then this will serve to

amplify any negative feelings you may have.

So, you should aim to get the best night sleep you can. There are well know ways to aid the sleep process, such as reading a good book in bed or listening to soft music that you can concentrate on.

I would recommend you speak to a pharmacist or doctor if you need more help on sleeping (or indeed book some time with me as hypnotherapy can help).

- **Socialise**

Studies suggest that socialising actually increases a hormone called oxytocin, which reduces anxiety. It also increases confidence. Also when people naturally get together, people share problems which can help solve them ("a problem shared is a problem halved").

6) What to do next

There are different reasons why you might have anxiety. It may be a specific disorder, or something that is quite manageable. It is advisable to seek help as early as possible because putting it off may mean it develops into something more in the future than it currently is. I help people with anxiety every week so please book a call to see if I can help you.

Resources mentioned in this eBook:

To find links to book a free 15 minute, no obligation call, please go to:
<https://www.zinhypnotherapy.com/work-with-stephen>

For background relaxation music

<https://www.zinhypnotherapy.com/music>

Zin Hypnotherapy Youtube channel to see self help videos:

https://www.youtube.com/channel/UCK5_i7IfQtbQT4sZAYaBXHw