

anxiety
no
more

The Anxiety
Freedom Toolkit

HYPNOTHERAPY
by danregan



Anxiety – No More!

The Anxiety Freedom Toolkit

Full Anxiety Freedom Programme with practical exercises, advice and two powerful hypnosis MP3 downloads.



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Welcome to your Anxiety Relief Toolkit

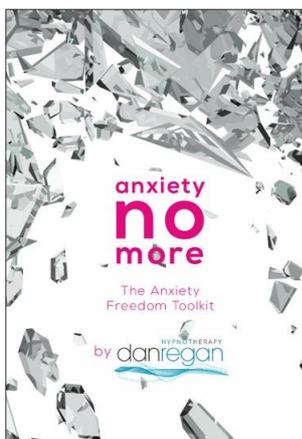
This toolkit has been produced specifically to help you achieve freedom from the suffering of anxiety.

Through a combination of this written guide and the techniques it contains, along with the accompanying hypnosis MP3 recordings, you will take the action you need to take to find the relief from anxiety you have been desperately seeking.

In short, if you follow all of the steps in this toolkit, you will erase your anxiety and get your life back on track.

The techniques you will find here have been tried and tested on hundreds of people who once struggled with their anxiety like you. Now they are feeling calm, confident and in control – living their lives and doing the things they choose to do (not just the things the anxiety used to let them do).

Your toolkit consists of:



This Anxiety Freedom e-book



Introduction to Anxiety No More MP3



The Anxiety Freedom Hypnosis MP3

Plus Your Bonus MP3:



Super Charge Your Confidence Hypnosis MP3

Using your toolkit will allow you to take back control over your life – you will learn practical tools you can use in any moment to feel calmer alongside the positive thoughts and suggestions contained in the hypnosis tracks.

What is anxiety?

Pretty much everyone has experienced anxiety at one time or another. Maybe you had a major exam coming up, were getting ready for some big event like an interview or needed to deliver a speech or presentation.

You may worry about messing up, forgetting everything you know, looking stupid in front of others or simply failing.

Your anxiety may affect your sleep and your eating, as well as making you feel uncomfortable, on edge, nervous and worried. You may find it hard to concentrate and dwell on all those 'what ifs' and worrying scenarios.

Some of you may also experience dizziness, a racing heart, nausea and tension which may impact on how well things go.

For others, a little anxiety actually helps them perform better, making them more focussed and giving energy to what they are doing.

Often, after the anxious event is over, things soon return to normal and you feel fine as you go through your day.

However, your anxiety may not be this short lived - it may have crept into your life and is now an overwhelming part of your day, until you reach the point where you feel you can no longer cope.

The anxious thoughts and feelings can start to take over and rule your life – and the more anxiety you experience, the more you worry about being anxious. This creates the spiral where you feel worried about worrying and so worry even more.

Pretty soon you may find that the anxiety becomes a constant presence in your life.

It is quite common for people to feel anxious at night and when they wake in the morning. It may be a feeling of dread or like you can't think clearly. You may at times feel sick, shaky, hot, tense and have that overwhelming feeling that you just want to be somewhere else.

Depending on the intensity of your anxiety, you may be able to force yourself through these moments (indeed, sometimes hiding your anxiety from others is one of the things you may think about the most). Others may find that they start avoiding things that cause anxiety so they don't have to experience those unpleasant feelings.

However you currently struggle with your anxiety, using this tool kit will enable you to start feeling more and more like the real you – energised, awake and engaging with your world.



When Anxiety Rules Your Life

When I first meet clients with anxiety, they often tell me how their anxiety controls their life.

Whatever the reason it started, their thoughts and feelings are now dominated by the anxiety. And even if they get a brief respite from the anxiety, they are always waiting for when it will next strike.

If you suffer with anxiety, you may well feel overwhelmed. Even simple activities that you used to do with ease become energy-draining challenges to endure or avoid.

And you probably experience some symptoms such as:

- Avoiding doing things you used to find easy or enjoy
- Feeling irritable and frustrated
- Having trouble sleeping or waking up regularly
- Preferring to be at home rather than going out
- Having problems concentrating or mind going blank
- Feeling sweaty, panicky or on edge
- Feelings of dread
- Dizziness and headaches
- Experiencing heart palpitations and faster breathing
- Spending a lot of time worrying about things and anticipating the worst
- Worrying about feeling anxious in front of others
- No longer feeling in control

Some of my anxiety clients wake up feeling anxious while others find it comes on a while later. There may be particular people, places or things that make it worse for you.

You may also experience panic attacks where you feel out of control and like something is seriously wrong with you. One of the most common things clients mention is the fear of another panic attack, especially as they never know when one might strike and they worry about it happening in front of others.

As well as the many physical symptoms of anxiety, such as feeling on edge and a racing heart, it will also affect how you think about things.

You may start to worry more, about specific things as well as more generally. You may start to focus more on the negative and spend your time checking how you feel and whether you can feel any of the symptoms of anxiety or panic. You may fear the worst (or even expect the worst) and dwell on things.

And the more you think in these ways, the more you will find yourself having these thoughts.

To avoid the anxiety you may start avoiding things you used to do just in case you are anxious.

So how do you start to regain control and stop letting anxiety take over your life?

Why You Are Anxious

Generally anxiety arises in one of three ways:

- a) You experience a single overwhelming, traumatic event (or series of events) where you feel you can't cope. To keep you safe, you may learn to feel anxious about similar situations and this fear and worry may generalise into more and more areas of your life.

- b) Although there is no single major event, a build-up of stressful events reaches a tipping point where your mind becomes so stressed out that you find yourself on edge and anxious all the time.

This could be in how you deal with everyday life stresses as well as other life changes such as a bereavement, moving house or changing job.

You may have appeared to have been managing effectively, keeping yourself busy, but when things settle down again, the anxiety starts.

This is often why anxious people struggle to pinpoint what caused their anxiety (leading to many hours going around in mental circles looking for one cause). A whole series of internally stressful things may have happened but often the anxiety doesn't kick in until a few weeks, or even months, after the period of stress appeared to be over.

- c) Sometimes it can be seen that anxiety is a learned behaviour – perhaps when younger with an anxious parent, you learn to think, act and perceive the world in a way that leads to worry and anxiety.

Whatever the cause of your anxiety, or even if you don't understand why you feel anxious, the net result is that there is so much internal stress going on inside your mind.

With all that stress and worry happening, your mind perceives that you are in a potentially dangerous situation (even though consciously you know you aren't) and you start to experience the physical symptoms of the flight and fight response – your body prepares to act – and just like with any exercise you get hotter, breathe faster, your heart pumps more blood around, adrenaline gets released and the blood rushes to your muscles.

All that worry, nervousness and fear is your mind and body's way of keeping you safe from physical danger – yet your mind can't tell the difference between something actually dangerous and something perceived to be stressful (e.g. being criticised, messing up in front of other people).

If you were about to exercise or a hungry-looking tiger was running towards you then you would want this fear response to kick in without any thought. However, when you are trying to go about your day to day activities, all that anxiety has nowhere to go and your thoughts start joining in so you end up in a cycle of anxiety.

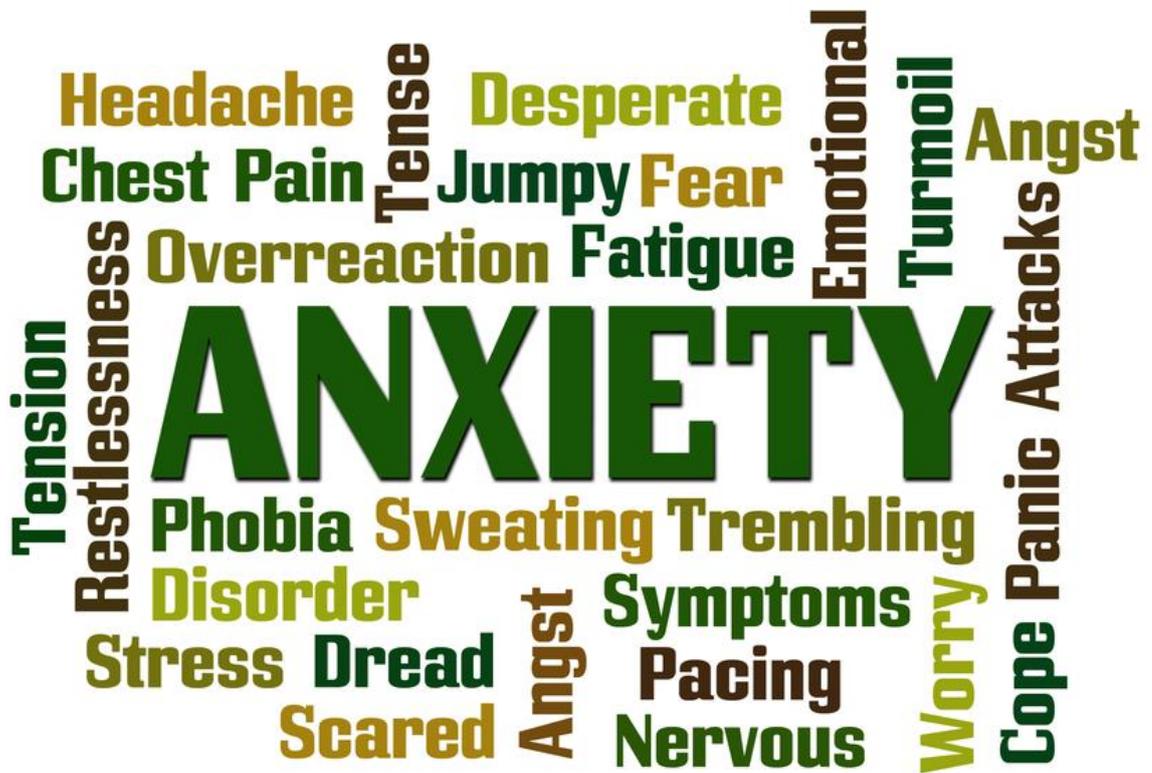
In many ways your anxiety is like an over-sensitive car alarm – when someone is trying to break into the car, the alarm is helpful to keep the car safe – yet when someone just walks past the car, the alarm doesn't need to go off but it will if set too high.

Your mind uses past experiences as a guide, so once you have experienced the anxiety, your mind learns to attach it to similar situations (e.g. if you feel anxious in crowded spaces you could feel anxious in a lift, on the train, when shopping etc.) and so the anxiety spreads.

And because you feel so rubbish when you are anxious you start to worry about being anxious and so you feel the fear when you imagine doing things in the future. You start to worry about what if you feel anxious, what if other people notice, what if you have a panic attack, what if you make an idiot of yourself and so on.

In many ways anxiety can be considered to be an ongoing internal stress, the linking of anxious feelings to situations where you have felt anxious in

the past and the misuse of your imagination to worry about the worst case scenario.



Your Anxiety - When Did It All Start?

When did your anxiety first begin to become a problem for you?

There may have been a specific event or perhaps a series of stressful events. Remember your anxiety may not have kicked in for a period of time so think back over the weeks and months leading up to when your anxiety became a problem.

Get a blank piece of paper and write down any thoughts you have about what was going on in the period leading up to your anxiety becoming a problem for you.

It's useful to take some time to think about this to help you identify what may have changed in your life so that you can learn from it to prevent anything similar arising again in the future.

When Are You Anxious?

It can be tempting to consider your anxiety to be all encompassing in your life, and at times it may certainly feel that way.

All the worry, thoughts and draining physical symptoms may leave you feeling as though you are always anxious.

Yet there will be period in your day, whether they are brief respites or longer periods, where your anxiety fades in the background for a while.

So, first of all, take a few minutes to consider when you feel anxious, or most anxious e.g. is it first thing in the morning or last thing at night, is it around others or at work etc.? Write down your thoughts.

Now take a few moments to think about when your anxiety decreases or is not really there e.g. when you are with a close friend, when you are exercising or busy with a task etc. Again, jot down your thoughts.

Spend a few moments considering what is different, however big or small that difference may be, between those times when you are anxious and those when you feel calmer and more at ease.

It may be that you are calmer when you are busy and your mind is occupied, maybe you feel better when you've taken some time out for yourself or when you are with a close friend or your family.

Whatever those differences, start thinking how you can build on those calming factors to give yourself more freedom from anxiety more of the time. For example, maybe you can arrange to meet a friend or to go for a relaxing walk at lunchtime.

What to do about Anxiety?

If you want to start taking back control in your life, rather than letting the anxiety rule you, then this toolkit is for you.

When it comes to tackling anxiety, consistency is the key.

You consistently experience the anxiety now and that means you consistently need to test the techniques in this toolkit and regularly listen to the MP3 hypnosis audios.

It is never enough to try them once and say they didn't work for you; you need to keep applying them to truly discover the impact on your levels of calmness and control.

And remember, whilst I believe you will find the contents of this guide useful, and perhaps even life changing, if you have concerns about your health then you should consult your medical practitioner for advice.



Achieving Anxiety Freedom

If we were sitting together now, we'd spend some time going through the steps above to understand when your anxiety started and how it manifests itself now.

The more specifically you understand your anxiety now, the more targeted you can be in applying this toolkit to find relief.

It's also important to be aware of how the rest of your life may overlap with the anxiety. For example, if you are experiencing a lot of stress from work or family then that is going to potentially heighten the anxiety. Another example would be if you find social or group situations challenging and you have a big occasion approaching – again, your confidence will impact on the anxiety.

That isn't to say that you can't change how you respond in these situations, you just need to be mindful of your whole life and what may impact on any anxiety.

After talking through what happens now, we'd move on to discuss how you want things to be when you are free of anxiety.

When I ask this, most people tend to come back with 'free of the anxiety' or to 'stop worrying' or something similar. But I want you to start to focus on what you do want – maybe you want to feel calmer, to be able to switch off and relax or to feel more like your real self.

Again, aim to be specific in what you want to achieve – when do you want to feel calmer and more in control? Are there specific situations or around certain people? Being free of your anxiety, what would you be doing differently to now? What would it allow you to do?

Spend some time thinking through what you want to achieve, what it will allow you to do and how you will know you have achieved it.

So when you're ready to get started...

Before You Begin

To be free of your anxiety will take time, energy and some effort on your part. You need to be committed to make the positive changes you want in your life.

Make a commitment to yourself to:

- read this guide in full several times over
- carry out the steps set out below, including consistently carrying out the exercises and techniques
- regularly listen to the hypnosis MP3s as instructed and after that as and when needed
- practice everything you learn in this toolkit
- give yourself time and be kind to yourself
- notice and celebrate your successes

And remember, most people who give up don't realise just how close they were to success – so keep going and persevere!



The 8 Step Anxiety No More Plan

Step 1: Your Anxiety Freedom Hypnosis MP3

Once you have completed the details of how life will be when your anxiety is gone, I want you to listen to listen to Hypnosis Track 1.

As a reminder, before you listen to the hypnosis MP3, please make sure you are sitting or lying in a comfortable position.

Remember, you **MUST NOT** listen to your hypnosis audios whilst driving or operating machinery or in any other situation where it could be dangerous to lose concentration.

You should aim to listen to Track 1 every day for the next two weeks while you work through this toolkit. After that, once you start feeling better, you can listen to the track whenever you want to re-enforce being in control of your anxiety or when you want to simply relax.

If you are not used to relaxing then the first time you listen to the MP3 you may find it difficult to stop your mind wandering to other things, you may try too hard to relax or wonder if you are doing it right or if it is working.

These are all normal thoughts and reactions and are part of the early stages of learning to relax, take control and let go of all those doubts, worries and questions racing through your mind. The more you listen to the MP3 and use the other tools below, the sooner you will notice just how deeply you can comfortably relax.

REMEMBER: You should listen to your Anxiety Freedom Hypnosis MP3 at least once a day for the next two weeks.

Step 2: Learn To Relax Properly

How often do you take the time to relax properly?

And I don't mean the time you spend in front of the TV, playing on the computer or exercising.

When I ask my clients what they do to relax, many of them have to admit that they don't do anything. Often they are on the go all day without ever giving their minds any time out to calm down.

Often people use the TV as a way to relax – however, your TV isn't relaxing. You may sit in one spot for a while but your brain is on the go and engaged in the programme. TV is just a distraction (or sometimes entertainment) – if it wasn't engaging and stimulating you wouldn't want to watch it very much at all.

When you have anxiety, your mind and body are working hard to manage all the physical and mental activity going on. You may even have noticed how you talk about being worn out and having no energy.

So you can think of relaxing as like learning to put your body and mind in standby mode so you can recharge your positive energy batteries and let your mind have a breather.

You may currently find it difficult to relax, to keep still when you feel agitated and to quieten the chattering in your mind. Yet like any skill, the more you take the time to practice relaxing, the easier you will find it and the more relaxed you will feel.

If you take some time every day you will soon find yourself feeling calmer, more in control and more relaxed.

To give you some flexibility and choice I've included two methods – practice them both and discover which gives you the best calming results.



Here's what to do:

a) Progressive Relaxation:

- Find somewhere warm and comfortable where it is ok to relax and you are unlikely to be disturbed.
- Close your eyes and allow your body to become more comfortable.
- Focus your attention to the area in the middle of your forehead.
- Tell yourself that you are going to simply relax for a few moments and that's ok.
- Focus your attention on your breathing. Notice how the air travels into your body, and then gently back out. As you focus on your breathing, notice how it starts to change and relax all by itself.
- With every out breath just gently say to yourself, 'relaxing deeper and deeper'.
- Now starting at the tips of your fingers on your left hand, imagine a feeling of relaxation and calmness travelling up your arm and gently spreading through all the other parts of your body, until every part of you is relaxed.
- As you let it spread, let it deepen as you relax more and more now.

- When it is time to ‘wake up’, just open your eyes, gently stretch and pause for a few moments before getting on with your day.

b) Relaxing Breathing: 7/11

When the *out* breath is longer than the *in* breath, it stimulates our relaxation response – you have to physically relax no matter what is going on through your mind.

Practice this breathing method even when you feel relaxed – treat it as training for when you need to reduce your anxiety and start immediately feeling calmer. You can do it in the car, at your desk, when watching TV or in bed so there are plenty of opportunities. Do five or six of these breaths at a time.

- Breathe in for a count of 7 (imagine inflating your stomach like a balloon)
- If comfortable hold for a count of one
- Then, when ready, breathe out for a count of 11

REMEMBER: Depending on your current level of anxiety, learning to relax may take a short while until it becomes easy and effortless.

As with anything you want to become good at, the key is to practice and practice. The payback in terms of feeling better makes the investment of your time well worth it.

ANXIETY BUSTER BONUS: Reduce Caffeine Levels

Caffeine is a stimulant – you knew that, right?

That's why if you are a coffee lover that first cup of the day helps you get going. It's why those energy drinks you use seem to give you a pick-up to carry on.

Without going into the science bit, all you need to know is that the overall effect of caffeine is that it leads to your body releasing adrenaline.

This means you experience things like your heart beating faster and you may feel tense and more on edge.

Because these are all similar to your anxious reactions, a dose of caffeine can either take your anxiety levels up or lead you to start assuming you are anxious because of how you feel. You then start questioning how you feel and the cycle of anxiety continues.

Here's what to do

For the next couple of weeks (at least) reduce your caffeine intake and notice the difference. You can drink water instead or switch to a decaffeinated option.

I'm not suggesting you immediately cut all caffeine out of your life – to me as a coffee lover that sounds like the stuff of nightmares! (Not to mention that you can get some pretty unpleasant withdrawal effects if you don't gradually ease off.)

All you need to do is pay attention and gradually reduce.

Step 3: Move More

How much do you physically move each day?

If you suffer with anxiety, you may have stopped doing much exercise or getting out and about. You may find that all the worry, stress and fear leaves you drained with no energy or motivation to do very much. Every day may be a struggle just to get through.

Yet all that adrenaline, stress and worry needs an outlet.

Remember that anxiety is like your body getting ready to exercise when you aren't planning to – so you need to create an outlet for all that tension.

Exercise is a great way to start feeling better – it gets you out, helps you feel better from moving and helps release that stress and tension. But you don't need to run a marathon every day to benefit – just a 15 minute walk each day will help you drive away the anxiety and help your mind and body relax.

Here's what to do

Every day find time to go for a walk for at least 15 minutes – whether you park further away and walk or go for a specific walk at lunchtime, make the time.

Often it helps to walk with someone else so get a friend, relative or work colleague to go along with you.

REMEMBER: Anxiety is your body getting ready to move – to fight something or to run away – in situations where you have no intention of exercising.

Give your body a physical outlet for all that adrenaline and stress and find time to go for a 15 minute walk every day

ANXIETY BUSTER BONUS: Look Up & Around

How often do you walk along staring at the floor and churning around in your mind how rubbish you feel? I'm guessing you could soon easily spot this in others too.

When you look down you easily get lost in internally talking to yourself about how bad you feel – which makes you feel worse and so you now tell yourself how you are feeling even worse and so on.

This churning over of your anxiety re-enforces how you feel and means you stay feeling stressed out.

So to get the most from walking, as well as when you are just going about your day, make a conscious effort to look up.

Make sure you keep your eyes at eye level more of the time (obviously watch where you are going and don't trip over or fall down a ditch!).

You'll find this benefits you in 3 ways because:

- i) You'll notice more of what is going on around you (rather than being lost in an internal world of anxiety).
- ii) Walking taller changes your posture and we associate looking up and being more erect with feeling good.
- iii) It will give your brain a rest from all that worry and anxiety – think of it as giving your brain a breather so it can relax for a bit.

So from today, keep those eyes up, walk taller and feel more at ease.

Step 4: Accentuate The Positive

When you struggle with anxiety, you spend a lot of your thoughts thinking about all that worry and dread and the feelings that go with them.

It may be thoughts about why your anxiety started, or about things that have happened in the past; you may focus on the feelings you have right now or imagine feeling anxious in future situations.

And the more you focus on your anxiety, the more anxiety you seem to experience.

Yet every day has its rubbish bits, large parts where nothing happens and those better bits. And if you spend all your time thinking about the anxious bits you are priming yourself to feel more anxious.

It's easy to forget the better bits when you are lost in a sea of anxiety.

Yet the more you focus on those better bits, however big or small, the better you feel.

Instead of imagining all the things that could go wrong, start thinking of the things that could go right. Instead of dwelling on all the negativity, think back on those bits of the days that went well.

It's a bit like your own Match of the Day or Strictly Come dancing preview show, followed by the highlights.

You wouldn't want Match of the Day or Strictly Come Dancing showing all the rubbish bits instead of the highlights so switch from doing this inside.

Here's what to do:

Every morning when you wake up think of 3 things you are looking forward to that day.

Every night before you go to bed think of 3 things that went well that day.

Get in the habit of switching your attention to the things that are going right for you.

REMEMBER: Every morning when you wake up think of 3 things you are looking forward to that day.
Every night before you go to bed think of 3 things that went well that day.



Anxiety Buster 5: Use Your Imagination

Anxiety flourishes when we fear the worst. Maybe you imagine forgetting what you know in the exam room, drying up in front of your audience, running out of things to say or making an idiot of yourself in front of others.

It's useful to be able to imagine things so we can plan ahead and take action. However, anxiety thrives when we imagine things going wrong and get lost in our imagination with anxious thoughts just going round and round and never switching off.

In simple terms, anxiety could be described as the unhelpful use of your imagination.

Sometimes, you may find your anxious thoughts run away with themselves and before you know it you are imagining dire consequences affecting your whole life (a bit like having a Hollywood disaster movie in your mind...but without the last bit where the hero saves the day).

And you may become so worried and fearful that even routine things become wrought with anxiety and worry. You may feel like your mind is in overdrive and never switches off.

Your mind cannot tell the difference between something that is vividly imagined and something that is real (which is why you can imagine a future anxious event and feel anxious just thinking about it even though it isn't actually happening right now).

Knowing this means that you can now learn to start using your imagination constructively to focus on what you do want whilst feeling calm and resilient.

Here's what to do

Part 1: Extinguish Old Anxiety

- i) Bring to mind the situation you have been feeling anxious about. Picture it in your mind now. Without becoming too attached to the content of your anxious scene, notice whether the movie/image in your mind is :
 - i. Black and white or colour
 - ii. Bright or dark
 - iii. Life size, bigger or smaller
 - iv. Like being there looking through your own eyes or like watching yourself (like an observer so you see your head and shoulders)
 - v. Notice any sounds
 - vi. Be aware of the anxious feeling you have and where you feel it in your body (if 10 was the most how much of that feeling do you feel as you imagine this?)
- ii) However you picture this anxious scene, now, just like a special effect in a movie, imagine stepping/floating out of yourself so you can see yourself in that situation as if it were happening to someone else now.
- iii) Move that you in the image into the distance so it's on a tiny TV set all the way over there.
- iv) Make it smaller and darker and then smaller and darker again.
- v) Let all of the colour drain out so that it goes black and white like an old movie.
- vi) If there is any sound, switch it off so it goes silent.
- vii) Now that you can see yourself all the way over there in that situation, and it is black and white, dark and silent, notice that the old anxious feeling has disappeared (or at least massively reduced).
- viii) Whilst feeling calmer and more in control, ask yourself whether you are just making this up in your head, and then move on to part two below.

Part 2: Increase the Calmness

- i) Now that you feel calmer and more at ease following step one, take a moment to describe how you would like to do things – how would you like to be feeling, thinking, behaving and acting and reacting (e.g. calm, strong, relaxed, confident).
- ii) As you begin describing to yourself these positive qualities, imagine changing the channel in your mind to something you do want to watch.
- iii) Even if you do not yet have all the details, bring the images in this new channel closer and make them bigger and brighter. Make all the colours richer and more vibrant.
- iv) Keep bringing the screen closer and making it bigger and brighter until it is life-size in front of you. As you watch this movie of yourself, see yourself looking calm, confident and in control with things going well. See yourself doing things exactly how you want them to be (this may be a specific situation or just see that you who can calmly handle whatever comes your way and who knows, whatever happens, you'll be ok).
- v) Spend a few moments enjoying watching this movie! You will know you are doing it right because you will feel calm and comfortable (and you can make it even better so you feel great just imagining it).
- vi) Then step into that you and be that you – see through your eyes, hear through your ears and feel the feelings of your calm, confident, happy self. Make everything you see bigger and brighter, the sounds crisper and increase those good feelings – let them multiply and spread into every part of your body and into every thought.
- vii) Imagine taking these ways through your day and into all of the situations in your life – feeling calm and relaxed as you imagine what you will see, hear and feel with everything going ok no matter where you are or what you are doing.

REMEMBER: To a large extent, your mind cannot tell the difference between something you vividly imagine and something that is real. So if you imagine big, bright, colourful and anxious scenes like being there seeing what you would see if it was happening right now, your mind will create your anxiety.

To combat this, you need to learn to reduce the intensity of the situations you are imagining – see yourself in it, make it smaller, darker, quieter and move it further away in your mind.

Then you can switch to something you would rather be thinking about, allowing you to begin feeling better and better.

ANXIETY BUSTER BONUS: DITCH THE NEWS

When you struggle with anxiety, it's easy to feel the weight of the world's woes being carried on your shoulders.

A friend may tell you about some stress or worry in their life and you find you walk away feeling on edge having taken on their problems.

And if you watch a lot of news on TV or online, you can easily re-enforce the message to your mind that the world is a bad, dangerous, fearful place (after all how much good news is broadcast compared to stories of pain and suffering?).

Your mind is already highly anxious and on full alert for danger so absorbing yourself in lots and lots of visual, descriptive bad news stories can only re-enforce those fearful feelings. You may even find yourself imagining how bad it would be to be at that place where the war/famine/disaster has occurred and questioning yourself about how you would cope, whilst telling yourself what a bad, unsafe world we live in.

You may feel like you need to know what is going on and the latest news (and your anxious mind may even be drawn to it) yet no-one I have ever worked with has found that they can't go a couple of weeks limiting their bad news intake (and if you must know what is happening, scan the headlines and you'll probably still know all you need to).

I would especially avoid the news last thing at night when you may have less distractions and your quieter mind will be put on edge and play out anxious scenes in your mind.

Anxiety Buster 6: The Voice of Calm

Take a moment and notice what sort of things you say to yourself when you feel worried and anxious. What do you say to yourself? How do you say it to yourself?

If you feel anxious with those thoughts then it's likely you are talking to yourself in an anxious way – and it's less what you say and more the way you say it.

When people feel anxious, that voice in your head (that's there all day long) tends to get higher and faster – it's a bit like having a highly anxious person talking to you – but this time it's right between your ears (so you can't just walk away to get some peace).

To start feeling calmer with your thoughts, use the exercise below.

Here's what to do

- i) Think of one of the things you say to yourself when you feel anxious. Notice the words you use and how you say them (the pitch, speed and tone). Notice the feeling of anxiety that arises when you talk to yourself in your mind in this way.
- ii) Now, imagine moving that voice so that it is coming from a few feet in front of you - so that thing you were saying is still being said in the same way, with the same words, but from over there. Notice how it already feels different to hear it like that.
- iii) Now change the tone of the voice so it's as though Mickey Mouse or Donald Duck is saying it (or pick another comic character). If you have done this right, it should seem at least mildly amusing and you will have trouble feeling any of that old anxious feeling.
- iv) If you prefer, you can take those same words and slow them right down, add a pause between each word and make everything slower and deeper.
- v) Take that voice back inside your mind and notice how much better you feel hearing those same old words in this way.

**REMEMBER: If you talk to yourself in an anxious tone then you will generate anxious feelings.
Take control and change the tone of that voice to one that lets you feel calmer and more comfortable.**

Anxiety Buster 7: Change The Feelings

Where in your body do you feel your anxiety? You may not have considered it so take a moment and notice where you actually feel that feeling – often it will be located in your chest or as a churning sensation in your stomach.

If it helps, imagine a situation in which you would usually feel anxious and create some of that feeling now.

Now you know that the feeling is anxiety which means that you must experience it in some way that is different to other feelings like calmness or happiness. And once you understand how you code that anxious feeling, you can quickly learn to change it wherever you are by using the exercise below.

Here's what to do

- i) You may already feel anxious or you can imagine a situation in which you would normally feel anxiety and create that feeling now. Notice the physical location of the feeling in your body (e.g. in your stomach). Continue to focus on the feeling.
- ii) If the feeling had a colour, what colour would it be? Whatever it is, now change it to a calm, relaxing colour (e.g. a soothing green or a cool blue). Notice how that is different.
- iii) Now, notice how the feeling moves inside – maybe it spins one way or another or pulses in some way – however it moves, now slow it down by half and slow it down by half again.
- iv) Now slow the feeling right down and change its direction so that it goes the opposite way.
- v) Now shrink the feeling down by half and by half again. Keep shrinking it right down until it is the size of a pea.
- vi) Take that pea size feeling and imagine placing it in the palm of your hand.
- vii) Then throw that feeling into the distance and watch as it disappears from view.

viii) Notice that you now feel calm, relaxed and in control. You may even feel physically lighter and more energised.

REMEMBER: All feelings have a 'code' that allows you to know what you are feeling – they will have a physical location in your body, a colour, a size and a way of moving. Change how you code that feeling and you change the feeling. Take control and reduce that feeling all the way down to a level where it is so small you can throw it away.

Anxiety Buster 8: Increase Your Confidence

Are you ready for a life free of anxiety?

If you have been used to feeling anxious and avoiding doing things or meeting people then even the prospect of a life free of unreasonable anxiety may create a feeling of anxiety.

As you use the exercises in this guide you will feel calmer, happier and more in control of your thoughts and feelings – you will develop that sense of knowing that whatever happens, you'll be ok.

Now would be a good time to write down all the things you will be seeing, hearing and feeling being free of your old anxiety. What are those little things, and the bigger things, that you've wanted to calmly do but haven't been able to until now?

With those in mind it's time to give you the confidence you need to get out there and do it! It's natural to feel a tiny bit nervous before you go and do something new or that you haven't done before – but we are going to make sure that you have the strength to power through that little feeling and start thinking, feeling and behaving like someone with all your skills, talent and abilities should.



Here's what to do

There are two things you can do to ramp up your confidence:

1. THE SMALLEST STEP: As you think of something you would like to do or achieve, take a moment to consider what is the smallest positive step you could take today towards that goal that would move you forward. Then go and take that small step. Each day repeat this exercise so you take consistent, small steps – and in no time at all you'll be achieving all sorts of wonderful things!
2. Your Super Charge Your Confidence MP3: Listen to your confidence boosting MP3 (included in this toolkit) every day for the next two weeks and programme your mind for confidence (as always do not listen to the MP3 whilst driving or operating machinery).

REMEMBER: Take small positive steps every day and soon you'll be achieving many wonderful things in your life. Listening to your confidence boosting hypnosis MP3 will help you turbo charge your progress and your results.

To Your Success

As you carry out the steps in this toolkit, and listen to the hypnosis MP3s, I would like to thank you for allowing me to join you on this journey to freedom from anxiety.

I wish you every success and happiness as you move into a new chapter of your life feeling calm, confident and in control.

If you have any questions or if I can help in any way then please get in touch:

E-mail me at: dan@danreganhypnotherapy.co.uk

(I also love to hear your success stories so please do drop me a quick e-mail and let me know how you have used this toolkit to achieve freedom from anxiety.)

I look forward to hearing from you and wish you every success!

About Dan Regan Hypnotherapy



Dan Regan is a full time hypnotherapist and coach with busy practices in Ely, Cambridgeshire and Newmarket, Suffolk.

Called 'probably the UK's leading anxiety hypnotherapist' by his clients, Dan has helped hundreds of people to successfully eliminate the anxiety and panic from their lives.

To learn more about Dan and his work, as well as discovering what other people have said about working with Dan, please go to www.danreganhypnotherapy.co.uk

Yours Free...



Get your very own free copy of Dan's Rapid Relaxation Hypnosis MP3.

Go to www.danreganhypnotherapy.co.uk