

MANAGING YOUR PERSISTENT FEARS, DEPRESSION, AND EVERY DAY ANXIETIES

By: Stanley Popovich

Everybody deals with anxiety and depression, however some people have a hard time in managing it. As a result, here is a brief list of techniques that a person can use to help manage their most persistent fears and every day anxieties.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

A person should visualize a red stop sign in their mind when they encounter a fear provoking thought. When the negative thought comes, a person should think of a red stop sign that serves as a reminder to stop focusing on that thought and to think of something else. A person can then try to think of something positive to replace the negative thought.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.

Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Dealing with our persistent fears is not easy. Remember that all you can do is to do your best each day, hope for the best, and take things in stride. Patience, persistence, education, and being committed in trying to solve your problem will go along way in fixing your problems.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>

A REVIEW OF TECHNIQUES IN MANAGING YOUR DEPRESSION

By Stanley Popovich

Some people have a difficult time in managing their depression. Sometimes, their depression and fears can get the best of them. As a result, here is a short list of techniques that a person can use to help manage their depression.

One of the ways to manage your depression is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you are afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there are all kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location.

Some people get depressed and have a difficult time getting out of bed in the mornings. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Doing something will get your mind off of the problem and give you confidence to do other things.

Sometimes, we can get depressed over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you are playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed, open up your small notebook and read those statements.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

The techniques that I have just covered are some basic ways to manage your depression, however your best bet is to get some help from a professional.

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MANAGING THE FEAR OF LONELINESS

By Stanley Popovich

Sometime or another we will experience a time when we are alone. The first step is to become comfortable with yourself and having the self-confidence that you will be able to manage being alone. There is nothing wrong with being alone. If being alone bothers you then seeing a counselor can help you with these issues.

In the meantime, here is a short list of techniques that a person can use so that the fear of being alone doesn't become a major issue in their lives.

The first step is to find an activity that you enjoy and where you can meet a lot of people. For instance, joining a group activity such as a volleyball group, women's club, or making crafts can be a great way to meet people. Doing something that you like to do will make you happy and will increase your chances of making friends.

Spending time with animals can be a great source of companionship. Having a dog or cat can make us feel loved. If you don't own a dog or cat, then volunteer at the local animal shelter.

Spending time with an animal or pet can help us to feel better and can be of good company to all of us whether we are alone or not.

Helping others through community service can be of some help. There are many people out there who could benefit from your time and talents. Helping others can give you a source of pride, help you feel better about yourself, and can provide long lasting friendships. Give it a try and you will be surprised.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you lonely or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, some people may think that if they are alone at the present time then they will always be alone. This is not true. Even if you are alone today doesn't mean that you will be alone all the time. No one can predict the future with one hundred percent accuracy.

It isn't fun being alone, but sometimes there are worse things. For instance, imagine that you are married or stuck in a relationship that you can't get out of and also makes you miserable. Not only do you have to live with this person, there is no way to get out of the relationship because of various financial or personal reasons. As a result, you are stuck living with someone that you can't stand and makes you depressed every single day of your life. With this viewpoint, being alone doesn't sound that bad.

The important thing is to do something constructive. Sitting around and doing nothing will not make things any better whether it is dealing with the fear of being alone or something else. Go out and do something that you like to do. In addition, take it one day at a time and stay committed in trying to solve your problem.

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FACING THE FEAR AND ANXIETY OF THE UNKNOWN

By Stanley Popovich

All most everybody worries about what will happen in the future. The prospect of not knowing if something good or bad will happen to you in the near future can produce a lot of fear and anxiety. As a result, here is a list of techniques and suggestions on how to manage this fear of dealing with the unknown.

Remember is that no one can predict the future with one hundred percent certainty. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, let's say at your place of work that you miss the deadline for a project you have been working on for the last few months. Everything you feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything. Remember: we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. When the time comes, hopefully you will have learned the skills to deal with your situation.

Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you're playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation and increase your self-confidence.

Remember take a deep breath and try to find something to do to get your mind off of you anxieties and stresses. A person could take a walk, listen to some music, read the newspaper, watch TV, play on the computer or do an activity that will give them a fresh perspective on things. This will distract you from your current worries.

A lot of times, our worrying can make the problem even worse. All the worrying in the world will not change anything. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride. If you still have trouble managing your anxiety of the future, then talking to a counselor or clergyman can be of great help. There are ways to help manage your fear and all it takes is some effort to find those answers.

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WHEN SOMEONE YOU KNOW STRUGGLES WITH FEAR AND ANXIETY

By: Stanley Popovich

What do you do when someone you know has to deal with persistent fears, anxieties, or even depression? Well the first thing you need to do is to get the person to seek the services of a professional who can lead them in the right direction and give them the help they need. In addition, here are some other techniques you can use to help the person cope.

Learn as much as you can in managing anxiety and depression. There are many books and information that will educate you on how to deal with fear and anxiety. Share this information with the person who is struggling. Education is the key in finding the answers your looking for in managing your fears.

Be understanding and patient with the person struggling with their fears. Dealing with depression and anxiety can be difficult for the person so do not add more problems than what is already there.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a walk to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make your fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you are afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location. Changing your thinking can help you manage your fears.

Another thing to remember is that things change and events do not stay the same. For instance, you may feel overwhelmed today with your anxiety and feel that this is how you will feel the rest of the week or month. This isn't correct. No one can predict the future with one hundred percent accuracy. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. You never know when the help and answers you are looking for will come to you.

When your fears and anxieties have the best of you, seek help from a professional. The key is to be patient, take it slow, and not to give up. In time, you will be able to find those resources that will help you with your problems.

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NEVER LOSE HOPE IN DEALING WITH YOUR FEARS AND DEPRESSION

By: Stanley Popovich

When your fears and depression have the best of you, it is easy to feel that things will not get any better. This is not true. There is much help available in today's society and the best way to deal with your fears is to find effective ways to overcome them. As a result, here are some techniques a person can use to help manage their fears and anxieties.

You never know when the answers you are looking for will come to your doorstep. Even if the thing that you feared does happen, there are circumstances and factors that you can't predict which can be used to your advantage. These factors can change everything. Remember: we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you feel fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, your afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location.

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Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a

person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

The techniques that I have just covered are some basic ways to manage your fears and depression, however your best bet is to get some help from a professional and not to lose hope. Eventually, you will find the answers you are looking for.

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ALCOHOL AND SUBSTANCE ABUSE WILL NOT TAKE AWAY YOUR FEARS

By: Stanley Popovich

Your fears, anxieties, and other problems have the best of you and you don't know where to turn for help. At some point you feel totally helpless as you struggle each day. No matter what you do, you cannot run away or hide from your fears. In these cases, some people will use alcohol or other substances to feel better.

Alcohol and substance abuse or any other addictions will not take away your problems and fears. In the short run, they might make you feel better, but in the long run these addictions will only make things worse.

So what do you do to make your problems and fears go away? Well, since you can't runaway from them, then the best solution is to tackle your fears head on no matter how strong they may be. The key is to be smart in how you try to manage these fears. Here are some ways in how to manage your persistent fears and anxieties.

The first step is to learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. Focus on the present and stop trying to predict what may happen next week. Next week will take care of itself.

Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, let's say at your place of work that you miss the deadline for a project you have been working on for the last few months. Everything you

feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything. Remember: we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.

Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

The important thing is to get the proper help by seeing a professional. Avoiding your problem through the use of alcohol or other substances will do nothing in the long run in fixing your problems. It will just make things worse. Managing your fear and anxieties will take some hard work. Be patient, persistent and stay committed in trying to solve your problem.

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