

FINDING THOSE TECHNIQUES THAT WILL MANAGE YOUR ANXIETIES

By: Stanley Popovich

Are you having trouble finding effective ways to overcome your fears and anxieties? It can be difficult to find all of the answers in managing your anxieties. The best way to overcome your persistent fears is to find those coping skills that effectively manage the fear and anxiety.

The first step is to 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.

It doesn't stop there. The next step is to apply what you have learned. Make it a point that every time you experience a fearful or anxiety related situation, use the information you have learned. In every anxiety related situation you experience, begin to learn what works, what doesn't work and what you need to do to improve on your anxiety management skills.

Continue to do more research to learn of even more effective techniques in managing fear and anxiety. Remember to focus on the strategies and techniques that actually reduce the fear and anxiety. All it takes is one effective technique to make a world of difference in managing your fears.

As for some of the skills that manage fear, learn 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.

Sometimes, a person may encounter a lot of scary thoughts coming at them all at once. Instead of getting upset, remember that these thoughts are exaggerated and are not based on reality. Usually it is the fear behind the thoughts that gets us worked up. Ignore the fear behind these thoughts, regardless how strong the fear may be. If you ignore the fear behind these thoughts, then the thoughts become easier to manage.

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 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.

The main point of this article is that no matter how difficult it is to manage your fear, the answers are out there if you look hard enough. It might take some hard work and persistence, but it is possible to find those techniques that work for you.

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/>

