

## Anxiety Stress - Plan

**1) Timing;** Commit to coming to three sessions every seven days. Start this program when anxiety stress can be a priority for the next 21 days.

**2) Audio;** Listen to *Anxiety Stress - Strategy* audio once a week for 3 weeks. Listen to the *Anxiety Stress - Hypnosis* audio 3-7 times a week for 3 weeks.

**3) Old Pains;** What consequences of Anxiety Stress do you want to avoid? (*Burn out. Avoidance. Underperformance. Isolation. Anger. Joylessness.*)

1.

2.

3.

**4) New Benefits;** What will replace the consequences of Anxiety Stress? (*Personal, Professional, Relationships, Health, Career, Personal Growth*)

1.

2.

3.

## Anxiety Stress Basics

**1) Sleep:** rejuvenates and builds the ability to manage anxiety stress.

**2) Exercise:** moderately, to create good stress and aid relaxation, health and sleep. But excess exercise creates excess stress on the body. Get strong and tired, but not depleted and exhausted.

**3) Relax:** Practice authentic relaxation like self-hypnosis, meditation, nature walks, gentle yoga, breathing exercises or whatever you come do. (Action movies, IG, TikTok, alcohol or vaping are stimulants, not relaxants.)

**4) Food:** choose healthy nutritious foods and eat slowly and attentively.

**5) Drink;** Reduce alcohol, sedation is not rejuvenation. Reduce caffeine, keep it for the morning, and allow your natural energy to come to the forefront.

**6) Emotions;** Anxiety stress is often a surface symptom of underlying emotions. Deal with pain, trauma, anger, frustration, fear, depression, guilt, resentment. Hypnotherapy will address these in the interactive sessions.

**7) Livelihood:** Some environments inherently amplify anxiety stress. Consider your long term goals and life purpose and life adjustments.

## Anxiety Stress - Defined

Stress and anxiety are so closely linked I don't even call it anxiety *and* stress, just anxiety stress. It may be that one or the other is the 'main' issue for you, but the other is also an important secondary issue. Anxiety can be generalized, but there are still root causes in specific stressful events. Reducing stress reduces anxiety, and reducing anxiety reduces stress. So we can't divide them, but we can have an emphasis on one as we go through and benefit them both.

**Stress**; is a natural inherent part of life. Stress and relaxation are a pair, like being awake and being asleep.

Helpful Stress; is called *eustress*. It's when we have the right amount of the stress for the right duration, and it's followed by relaxation. This stress helps energize, motivate and focus us for a specific event. Then the relaxation response turns on, to let us rest and rejuvenate.

Unhelpful Stress; becomes *distress*. It's too much stress, at the wrong time or for too long, so we can't relax. This stress can lead to burn out, demotivation, underperform, and create disease.

The stress response and relaxation response are regulated by the subconscious mind. You may know, "I don't need to be so stressed in that situation or for that duration", but that conscious realization doesn't stop stress. So we need a way to get that message to the subconscious mind, which makes stress well suited to hypnosis and hypnotherapy.

Stress tends to be triggered externally by an event or action, so it has a clear cause, and recedes once the event is over.

**Anxiety**; tends to be triggered internally, as a reaction, without a clear cause, and persists in the background or foreground.

Anxiety too is a natural part of life. It's helpful to get a reasonable and rational to 'bad feeling about something' and avoid it. But in excess, it becomes unhelpful when we get a bad feeling about everything and over nothing.

Anxiety's 'unclear cause' may be the anticipation of a future *stressful* event, that is more imagined than real, and might never happen.

Anxiety's 'unclear cause' may also be holding onto residual emotions from a past *stressful* event. The event is over, but it lives in the imagination as if it's still real, and is continuing to happen.

These 'unclear causes' are unclear to the conscious mind. But in hypnosis we can access the subconscious mind to get clear by finding true root causes. So we can *get messages from* the subconscious mind, as well as *give messages to* the subconscious mind during interactive hypnotherapy sessions.

## Anxiety Stress - Fight or Flight or Relax

**Stress Response;** Stress is connected to our fight or flight mechanism. In a challenging situation, we don't consciously motivate ourselves to deal with a threat. Stress hormones automatically release into the body, raising focus, strength, and stamina. The heart rate, breathing and nervous system all speed up, while lower priority functions like digestion are shut down.

For millennia this helped us escape physical danger. We released this energy as we fought or ran for our lives.

*In the modern world threats are now more psychological than physical, more of a threat to our ego than our body, to our livelihood than our lives.*

Even if we're just verbally attacked, the body gets a shot of stress hormones. But we don't use of release energy in the fight or flight. It stays with us and can become frustration and irritation, which is a form of repressed fight, or anxiety and depression, which is a form of repressed flight.

**Relaxation Response;** The antidote to the stress response is the relaxation response. Yet many modern ways of dealing with stress only create the illusion of relaxation. Much of what we think of as a way to manage stress actually just leads to different form of stress.

Excess alcohol, drugs and food can seem to reduce stress, but just create even more wear and tear (stress) on the body and mind. Much of what we think of as *relaxation* is actually *stimulation*, such as TV, movies, and computer games, lots of forms of social interaction, excess work-outs, and excess work.

We need to make a conscious decision to have authentic relaxation. But we may have been running an unconscious goal - to be constantly stimulated and distracted from our emotions and root causes of our stress that *seems work* by burying it, but it creates an underlying anxiety. We need to set a conscious goal that actually works.

## Anxiety Stress - Goals and Benefits

**Anxiety Stress Goals;** It's important to start by setting the goal skillfully.

Stress: We are not trying to get rid of stress, or never have stress. We are deciding to have the right amount of stress, for the right amount of time. Then the right amount of relaxation, for the right amount of time.

Anxiety; We don't even have to 'fight against' or 'try to have no anxiety'. Or to be confident instead. If we don't have full competence, we should not have full confidence.

Appropriate anxiety is a message, it's a warning that we need to grow our competence, or it's reasonable to avoid that situation. It's much better to hear that message and let it motivate us to first take actions to grow competence, than it is to rush into taking unreasonable actions we're not yet competent to do, so we listen to it.

But if we are competent and it's a situation we are best not to avoid, we can turn down the volume of the 'anxiety', so its essence may still be there, but we might rename it 'nervous excitement', or 'a sign that I'm alive and this is a worthwhile challenge that can help me learn and grow'.

Our goal is to use positive stress to face appropriate challenges and live a rewarding full life, with calm, clarity, confidence and peace.

Our goal is to *not* suffer the consequences of excess stress, that evolves into anxiety, and confusion about what is a worthwhile challenge, and doubt about our competence, and a general unease, and eventual disease.

**Benefits**; By working through anxiety stress, we mitigate the wear and tear it places on the body. Anxiety stress blocks the body's ability to rest, rejuvenate and heal itself. The immune system is weakened so we're vulnerable to colds, fatigue, headaches, aches and pains, reduced sexual desire and sleep. Studies have linked stress as a contributing factor in many diseases from IBS and high blood pressure to heart disease.

Anxiety stress affects the quality and quantity of our life, and our very ability to live out our life purpose to the best of our ability, which makes it a spiritual issue. If anxiety stress is a major issue, it's also a major opportunity to overcome it which becomes a powerful form of spiritual awakening.

## Bet On Yourself, Using BETSS

B – Breathing & Body Language; Take 5 deep breaths, inhale for 3 seconds, hold it for 6 seconds and exhale for 3 seconds. Mentally repeat your physical key word as you inhale. Mentally repeat your emotional key word as you inhale.

Adjust body language by straightening the spine, relaxing the hands, arms and legs uncrossed and vocal tone.

E - Emotions; watch as they come and go. Learn from them, notice a way that they're helpful, then take positive action in line with your clear goals.

T - Thoughts; Observe your thoughts. Can you calmly challenge any unhelpful thoughts? Is that really 100% true, all of the time? What evidence do I have ? What could be an equally true and more helpful thought?

S - See; Did your mind spontaneously create an image of future disaster? Great, you have the power to visualise; use it to make that old image dissolve and replace it by creating a detailed helpful image.

S – Say; I am calm and clear, I choose ease and peace.

You placing BETTS on yourself so you can understand the subconscious process that makes this phrase true; if you think you can't, you're right, and if you think you can you're also right. You can bet on yourself and move forward and grow because you win either way, when you win and you can learn.