How to Deal with Anxiety

What happens when we are anxious:

If you've ever experienced anxious thoughts, you know how it can be mind-consuming, drowning out all other thoughts and experiences. It's like our mind has become a small room and our anxiety is the only thing in it.

How to cope with anxiety:

The first step for dealing with anxiety is to open up to it. Try to take notice of it and name the emotion you are experiencing.

For example, you can say to yourself: I am having a feeling of anxiety.

After acknowleding this, what kind of thoughts follow? Also, observe how this

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How to open up to anxiety:

To open up to your anxiety, try to take notice of other things that are within your awareness, while still acknowledging the anxiety itself.

Here are a few examples of how you can accomplish this:

Ex. 1: "I see I'm having a feeling of anxiety and I'm also hungry."

Ex. 2: "I notice I'm having anxiety and I'm also thinking about all the things I have to do at work today."

Conclusion:

When we learn to open up to our anxiety it will become less intense.

It's like having our mind transform from a small room to a large warehouse. The anxiety is still there but it is not our main focus