



5 Mistaken Ideas That Stop You Overcoming Anxiety

I've helped hundreds of people overcome anxiety and panic attacks. I love what I do! It's just great to see my clients make the transition from having a life overtaken by anxiety to finding freedom, confidence and happiness.

If anxiety is getting in the way of your happiness and you'd like to book some sessions with me please get in touch - the details are below.

In the meantime here are some useful facts to help get you started on your journey. In my many years' experience of helping people, I've seen that people often get stuck in a life of anxiety because of the mistaken ideas they hold about it - and so I've designed this PDF specifically to help you notice some of these mistaken ideas.

Mistaken Idea #1: Panic Symptoms Are *Abnormal*

No, panic symptoms are NOT abnormal , they are a normal reaction to stress.

When my clients first come to me for help they sometimes say they're worried that they must be going mad. They ask what on earth is happening to them. It's as though the anxiety has crept up from nowhere and overtaken their life.

Panic attacks are caused by how we think in reaction to *normal human physiology*. When we're in a stressful situation, our (incredibly intelligent) body springs into action to help us deal with the perceived "danger" by stimulating hormones to engage the nervous system.

For example when you're stressed in some way, your heart rate increases to send your blood more quickly to your vital organs, your respiration increases to provide you with increased oxygen to your blood and the muscles in your arms and legs tense in order help you move more speedily.

You feel all this as a pounding heart, shortness of breath, tingling hands and feet and maybe feeling a bit sick.

It's because you get scared of these feelings in your body that you panic. Your panic comes from your worrying thoughts about what your body is experiencing.

It's most helpful to remember that your body is simply responding to stress in your life. Today we don't have the same stresses that our ancestors did, but we *do* have other types of stress -and the human body reacts to stress just as it has been doing for thousands of years.

Mistaken Idea #2: I'm The Only One Who Feels Like This!

If you're experiencing panic attacks; it's easy to feel all alone with your problem. However anxiety and panic is extremely common. In fact, most people have either experienced panic attacks or know someone who has.

Over the years I've helped thousands of people who've had panic at some stage in their life. I too used to have debilitating attacks at one time in my life. So I do know how bad they can feel!

Mistaken Idea #3: Panic Is Irrational

No, panic is not irrational – however it is a fear of fear itself. It usually starts with a person having one panic attack and then they worry

"What if I have another!" and so a cycle begins.

It's because you get scared of the physical sensations in your body. You start having worrying thoughts about 'what's going on!' and so your body says:

'Oh, ok worry alert – there must be some danger - I better start having all those stress reactions to keep me safe'

Remember your physical symptoms keep increasing because your body is simply responding to your thoughts about them.

If you can think yourself *into* a panic attack – you can equally think yourself *out of* one!

Mistaken Idea #4: Anxiety Disorder Means There's Something Seriously Wrong With Me

People hear a doctor or therapist use the word *disorder* and imagine all sorts of terrible things. In fact the words "*anxiety disorder*" simply means that your anxiety is getting in the way of your happiness.

Disorder just means dis-order to your life. It doesn't mean you're mad or there is something wrong with you. It simply means that the happy natural order of your life is being disrupted by anxiety symptoms.

This is because you have some stress going on somewhere – consciously or subconsciously.

It's helpful to focus on methods to help let of anxiety and panic AND also to deal with the stress that has brought them on – current or past.

Mistaken Idea #5: I'll Never Get Over This

The majority of people are perfectly capable of overcoming anxiety with the right help and following the correct techniques.

The human body is an incredible system; it's very intelligent – when you think about it none of us has to ask our heart to beat, our lungs to breathe, our blood to flow, our muscles to tense - the human body does this from a place of innate intelligence.

However the human body is also just a little bit daft!

Why? Because your body doesn't always know the difference between what you imagine in your head – and what you actually do. Have you noticed when you watch a scary thrilling film, your heart beats a little faster, you catch your breath? But you're actually just sitting there in front of a screen.

It's helpful to understand that anxiety lives in your subconscious and it makes itself known through your reactions and response in your body and your mind - your body-mind.

Anxiety and panic symptoms can be alleviated through the use of specific techniques such as Emotional Freedom Techniques (EFT) by gently accessing the subconscious and releasing the emotional trauma that has become stuck there. EFT is a technique that you can learn from a therapist and then have as a lifelong self-help tool for any future stress.

I hope these 5 tips have been helpful to you in beginning your journey out of anxiety.

If you'd like to book some sessions with me to overcome anxiety and panic,
either in person or online:

Please visit

www.marleneroseshaw.com

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