

# ANXIETY



&

# NLP



# Stress Less

**Let's look at the difference between anxiety and stress.**

Stress is a response to a threat.

Anxiety is a reaction to stress.

So if we deal with the stress, then anxiety will have no room to grow.



Stress is the feeling of being under too much mental or emotional pressure. Pressure turns into stress when we feel unable to cope.

We feel unable to cope when there is a mismatch between demands made (real or perceived) and our ability (real or perceived) to cope with them.

I say real or perceived because the mind doesn't know the difference, it believes what you tell it.

You tell it by your thoughts and your internal dialogue. So be careful what you say to yourself.



It is the balance between how we view demands made on us, and how we think we can cope with them, that determines how stressed we feel.

Two people may react differently to the same situation, for example an event that is perceived as stressful for one person may be motivational to someone else.

Feelings of tension and anxiety are normal body reactions that take place when we become aware of a threat to our wellbeing.

This is referred to as the fight or flight response.



This response is a physical reaction in our body that makes sure we have the ability to respond instantly to a threatening situation.

It is our nervous system that controls the fight or flight response.

This is the system responsible for body functions that are not under our conscious control eg: heart rate, breathing etc...

It is an instant reflex reaction which means we have little control over the starting up of the fight or flight response.



However, we can learn techniques to keep our stress level low and prevent it from becoming overwhelming and leading to more distressful and unhealthy situations.

The hormone adrenalin is released from the adrenal gland when the body activates the fight or flight response.

This adrenalin triggers physical changes eg: stomach churning sensations, fast breathing, heart palpitations etc...

When the worrying situation is dealt with these symptoms miraculously fade.



Stress can also be the negative side effect of insufficient pressure to drive our lives forward. Being stuck in a rut with little stimulation can be just as unpleasant as being loaded with too many tasks and not enough time.

Stress is not an illness in itself, however it can cause serious illness/acute anxiety, if not dealt with. It is very important to recognize the symptoms early - here are a few behavioral symptoms: insomnia, comfort eating, indecision, smoking, lack of concentration.



- **Emotional Symptoms**

Irritability, tearful, withdrawn, anxious, angry.

- **Physical Symptoms**

Headaches, high blood pressure, dry mouth, clammy hands, ringing in ears.





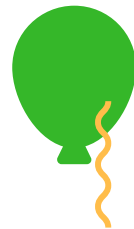
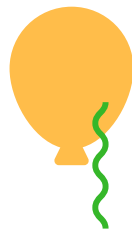
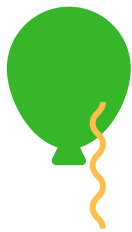
Many of us use ingrained unhealthy habits to hide our stress or forget what is troubling us ie: alcohol, rich food, shopping, TV. Such problems occur when stress becomes an ingrained habit rather than a useful resource.

It is important to learn techniques that help you de-stress and use them often.



## Here Are A Few Of Mine

Blow all your stress into a balloon, exhaust your lungs, tie a knot in balloon and hit it into space (mentally pushing your troubles away with it).



Create a physical touch that alerts you to be calm, for example, every time you rub your earlobe you hear your inner voice say "all is well."

Watch a comedy or read a joke book.

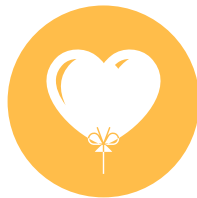


Listen to your favourite music, soothing or  
upbeat.



Go for a walk or swim or dance.

Do things that you LOVE!



**This Ebook is a collaboration between Anne  
McKeown, Master Coach at [2mpower.co](http://2mpower.co)  
& Global Healing Exchange**

