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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How to Handle Fear and Anxiety

By Garland Van Dyke

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What About Fear?

Fear can be one of the worst experiences for mankind. Prolonged fear can lead to chronic health conditions and chronic health conditions can ultimately lead to a shortened life. Fear can be real or imagined. When a bear crosses your path you feel objective (real) fear. Thinking there may be a bear waiting for you when you open your door is an imagined fear (usually).

Anxiety deals with a fearful feeling of some anticipated misfortune. It is difficult for some to say what they are anxious about. Anxiety is often unknown or ill-defined. Either way, anxiety is a very strong, negative emotion.

What if I am unable to Function Due to Fear?

This is an easy answer but may be difficult to carry out by some: get medical attention immediately.

Can I Really Control Fear and Anxiety?

Yes. Try these steps to lessen or overcome your fear and anxiety:

1. Pray from the Depths of your Heart –

Pray each time you experience fear, worry or anxiety. Find the closest, private place and pour your heart out to God. If you have committed your life to Him and are living in ways He finds acceptable, He will listen to your needs. Never forget it, never doubt it; believe it with all your heart.

2. Trust God –

One of the hardest things in visiting with God is that He doesn't verbally respond to us. How to trust Him? Look at the care, love, compassion, and forgiveness that Jesus gave to thousands. That is a picture of God caring for His people. Look in the Bible to learn how to trust God. The three fellows to be thrown in a fiery furnace trusted God explicitly and they were saved from death.

3. Fight the Fear and Anxiety –

You have God-given abilities and talents to handle your issues. If you have a real fear of something,

How to Handle Fear and Anxiety

take it apart mentally. There are parts you can control and probably parts beyond your control. Do the things you can do about your fear—item; for the things you cannot handle, seek professional help. You will eventually fight through to the end and defeat your issues. Discover the root of your anxiety and realize that 90% of the bad things never come about.

4. Clean up your Personal Life –

Guilt can lead people to fear. If you want to stop looking over your shoulder to see who's about to catch you then stop doing the things that are hurting your conscience. Make it a personal rule to never again make the mistakes you are making. Rectify all things you are able. Ask for forgiveness from those you've injured. Start doing only positive things in your life. Stick by the morals that are found in the Bible.

5. Count your Blessings on a Regular Basis -

If you are alive you have things to be thankful for. Take the time to name them.

Garland Van Dyke is an author and speaker who focuses on using spiritually based techniques to help the spirit within to thrive. Contact Garland at gvandyke@garlandvandyke.com, www.garlandvandyke.com.

How To Overcome Anxiety

By Jason Rickard

Anxiety is a condition that usually arises with excess stress and worry. It is usually the feared possibility of the consequences of an action that brings about anxiety. The people who get anxious are always worrying about the bad things that might happen and thus create an environment of fear in their minds.

Anxiety comes in many forms. Some suffer from panic disorder where there are unpredictable attacks of panic on the person, with its physiological consequences, while some others feel helpless in an embarrassing situation and this is agoraphobia. There are also others suffering from various other phobias like fear of heights, insects and water. Some feel that they are always watched by others, and thus suffer from social anxiety disorder. People who have undergone some traumatic event in their past suffer from post traumatic stress disorder. Some people perform repeated and ritualistic behaviors to rid themselves of obsessive compulsive disorders and the most common form of anxiety is generalized anxiety disorder. These people are usually over anxious of a situation and may end up in some major depressive disorder.

As it can be seen, anxiety comes in many forms, and the first step to be taken in the treatment of anxiety lies in finding out what the cause is. Once the reason of the anxiety has been found out, it proves to be rather easy to cure anxiety. It is best to avoid these situations as much as possible in the beginning of your treatment so that there is no feeling of anxiety at all.

It may be needed to approach a psychiatrist to help in the treatment of anxiety. Under their guidance,

How to Handle Fear and Anxiety

you learn to handle anxiety attacks in three steps; before, during and after the anxiety attack.

A person who suffers from anxiety should not set self-defeating goals. It is instead better to set productive and possible goals that improve one's thought and action. With this step, the patient learns to gain better control over oneself and thus overcome anxiety. When suffering from a bout of anxiety, it is better to calm oneself naturally rather than trying to fight or control one's anxious feelings.

Someone with anxiety should work at producing positive thoughts in the mind. Once pessimistic or unpleasant thoughts enter the mind, it is better to divert oneself and think of other situations with vivid, optimistic pictures. If possible, it proves to be better to think positive thought of these pessimistic thoughts, using objective words.

Jason Rickard is the owner of

– Offering White Noise and Relaxation

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