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Six Simple Habits that Defeat Anxiety

By Jammy Hokins

If you feel anxious, you're not alone. In fact, one in eight Americans experience overwhelming anxiety that interferes with their daily lives. There is hope for anxiety sufferers. Studies show that you can reduce the anxiety you feel by integrating healthy habits into your lifestyle.

This issue I would like to share six simple habits that can go a long way in defeating anxiety.

1) Acknowledge your Anxiety.

When you hide your anxious feelings for months or years, you perpetuate your anxiety by assuming it's your fault. Anxiety is not your fault. There is nothing inherently wrong with who you are. You are a good, valuable, uniquely special person. You simply suffer from anxiety. You are not alone, and there is help available. Share how you're feeling with a trustworthy friend, partner, or relative. Go online and talk with others about what you're going through. Talk to your doctor.

When you acknowledge how you feel, you take an important step toward feeling better. You step into the driver's seat and take the wheel away from anxiety. You open the door to learning how to feel better.

2) Learn Strategies to Immediately Deal with Intense Anxiety.

Educate yourself by learning strategies to immediately deal with intense anxiety. The National Institute of Anxiety and Stress, Inc. has made available free information that can help you reduce anxiety symptoms quickly, easily, and effectively.

"Using the Anxiety Pyramid" is a sample lesson from our course. It contains audio and workbook exercises that show you:

- how to stop intense anxiety using a powerful three-step formula
- how to deal with anxiety symptoms quickly
- what to do when you're having a panic attack

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3) Use "Power" Language.

Mind–body research shows that the words you use can have a powerful effect on how you feel. Most anxiety sufferers use negative words that destroy their self–esteem and promote a sense of loss of control. I call these "victim words." A few victim words include: can't, always, never, and should.

Victim words perpetuate your anxiety and fear. They create a negative self–fulfilling prophecy that results in anxious thoughts and physical symptoms.

You can learn to defeat anxiety by replacing victim words with power language. Power language means using words that promote your feelings of self–worth and personal power.

When you use power language, the statement: "I can't control my anxiety" becomes "I can control my

anxiety, and I'm learning skills to conquer it." The statement: "Why do I always feel so anxious?" becomes "I often feel anxious, but not all of the time." The statement: "I shouldn't be late for dinner" becomes "I may be late for dinner. It's unfortunate, but it's OK."

4) Tone your Inner Power Daily.

Think of your inner power as a muscle just like any other muscle. The more you use it, the more toned it becomes and the more you are able to accomplish. Every time you practice a healthy life strategy, you actually increase your ability to conquer your anxiety. What you couldn't do yesterday, you can do today. With practice, your new skills will become automatic. This is how you create lasting freedom from anxiety.

In the words of Aristotle: "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

5) Set Small, Achievable Goals.

Anxiety sufferers tend to set unrealistically high expectations for themselves. To counteract this tendency, set goals that you can easily accomplish. This builds your confidence and your sense of accomplishment.

When you are learning skills to handle stress and reduce your anxiety, baby steps work best. For example, if your goal is to integrate deep breathing into your life, start by practicing for one–minute intervals three or four times a day instead of for an hour all at once.

Setting small, achievable goals will help will take you farther than you can imagine over time. It will help you reach your final destination: a happier, low–anxiety life.

6) Realize that Now is the Perfect Time to Start Feeling Better.

And finally, realize that your anxiety and fear will not go away until you stop waiting and start learning. There are many resources available to you to help you overcome your anxiety — books, courses, chat

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rooms, and more.

Some of you have been waiting for the "perfect" time to conquer your anxiety. You may be saying to yourself... "I can't tackle my anxiety right now. I'll wait until my symptoms aren't so strong to make changes in my life." Or ... "I'll start making changes when my life is less hectic." The list goes on and on.

Here's what I've discovered: You'll be waiting a lifetime for these things to happen. Because when you wait for something else "to happen" to improve your life, you're giving away your power. You feed your anxiety and feelings of loss of control.

The only perfect time to conquer your anxiety is right now...this moment. You do not need to feel symptom-free or confident or energetic, or any of those other things to do this. All you need to do is take the first step.

Practice these six habits daily, and you'll see your skills improve as you take back your power from anxiety.

Jammy Hokins writes for <http://www.anxietyremedies.info> where you can find out more about <http://www.anxietyremedies.info> cheap hotels and other topics.

Separation Anxiety - A Medical Condition That Could Be Causing Your Dogs Bad Behavior

By Randy Jones

Behavior problems are at the top of the list of unhappy dog owners. Each year dogs are abandoned, put out of their adapted homes, or put to sleep because of bad behavior. Destructiveness, excessive vocalization, and house soiling are the most common signs of separation anxiety. These bad habits occur when the dog is separated from its owner.

Dogs are considered pack animals, so they prefer to be part of a group, and have a "pack leader" to follow and look up to. The dog's owner becomes the "pack leader" in the eyes of the dog, and when the leader isn't there to follow, the dog feels abandoned. This abandonment leads to anxiety and frustration which the dog has to deal with, the only way he knows how, what we call bad behavior.

Positive indications of separation anxiety are bad behavior primarily when your dog is left alone, he follows you everywhere you go, he becomes overexcited when you return home, he becomes excited or depressed when you prepare to leave home, or if he dislikes being alone out of doors.

Separation anxiety is not due to disobedience or lack of training. It is an instinctive behavior and should not be punished. The key to treating this problem is to gradually train or condition your dog to get used to your absence. When you leave home or return home make it a low key event.

Begin by leaving your dog alone at home for only a few minutes for the first few days or so. Then

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gradually lengthen your leaves in the weeks ahead. Also you should try to vary your leaves at different times of the day so as not to create a pattern or habit. To help ease his anxiety, you can leave your dog an article of clothing that has your scent on it.

Remember, you are attempting to break your dog's old habit of dependency on you, so you must develop new habits and condition your dog to accept them. It takes time, patience, and love, but in the end it is well worth the effort.

Randy Jones and his partner Brent Jones have been in the pet industry for a long time. Recently they formed

<http://Joncopets.com>

. On the site, customers can shop for the latest dog collars, dog clothes, pet supplies and more. Check them out at

<http://www.joncopets.com>



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