

## Managing Your Anxieties, Self Esteem, and Self Confidence

Some people have a difficult time in managing their anxieties and fears. In addition, a person's self esteem and self-confidence can also suffer. As a result, here is a list of techniques a person can use to help manage their anxieties, fears, and self esteem. Remember that practice makes perfect. Whenever it comes to dealing with your anxieties or any other task; practice, patience, and persistence is the name of the game. If you don't get the desired results the first time around, then keep trying until you do get the results. Through practice, you will become better at the task at hand and your self-confidence will increase. This also applies to managing your anxieties. In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a walk to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around. Sometimes, we can get anxious over a task that we will have to perform in the near future. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you're playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation and increase your self-confidence. Don't forget to Pray and ask God for help. A person can only do so much. Asking God for help can give us additional resources to help manage our fears and self-confidence. It is not always easy, however God is in control and he will help you if you ask him. Write down on a list everything that you are thankful for. Do not take anything for granted. The next time you feel down, take out your list and review everything that you have listed. This is a great way to remind us of what we have. As a layman, I realize it can be difficult to manage our anxieties and self-esteem. If you have trouble then talk to a professional who can help you manage your fears, anxieties, and self esteem. They will be able to provide you with additional advice and insights on how to deal with your current problem. In the meantime, remember to take it one day at a time.

### About the Author

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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