

## Managing Your Fears, Anxieties, Depression, OCD, And Panic Attacks

What do you do when your fears, anxieties, and depression are stronger than what you can handle? There are times that no matter what you do, your fears have the best of you. As a result, here is a brief list of techniques that a person can use to help manage their every day anxieties, stresses, and fears. When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success. Sometimes we get stressed out when everything happens all at once. When this happens, take a deep breathe and try to find something to do for a few minutes to get your mind off of the problem. A person can get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things. Sometimes we encounter a scary situation that gets us all upset. When encountering these events, always remember to get all of the facts of the given situation. Gathering the facts can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. In dealing with your anxieties, learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference. At times, a person might encounter a fearful thought that may be difficult to manage. When this happens, visualize a red stop sign, which can serve as a reminder to stop thinking about that thought. Regardless of how scary the thought may be, do not dwell on it. This technique is good in dealing with obsessive and scary thoughts. Sometimes, it helps to be able to talk to someone about our stressful situations. Talking to a trusted friend, counselor, or clergyman can not only make us feel better, but they can give you additional advice and insights on how to deal with your current problem. Managing your fears and anxieties takes practice. In time, you will become better able to deal with your stressful problems. As a layman, I have over fifteen years of experience in dealing with fear and anxiety. At times, my fears had the best of me, however I never gave up and I was always determined to find the answers to my problems. Regardless of how difficult it may be to manage your fears and anxieties, the answers are out there if you look hard enough.

### 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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