

## When A Family Member Struggles With Fear And Anxiety

Do you have a family member who struggles with fear and anxiety? It can be difficult to sit by and watch the person you love struggle while you are unable to do anything. Enclosed is a list of things that you can do to help the person overcome his or her own battle with anxiety and fear. The first thing you need to do is to get the person to seek the services of a professional and/or counselor who can lead them in the right direction and give them the help they need. Even if they disagree, getting help is the first step in getting better. Be understanding and patient with the person struggling with their fears. Dealing with depression and anxiety can be difficult for the person. Do not add more problems than what is already there. Learn as much as you can in managing anxiety and depression. There are many books and information that will educate you on how to deal with fear and anxiety. Share this information with the person who is struggling. Education is the key in finding the answers your looking for in managing your fears. The person struggling with the anxiety must realize that managing anxiety and fear takes practice. So when experiencing an anxiety related situation, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. As you do this, you will become better in dealing with your anxieties. Remember that there is hope. Eventually you or the person who is struggling will eventually get better. Give it some time and be persistent in finding the answers that will help the person. As a Layman, I realize it is not easy to deal with fear and anxiety. When a family member struggles with fear and anxiety, get them to seek help from a professional. The key is to be patient, take it slow, and not to give up. In time, you will be able to find those resources that will help them with their problems.

## 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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