

## When Your At The End Of Your Rope With Your Anxieties

What do you do when you feel that your at the end of your rope with your anxieties, depression, and fears? During this time, the best thing to do is not to give up and not to lose hope. In the meantime, here is a list of brief techniques that a person can use to overcome your depression, fears, and anxiety. 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. Take it one day at a time. Instead of worrying about how you will get through the rest of the week or coming month, 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. Focus on the present and stop trying to predict what may happen next week. Next week will take care of itself. Learn how to manage your fearful thoughts that may be difficult to manage. When experiencing a negative thought, read some positive statements and affirmations that help lift your spirits and make you feel better. Remember that your fearful thoughts may be exaggerated so balance these thoughts with realistic thinking and common sense. Some people get depressed and have a difficult time getting out of bed in the mornings. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Doing something will get your mind off of the problem and give you confidence to do other things. 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 might be able to give you additional advice and insights on how to deal with your current problem. Although I am a layman and not a professional I have interviewed many psychologists and clergyman and I have learned that there are many things a person can do to help manage their fears. Dealing with our persistent fears is not easy, however there are many helpful resources available to us 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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