

## Getting Help For A Family Member Who Struggles With Fear And Anxiety

It is not easy to watch a family member or relative struggle with fear and anxiety. The first step is that you should get him or her to talk to a professional who can get them started in the right path of getting better. Getting professional help for their fears and anxiety is very important. In addition, here are some techniques a person can use to help manage their fears and anxieties. Learn to 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. A good way to manage your fear is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. Sometimes, we may be nervous doing a certain task that may be scary. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship hockey 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 are 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. Remember that there is one power that is stronger than your fears and that is the power of God. A person does not have to be religious to use the power of God. When the going gets tough, talk to God about your problems as if you were talking to a friend. Review the Bible and pray hard. Be persistent and be open in the avenues that God may provide to you in solving your problem. It is not always easy, however God is in control and he will help you if you ask him. As a Layman, I realize it is not easy to deal with all of our fears, however there are all kinds of help available. The key is to be patient and not to give up. In time, you will be able to find those resources that will help you with your problems.

### About the Author

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents an 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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