

## When Your Anxieties At Your Job Become Difficult to Handle

Your fears, anxieties, and other problems have the best of you and you don't know where to turn for help. At some point you feel totally helpless as you struggle each day. What do you do? Here are a few suggestions on how to get out of this situation. 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. 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. Take your problems to God. God is stronger than your stresses and anxieties. When the going gets tough, talk to God about your problems as if you were talking to a friend. 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. Don't tackle all of your fears at once. Manage them one at a time. Try to learn what is the real source of your fears and anxieties. Knowing what the source of your problem is can go a long way in finding the solution. Think about it and try to figure out what is the source of your fears and anxieties. If you do not know, then ask a professional. Managing your fears and anxieties will take some hard work. Trying to avoid you problems will do nothing in getting rid of your fears and anxieties. Remember that all you can do is to do your best each day, hope for the best, and take things in stride. Patience, persistence, education, and being committed in trying to solve your problem will go along way in fixing 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 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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