

Coping With Your Anxieties While Having A Family And Career

It is not easy to deal with your fears, anxieties, or depression while maintaining a family and job. It can be very tough to have to manage your anxieties while making a living and taking care of the kids. As a result, here are a few techniques on how you can become better at dealing with your fears, depression, 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. Be smart in how you deal with your fears and anxieties when on the job or taking care of the kids. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success. A good way to manage your anxiety 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, you may be nervous doing a certain task at your job or household. When this happens, visualize yourself doing the task in your mind. For instance, you and your team have to play in the championship 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. Do not let your anxieties get the best of you. A technique that is very helpful is to have a small notebook of positive statements that make us feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel anxious and stressed, open up your small notebook and read those statements. 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. The next time you become overwhelmed with everything, remember that there is hope in overcoming your anxieties and depression. 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 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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