

Fear - Week 2

8-8-22

1. Take time out

It's impossible to think clearly when you're flooded with fear or anxiety. The first thing to do is take time out so you can physically calm down.

Distract yourself from the worry for 15 minutes by walking around the block, making a cup of tea or having a bath.

2. Breathe through panic

If you start to get a faster heartbeat or sweating palms, the best thing is not to fight it.

Stay where you are and simply feel the panic without trying to distract yourself. Place the palm of your hand on your stomach and breathe slowly and deeply.

The goal is to help the mind get used to coping with panic, which takes the fear of fear away.

3. Face your fears

Avoiding fears only makes them scarier. Whatever your fear, if you face it, it should start to fade. If you panic one day getting into an elevator, for example, it's best to get back into an elevator the next day.

4. Imagine the worst

Try imagining the worst thing that can happen – perhaps it's panicking and having a heart attack. Then try to think yourself into having a heart attack. It's just not possible. The fear will run away the more you chase it.

5. Look at the evidence

It sometimes helps to challenge fearful thoughts. For example, if you're scared of getting trapped in an elevator and suffocating, ask yourself if you have ever heard of this happening to someone. Ask yourself what you would say to a friend who had a similar fear.