



Fourth, either the anxiety runs its course—getting worse or just tapering off on its own—or we take charge of our own mind and replace the anxious thoughts with calming ones, in which case the hormones that caused the physical feelings of anxiety will be metabolized within 3 minutes or less, and our body will stabilize. That's right! Your anxiety can be stopped within 3 minutes or less.

That's really the most important aspect of ridding yourself of anxious thoughts: replacing them with calming ones. By doing this, you establish a subconscious habit, thereby eliminating the anxious "horribilizing" and "awfulizing" thoughts forever and creating much healthier coping techniques..

As an example of how a calming thought can remedy an anxious one, picture yourself out on a daily run and then suddenly becoming anxious over all the things you have to do that day. Rather than spiral away with these anxious thoughts, mull over what a beautiful day it is outside, or that funny joke your friend told you last night, or even think of a yes or no question: "Are you going to get to those tasks done later?" "Yes." This simplifies the situation and will give you a solid solution to your anxiety, banishing it and allowing you to focus on the activity at hand.

As you better understand this process--how anxious thoughts cause changes within the body that are natural but generally unnecessary--you can regain control of your life. It is exciting to remember that each of us, within our own mind, has the ability and power to fix those anxieties, no medication needed.

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Some people appreciate receiving help in replacing anxious thoughts with empowering and calming thoughts. I have 17 years experience helping people do just that. If you feel you could benefit from less anxiety, get in touch, I use effective techniques tailored to you. Contact me for more details [watrish@aol.com](mailto:watrish@aol.com) or 920-819-3774