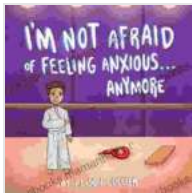


# Not Afraid of Feeling Anxious Anymore: Overcoming the Fear of Anxiety

Anxiety is a normal human emotion that everyone experiences from time to time. It can be a reaction to stress, a warning sign of danger, or a symptom of an underlying mental health condition. While anxiety can be unpleasant, it is not inherently harmful. In fact, anxiety can be helpful in some situations, such as when it motivates us to avoid danger or to perform well on a task.

However, for some people, anxiety can become a problem when it is excessive, persistent, or interferes with daily life. This can lead to a fear of anxiety itself, which can make the problem even worse.



## **I'm Not Afraid Of Feeling Anxious...Anymore** by Alison Collier

★★★★★ 5 out of 5

Language	: English
File size	: 42374 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 31 pages
Lending	: Enabled



The fear of anxiety is a common problem. In fact, it is estimated that up to 20% of people with anxiety disorders also experience a fear of anxiety. This fear can be triggered by anything that reminds the person of their anxiety, such as physical sensations, thoughts, or situations.

The fear of anxiety can make it difficult to manage anxiety in a healthy way. People who are afraid of anxiety may avoid situations that trigger their anxiety, which can lead to isolation and social withdrawal. They may also try to control their anxiety with unhealthy coping mechanisms, such as alcohol or drugs.

If you are afraid of anxiety, it is important to know that you are not alone. There are many people who have overcome the fear of anxiety and gone on to live full and happy lives. With the right help, you can too.

## **Overcoming the Fear of Anxiety**

Overcoming the fear of anxiety is not easy, but it is possible. Here are a few tips to help you get started:

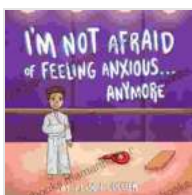
- **Challenge your negative thoughts.** When you feel anxious, it is common to have negative thoughts about yourself and your ability to cope. These thoughts can make your anxiety worse. Try to challenge these negative thoughts by asking yourself if there is any evidence to support them..
- **Focus on the present moment.** When you are feeling anxious, it is easy to get caught up in worrying about the future or dwelling on the past. This can make your anxiety worse. Try to focus on the present moment and the things that you can control. Like slow breathing or meditation.
- **Expose yourself to your fears.** One of the best ways to overcome the fear of anxiety is to expose yourself to the things that you are afraid of. This does not mean that you should put yourself in dangerous situations. Start by exposing yourself to things that cause you mild

anxiety and gradually work your way up to things that cause you more anxiety.

- **Learn relaxation techniques.** Relaxation techniques can help to reduce anxiety and promote relaxation. There are many different relaxation techniques available, such as deep breathing, yoga, and meditation. Find a relaxation technique that works for you and practice it regularly.
- **Get help from a therapist.** If you are struggling to overcome the fear of anxiety on your own, consider getting help from a therapist. A therapist can help you to identify the root of your anxiety and develop coping mechanisms to manage your anxiety in a healthy way.

Overcoming the fear of anxiety is a journey, not a destination. There will be setbacks along the way, but do not give up. With patience and perseverance, you can overcome the fear of anxiety and live a full and happy life.

Anxiety is a normal human emotion, but it can become a problem when it is excessive, persistent, or interferes with daily life. The fear of anxiety is a common problem that can make it difficult to manage anxiety in a healthy way. However, with the right help, you can overcome the fear of anxiety and live a full and happy life.



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