7 Quick Tips To Reduce Anxiety And Get Unstuck!
Introduction

Hi, I’m Liberty Forrest. I am an award-winning author and master meditation and mindfulness instructor. For some creative playtime, I’m also a bit of an artist and musician.

I am an expert in helping people reduce or eliminate anxiety and stress and I guarantee that I can help you, too.

My compassionate heart-centered guidance will help you to get unstuck and moving forward in life! I have a gift that I share with everyone who needs it and now I am on a mission to share it with a million souls around the world!

It wasn’t always like this for me. For many years, I was the one needing the answers and guidance that I’m now able to give others. And that’s exactly why I can help you.

I know the private hell you’re living right now. I lived it, too, for many years beginning in childhood. I know the hopelessness of frequent, debilitating anxiety. The terror of unprovoked panic that floods your body for no apparent reason. The racing heart that feels as though it will explode in your chest. The cold sweat dripping down your face and torso. Your body and hands trembling visibly and uncontrollably. The gnawing fear that eats at your guts. The frightening dizziness and tight chest that make you think you’ll faint, or perhaps you’re having a heart attack and will die.

I’m all too familiar with that disturbing inability to focus, to relax, or to believe that your life could ever be enjoyable and free of anxiety.

And I know what it’s like to have those overwhelming, “freaking-out” thoughts ripping through your head, each one amplifying the one before it. Your body taut and adrenalin coursing through your veins at breakneck speed. Faster and faster, those thoughts spiral out of control and into the Terrifying Land of What-If, where your own imagination is your worst enemy and a terrible prison.

Yes, I know your private hell. And I also know you don’t have to live like that anymore. How can I be so sure? Because I lived it for a very long time. I began having panic attacks at the age of about 8 or 9 years old — always by myself in the middle of the night. It was beyond terrifying; I had no idea what was happening. I also knew it wasn’t safe to tell my parents so I suffered in silence for years.
By the time I was in my late teens, I was battling frequent panic attacks, ongoing anxiety, OCD, anorexia and agoraphobia, all of which lasted well into my 20s. In order to deal with all of these anxiety disorders, I developed an addiction.

I cured all of that by myself more than thirty years ago — without the use of medications or therapy. It was far easier than I would have ever thought possible. Since then, I've taught countless others to do the same. And I can teach you, too.

To get you started, below are seven tips that can help to significantly reduce your anxiety and panic attacks. But they only work if you use them!

So let me ask you this: Are you ready to break free from the anxious and repetitive thoughts that are holding you back?

YOU'VE COME TO THE RIGHT PLACE!

I've spent decades working with people on these very issues, and I'd love to help you, too.

Drawing on my professional background in social work and counselling as well as my own challenging life and healing journey, for decades my unique perspectives and insights have been assisting countless people on their personal and spiritual development paths.

If you're really ready for change, my compassionate, heart-centered guidance will help you find the clarity, direction and hope that will inspire you to move forward. These seven easy steps are not strenuous and don't require any skills. Yet these few small changes will make a huge difference in your life if you apply all of them. And when you get to the end of this message, there is a fantastic, life-changing bonus for you that I am giving away FREE.
1: Ditch the Negative News!

Starting from now - don’t watch or listen to news, disturbing TV shows, videos, or films.

If you MUST get your news fix for the day, limit it to 10-15 mins in the middle of your day so you’re not beginning or ending your day with a whole load of negativity and upsetting information that can jack up your anxiety levels.

How you set up your day right from the start will have a huge impact on how it unfolds. All of us know that there’s nothing but bad news and misery on the news and in the papers. Even scrolling through your social media feeds can give you negative, toxic information that you really don’t need to inject into what could otherwise be a quiet and peaceful morning — or at least a more positive start to the day.

And watching that stuff right before bed is a surefire way to crank up your anxiety, causing a restless sleep, bringing on nightmares, and adversely affecting your health. You see, your subconscious brain can’t tell the difference between what’s real and what isn’t. This is why your palms sweat and your heart begins to race when you’re watching a scary or suspenseful film. Your body is responding to what your subconscious is interpreting as a real threat.

So when you’re watching disturbing shows or the news (nothing more disturbing than that, in my opinion, I avoid it like the plague), your subconscious is picking up loads of fear and negativity, which means your body picks up on the anxious thoughts and presto, you are feeling anxiety.

That anxiety will also dramatically increase your levels of cortisol, a steroid hormone produced by your adrenal glands. It is essential for many functions in the body, or in times of danger or threat to help us think quickly and stay safe. But when there’s too much of it and for too long, it can cause significant damage and illness.
Some of the potential effects of frequent exposure to too much cortisol include high blood pressure (which can lead to heart attack, stroke and other cardiovascular problems), Type 2 diabetes, osteoporosis, and weight gain. It can interfere with other hormonal cycles leading to disrupted sleep and excessive fatigue. Long-term exposure to high cortisol levels can also impair the immune system, the memory, and it can leave you with a feeling of “brain fog.”

You see, as far as your body is concerned, there’s no difference between having anxious thoughts, or living in a war zone. All it knows is that you’re under some kind of threat or attack and it must prepare to “fight or flee” to keep you safe.

It is constantly being bombarded by too much of the stress hormones, such as the three main ones, cortisol, adrenaline and norepinephrine.

And a side note about adrenaline:

Your adrenal glands (situated one on top of each kidney) release loads of it into your bloodstream when you’re anxious. It causes sweating, a racing heart, and other symptoms of anxiety so it ends up making you feel worse. Definitely a chicken-and-egg situation that you don’t need.

Your body’s only got two gears: growth and survival. When in ‘fight/flight’ there can’t be any growth. The body uses all its resources, nutrients etc. to defend, do battle, prepare to fight and to survive. There is no cell growth, no repair, and the body is depleted of its reserves of energy, nutrients etc. The longer this goes on, the greater the risk of disease because the body has become vulnerable to disease and malfunction.
2: Ditch the Caffeine!

Reduce or eliminate caffeine. It really does jangle your nerves and especially if your body is already wired and ready to be anxious. It’s like adding a hefty dose of Adrenaline and we just had the conversation about what that does to you!
3: Ditch the sugar!

Avoid sugary foods and white carbs; they create spikes in blood sugar that then plummet and when that happens, it can leave you feeling weak, shaky and even a little dizzy.

Hmm, don’t those sound like some symptoms of an anxiety attack? So guess what? You’re already primed and ready for anxiety so as soon as you feel those symptoms, you think, “Uh-oh! Incoming anxiety attack!” And you’re off to the races…when really, it was just a drop in blood sugar.

If you simply must have something sugary sweet, have a few ounces of protein FIRST. Some cheese, an egg, some nuts, a bit of meat or fish, some yogurt — this will help to stabilise your blood sugar so you don’t zoom off into the stratosphere with an anxiety attack as soon as you misinterpret that sugar crash.
4: Change your words!

Stop saying “my anxiety.” Every time you say it, you’re confirming that it belongs to you, and that it is a part of your identity.

It is important to shift that language and belief, otherwise, “your anxiety” remains attached to you like an arm or a leg. This makes it harder to let go of it.

Recognise that anxiety is merely a feeling that arises from anxious thoughts. It is not a part of who you are unless you choose to hold onto it in that way.

Every time you catch yourself saying “my anxiety,” please change your language to something like “When I feel anxious,” or “I’m feeling anxious,” and notice how the energy changes.

Now it’s just a feeling, and feelings pass; it’s not part of who you are, like your leg or your arm.

Making that shift can immediately helps you to start feeling some distance and detachment from anxiety. You will see it more as being “over there” and something external to you rather than it being something internal that you can’t change.
5: Get Off The COUCH!

When in the throes of an anxiety attack, be as physically active as circumstances permit. If you’re not stuck at a desk or in another situation that requires you to stay put, get up and move around.

Go for a walk, ride a stationary bike, or just turn on the telly and pace while you watch something enjoyable, funny and relaxing — NOT something suspenseful or disturbing — that will distract you and get you out of your head, at least to some extent.

But whether or not you do that, **get moving**. This will help to burn off those powerful stress hormones, which are so destructive to your physical body, and which are also contributing to the feelings of anxiety due to your brain trying to make you “fight or flee.”

If you’re like most people who struggle with anxiety, you’ve probably been experiencing it on an ongoing low level for some time. In fact, you’re probably so used to living with it that you’re not even aware of it much of the time. But it’s there, simmering just below the surface almost constantly. This leaves you primed and ready for the littlest thing to crank it up and sometimes even send you into a full-blown panic attack.
6: Pay Attention to Your Thoughts!

One of the most important ways to stop that vicious cycle is to pay attention to your thoughts. How you’re feeling is always directly related to what you’re thinking. If you’re feeling anxious, it’s because you’re having anxious thoughts. These, in turn, make your brain send chemical messages to every single cell in your body to say that you’re under threat of attack and you need to be prepared for “fight of flight.” And then the cortisol gets dumped into your bloodstream by the truckload.

As soon as you notice that you’re feeling anxious, take a few moments to pay attention to the thoughts you’re having. Deliberately choose calming and reassuring ones to replace the anxious ones. You might be thinking, “Yeah, sure, I’ve tried to calm myself down before when I’m anxious but it doesn’t work!” I’ve been there, too. I know what it’s like to be in the midst of an attack of anxiety or even worse, panic, and be thinking things like, “Just calm down! Everything’s fine!” But I didn’t calm down because everything wasn’t fine.

First, it’s important to note that it takes more than a few half-hearted efforts for this to work. You’ve got to keep at it if you want to break the cycle. It took a long time for you to get caught up in this pattern of thinking. It will take time to break the habit. And secondly, it’s what you say that will make the difference. Saying, “Calm down” feels more like a reprimand, which only makes you feel worse. And “Everything’s fine” feels like a big, fat lie because it isn’t fine when you’re in the middle of an anxiety attack. Choose thoughts you can believe, such as “This always passes, I’ll be okay.”

Chances are that you’re worrying about something that hasn’t happened yet. “What if this? And what if that?” Let go of the worrying thoughts and keep bringing yourself back to this present moment. Tell yourself that for right now, in this very moment, you are okay and all is well. Even if your circumstances are not what you’d like or hope for them to be, you are okay in this moment. You must trust that the answers will come, and you will figure everything out one step at a time.

Adopting a “Scarlett O’Hara” approach is a great plan for reducing your anxiety. The beloved and feisty young main character in “Gone With the Wind,” my all-time-favourite film, was known for saying in times of disaster, “I can’t think about that right now! I’ll think about it tomorrow!” Wise words that saw her through a lot, and they helped me, too, all those many years ago when I was learning how to change my thoughts from anxiety-ridden to calming ones.

I can promise you, the more you do this, the better it will work. Be patient. You’re used to an unhealthy cycle of anxious thoughts that lead to anxiety that leads to more anxious thoughts that lead to more anxiety that leads to... as I said above, you must give yourself time to break that cycle and create a new pattern. But it can be done. And it is one of the most powerful tools you’ve got in your ongoing search for peace.
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7: Learn to Meditate!

Meditate. Meditate. And then meditate some more. In particular, practice mindfulness meditation. **This is far and away THE number one best tool you can use to get rid of anxiety once and for all.** Tried everything and not been able to meditate yet? I was the same. It took me years to figure it out, and then I learned several super simple tips and tricks that made it the easiest thing in the world - and I am going to give them to you **FREE!**

One of the most basic, straightforward ways to meditate is just to focus on your breath and nothing else. Sound simple? Well, it is, and I've got some great ideas to help make meditation even simpler than simple.

Before I tell you a bit about that, did you know that numerous studies prove that when compared with their non-meditating counterparts, people who meditate regularly are healthier and live longer?

And get this! A group of Harvard neuroscientists found that brain structures change after just eight weeks of regular mindfulness meditation. They did “before” and “after” MRI tests on a group of people who were completely new to meditation and at the end of the eight-week study, there were visible changes in areas of the brain that involve learning, memory, emotion regulation and more.

With such a significant change in the structure of the brain, you’d think meditation couldn’t possibly be easy, right? Wrong.

Here’s an example: To get started, wear loose, comfortable clothing. Put your phone on silent (or better yet, leave it in another room entirely unless you need the timer for your meditation). Sit in a comfortable position. Close your eyes and just notice your breath as you inhale, holding at the top for a second or two, then exhaling and noticing that little pause that’s just sitting there quietly before you inhale again.

Notice how the air feels as it moves through your nose and into your lungs. Notice what other parts of your body move as your lungs fill with air. Certainly, your chest will rise and fall. What about your shoulders, too? Your arms and hands? Your back?
When other thoughts pop into your head — that dog is barking across the street — an ambulance roars past the house — your stomach is growling — you forgot to finish that report — just acknowledge them, let them go, and refocus your attention on your breath.

Think of your mind as a little child. You and your “little child” are walking down a path together. You’re trying to walk in a straight line down that path. But the child keeps noticing flowers and bunnies and pretty rocks in the meadow on the side of the road or in the ditch and it’s your job to just keep gently pulling the child back and saying, “No, we’re going straight ahead.”

The child will keep wandering off, so be prepared. Do NOT berate the child. Do not start with the lecture about needing to stay on the path because then you are also wandering off it, too. Just keep gently bringing that child back to the centre of the road, refocusing your attention on your breath and only your breath, and eventually the child will figure it out and stop wandering.

Meditation is discipline for the mind and there are about as many techniques to learn it as there are people who meditate. I mentioned that after my own challenging years of struggling to figure out how to meditate, I learned a bunch of super simple tips and tricks that made it the easiest thing in the world. I found no shortage of people who were where I’d been, trying everything but still not managing to meditate.

So I started sharing my secrets by holding meditation classes and all-day workshops. And eventually, I shared many of those secrets in a fantastic book called Meditation Essentials: How to Quiet Your Mind to Achieve More Personal and Professional Success.

This fabulous book won the Beverly Hills International Book Award in the Wellbeing category. It is loaded with short, easy-to-digest sections, keeping the process streamlined and simple so you don’t get bogged down and overwhelmed. And each section ends with a suggestion for you to try, making the whole process even easier.

So here is the bonus for getting this far! You can have a copy of the book FREE! Just CLICK HERE.

Liberty Forrest is an award-winning author, a Huffington Post contributor, columnist, and inspiring speaker. She is also a mindfulness meditation expert, a hypnotist, and course facilitator. Liberty has written several books that cover a range of self-development and empowering topics, and she has been a guest on numerous radio shows, podcasts, and summits. Combining her own turbulent life and healing journey with her professional background in social work and counseling, Liberty has created various digital products that assist people in overcoming challenges. Using her guided meditations, hypnosis recordings, online courses, books and more, Liberty helps people get unstuck and moving forward in their lives. For five years, she appeared approximately monthly on Sue Marchant’s evening show on BBC Radio where she answered questions from listeners. Currently, she enjoys a quiet life in rural England, the perfect setting to continue writing and creating more informational products to help her clients on their healing journeys.