



# VEIL *of* CHANGE

Anxiety Explained

**DISSOLVING THE VEIL OF OVERWHELM**

## **An Explanation About The Feelings Of Anxiousness**

Everyone at some stage in their life will experience some level of anxiety, but when feelings of dread, self doubt, and nervousness are recurring and not directly linked to a stressful event then anxiety can leave a person unable to function normally.

A psychiatrist might describe anxiety as a nervous disorder marked by excessive uneasiness and apprehension, typically leading to compulsive behavior or panic attacks.

***Basically anxiety is a fear of what could occur in the future***

If you worry about something that might never happen you will end up being anxious, being anxious makes you think about what might never happen over and over.

We already know that your dominant thoughts will be brought into being, positive or negative, so staying in the present moment is really important in order to alleviate anxious thought patterns.

*Our beliefs let us see things in certain ways, but at the same time they can also act as veils hiding from us what we cannot see*

By constantly challenging your beliefs, you are lifting veils that would otherwise remain closed. There is a fear in changing your beliefs; it is possible that mistakes can be made!

But sometimes it is better to make mistakes than not challenge a belief, or make a change.

***When your focus is in the present moment – anxiety is not***

It is impossible to be in the present moment and get anxious at the same time. Getting anxious means that you are thinking about 'what might be'

If you feel you are in a sticky situation, see if you can survive the next 5 minutes, then the next 5, and if that wasn't too bad, then the next 5.

## **What Does Being In The Present Moment Really Mean**

You see being in the present moment means being in the 'now.....' being present to living right now. Not wondering or worrying about the next day, week, year or even how or what if.....

What happens in the future need not affect you in the now – no-one *knows* the future so why worry about something that might never happen. You create the future – so watch what you are focusing on.

### ***Learning to laugh at yourself can quite literally save your skin***

Laughing has such a medicinal value; laughter relieves pain and helps heal the wounds of taking life too seriously. Stop and smile, try the following mind altering routines:

**Observe what you are anxious about**

**Observe what is running through your mind**

**Listen to the voice – is it irrational?**

**Now listen again - to the quiet voice, without judgment**

**Breathe deep**

**Breathe deep**

**Dissolve the anxious thought, by taking control**

**Observe and know that there is always choice**

**And you get to choose**

## **So upon reflection anxiety is fear**

***Fear is a negative emotion driven by the superego to keep you 'safe'.***

However keeping you 'safe' is not always in your best interests, it is a learned behavior that can keep you from growing and expanding your knowledge and your life.

***Try something Different***

It can be something as simple as changing your route to work everyday to give you variety. Or instead of watching TV, go to bed or read a book with your child. Change your normal routine by small alterations at first, until you are comfortable.

***Trying something different in life will catapult you forward***

***or***

***you can stay the same and not change and be 'safe'***

Relieve your apprehension by breathing deep, stilling your mind, smiling and making a small change in your life.

**As always the choice is yours.**

