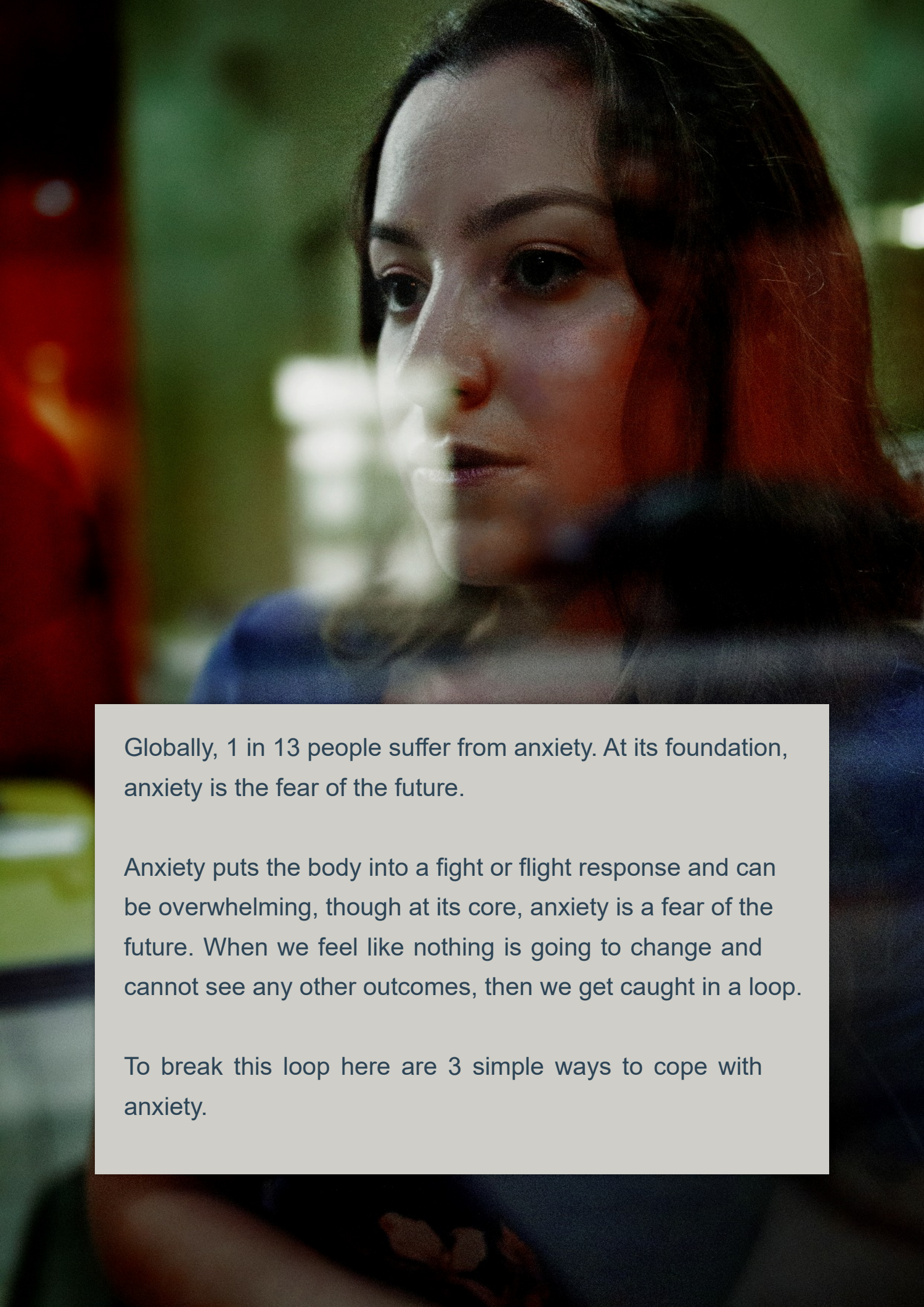




## **3 Simple Ways to Cope with Anxiety**





Globally, 1 in 13 people suffer from anxiety. At its foundation, anxiety is the fear of the future.

Anxiety puts the body into a fight or flight response and can be overwhelming, though at its core, anxiety is a fear of the future. When we feel like nothing is going to change and cannot see any other outcomes, then we get caught in a loop.

To break this loop here are 3 simple ways to cope with anxiety.



# Box Breathing

Breathing is the most important function to life and when we slow our breathing down every system in the body responds appropriately. Box breathing allows you to bring your body and mind down to a level where you are in control again.

Box breathing is rhythmic and helps you calm your thoughts and slow your heart rate down.





## How To Do

- Find a quiet place and you can do this with your eyes open or closed.
- Sit or Lie down and breathe ONLY through your nose
- Take a deep breath in for 4 seconds, allowing your belly to fill up like a balloon
- Pause the breath at the top of the inbreath for 4 seconds
- Breath out through the nose for 4 seconds, fully emptying your lungs
- Pause the breath at the bottom of the exhale for 4 seconds
- Repeat 3-5 times



# The 5 Second Rule



The 5 second rule concept was created by American TV host, author and motivational speaker, Mel Robbins.

It's a great method for breaking the anxiety loop and stop the mind from spiralling out of control. It also gives you the ability to stabilize your thoughts and focus on .

Think of something or someone that makes you feel happy or brings a smile to your face. This will be your anchor thought.

Now, as soon as you get an anxious thought or feeling, you literally count (out loud if you can), 5 - 4 - 3 - 2 - 1

Then, you think of your anchor thought.



# Emotional Freedom Technique

Emotional freedom technique (EFT), which is also referred to as tapping or psychological acupressure is an alternative treatment for addressing a host of mental and emotional imbalances.

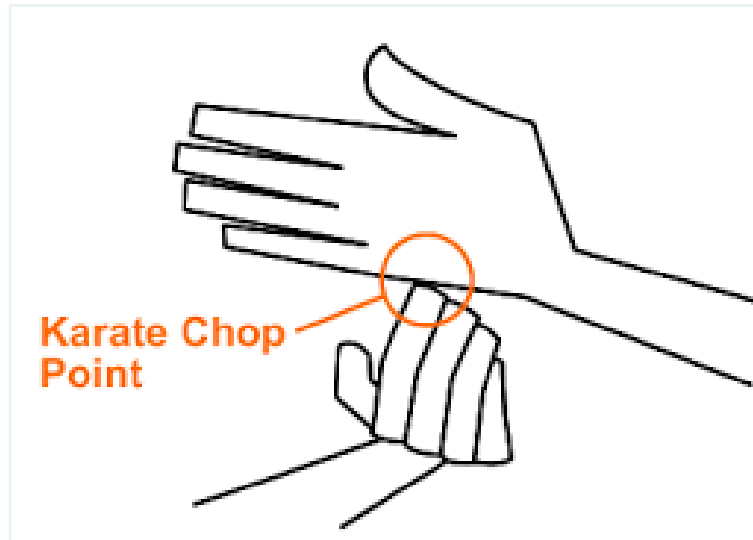
EFT was created by Gary Craig in the 1990s based on his study of work done by Roger Callahan in Thought Field Therapy (TFT).

It works by tapping on various meridian points around the body, whilst repeating statements that help you shift the energy connected to your problem.

In a review meta-analysis of 14 studies found EFT to be extremely effective in reducing Anxiety scores. The meta-analysis measures the effect of treatment on a continuum from 0.2 indicating a small effect to 0.8 for a large effect. EFT measured 1.23!



Use the following script whenever you are feeling anxious. Whilst tapping on the karate chop point repeat it 2-3 times in a row and use as often as you feel necessary.



Even though I feel like my world is collapsing around me  
Even though I feel like life is punishing me right now  
I totally forgive myself and love myself and accept myself for who I am

Even though Things feel uncertain  
I'm choosing to trust and follow my heart Even though this scares the hell out  
of me  
I'm choosing to act and not react

Because I know that everything is ok even though nothing makes sense right now  
I'm choosing to listen to trust my inner knowing  
Because I am strong I am powerful

Even though I don't know the answers I'm choosing to trust the process  
Because I know that life is asking me to slow down to breath and to listen  
So, I'm choosing to forgive myself and love myself for who I am

I'm choosing to embrace happiness to embrace change  
I feel amazing I have so much clarity every part of me is alive  
I'm choosing to let go I am calm and balanced

---

# Dean Griffiths



[dean@deangriffiths.co.uk](mailto:dean@deangriffiths.co.uk)

Hi, my name is Dean, I've been working in the Health and Wellness industry for over 20 years and my passion is understanding the body and mind connection. From my experience of working with 1000's of clients, your mindset influences everything and I mean everything.

My background is working as a Sports Injury Specialist, so I understand how exercise, food and sleep can seriously influence our overall health. But I think we totally underestimate the importance of doing the work on changing our mindset and changing beliefs and behaviours that are blocking, stopping or sabotaging us. When you add this to your exercise, food and sleep programs, then we can achieve so much more in life.

I work with clients all over the world who want to upgrade their thinking, so that they can become healthier, wealthier and wise, so feel free to drop me an email if you have a question or I can help you breakthrough your fears that are stopping you from living a life of purpose.