



Love Yourself CALM



Sonia Devine is a qualified professional hypnotherapist with a caring and committed approach. Her primary mission is to put you in touch with your own inner resources and show you how to create your ideal life.

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Introduction

Facing the Demons

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Introduction: Facing the Demons

Hello and welcome. I created this e-book because I saw a need for people to have access to some sensible tools and techniques that will enable them to manage anxiety. If you have downloaded this book then you may currently be struggling with the debilitating effects of stress and anxiety, or you may have a close relationship with a person who does.

The symptoms of anxiety are often interchangeable with those of depression, and they are almost always linked with low self esteem. If you haven't already downloaded my free e-book [Unshakable Confidence](#) then I recommend that you do. It will give you great insight into the challenges we all face in life, and how these challenges affect our ability to cope on a day to day basis.

Many of you come to me bewildered by your feelings; you pass judgment on yourselves, saying you 'have no right' to feel the way you do, or that you 'should just snap out of it'. As you will discover in this book, it's not quite that simple. There are many reasons why we feel unable to manage our lives, and anxiety can often present itself much later in life when we think we 'should' have it all together.

This e-book also discusses the often taboo subject of medication. If you think you might need medication but feel that this is the 'easy way out' or that by taking medication you are somehow a weak person, then I hope this section will help to put your mind at ease in more ways than one. I have seen too many people battle with the continual struggle of chemical imbalance; they literally drown in their own stubborn refusal to do whatever works. *Don't let that be you.*

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I sincerely hope that by reading this material you will develop some understanding and self-awareness, and that you will learn to be kinder to yourself. It is the very notion that we must be perfect in every way that causes anxiety in the first place. Anxiety is a very common affliction and it affects every area of our lives – physical, mental and emotional. The good news is; you are not alone. There is a lot that you can do to manage your symptoms and I am going to show you how.

I recommend that you print a hard copy of this e-book so that you can read it in a comfortable place and take notes if you need to. You'll find it much easier to read a hard copy of the book rather than scrolling through the pages on a computer screen.

I also recommend you keep this book open on your computer at the same time so that you can easily access the resources I have included along the way. Simply click on the link as it appears and it will take you to the information I am directing you to.

Happy reading!

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ANXIETY

And it's Causes

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Anxiety and its Causes

What causes anxiety? Why are some people able to cope with everything while others fall in a heap? Many people wonder why they feel the way they do, and often they feel isolated and ashamed to be feeling this way amongst their peers who seem to be coping well. How many times have you berated yourself for feeling low or agitated, while comparing yourself unfavourably to the 'bubbly' woman next door who seems to be interminably happy?

The truth is we don't always know what goes on behind closed doors. A person who appears outwardly confident (and sometimes even arrogant) may actually be suffering profusely on the inside. Many people feel so ashamed of their condition that they go to great lengths to disguise their pain by displaying an overly bright and effervescent disposition. I see these people without their masks and they are [dying inside](#).

Some people experience anxiety in different manifestations, such as physical addictions. I will discuss these in detail later on. On the surface it might seem that other people are coping well; but perhaps they are smoking a pack of cigarettes a day; maybe they are drinking themselves into a stupor every night. We just don't know the truth, nor can we ever assume that others don't suffer the way we do.

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Symptoms

Often the symptoms of anxiety are interchangeable with those of [depression](#), and this is why I will discuss anti-depressant medication later on. You may find yourself feeling really down or agitated for no reason. The list I have compiled below is by no means a conclusive list, and you will find many other symptoms that are linked with anxiety. Some people even manifest the symptoms of serious illnesses such as Multiple Sclerosis and cancer. Here are some common symptoms of anxiety:

- *Insomnia of disturbed sleeping patterns;*
- *Loss of appetite or overeating;*
- *No Energy;*
- *Panic Attacks;*
- *Tingling or Numbness in limbs;*
- *Shallow Breathing;*
- *Blushing*
- *Diarrhoea*
- *Constipation;*
- *Rapid heartbeat or palpitations*
- *Tightness or pain in chest*
- *Shortness of breath*
- *Dizziness*
- *Frequent urination*
- *Difficulty swallowing*
- *Irritability or anger*
- *Inability to concentrate*

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Where does anxiety come from and why does it strike? Often the pressures of society, work and family life are so great that we can become overwhelmed by everything that is happening around us. When this happens, our immune system is compromised and we feel unable to cope with the smallest things that would not otherwise bother us.

Many [anxiety sufferers](#) have trouble falling asleep at night, or if they do fall asleep they will often awaken later on and be unable to go back to sleep, Lack of sleep is debilitating on so many levels, and can worsen the effects of anxiety. So often it can feel like a catch-22 situation.

Genetics

Sometimes there is no logical explanation for anxiety. That is, there are no external contributing factors. Many clients come to me reporting an otherwise happy life. If this is the case for you, you may need to consider the possibility that your anxiety is triggered by a chemical imbalance in the brain.

Some people need to take medication to correct this imbalance and once they do this, they are able to lead normal lives. Do some investigation into your family history. Has anybody else in the family suffered from anxiety? If so, you may have a genetic predisposition to a chemical imbalance.

I have included a section that discusses the various medications available in a later chapter. If you do decide to take medication it should always be under the supervision of a health professional, and it should always be combined with some form of therapy.

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People Pleasers

There is one characteristic that seems to be a common denominator amongst my clients who suffer from anxiety. They are usually people whom others describe as their 'Rock'. People will often say 'Oh, Jenny is terrific! She would do anything for you.' Typically, these people have been conditioned to care for others to the detriment of themselves. They are ***people-pleasers***.

They are often so used to caring for other people that they have forgotten how to take care of themselves. Moreover, they are completely oblivious to this fact. They wonder why they are ***not coping*** and yet they really have no idea how to nurture themselves. Their subconscious programming has fortified core belief systems based on self-sacrifice, martyrdom and obligation to service the needs of others at any cost.

People Pleasers are so attached to the good opinion of ***other people*** that they are terrified of saying no. When I talk to such clients, I will often ask them: 'what do you think might happen if you said 'no' to people who ask too much of you sometimes?' Below are some of the common responses:

- *People won't like me;*
- *If I don't do it nobody else will;*
- *I have to do it – it is my duty;*
- *I should be there for others;*
- *People will think I am self-centred and selfish*

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People Pleasers often apologize for no reason and feel reticent to complain about anything, even when it is warranted. The message that People Pleasers convey is 'I don't respect myself. I don't matter. Don't worry about me. Your needs are more important than mine.' Only this isn't true. And the subconscious knows it isn't true; so it does its best to tap the People Pleaser on the shoulder and say: 'Hey! This isn't working for you!' It does this by manifesting symptoms of anxiety.

Do you see yourself in any of the words on these pages? If so, consider this: if every ounce of your energy goes into looking after other people and saying 'yes' when you really need to say 'no', then eventually something has to give. And it is usually you who pays the price with [your own sanity](#). Do you believe that by looking after yourself you are somehow robbing another person of their happiness?

In order to take care of others, you must first take care of yourself.

So what can you do about it? Well, the trick is to recognize the symptoms early, so you can take positive steps to seek treatment. Some people become very skilled at ignoring the [symptoms of anxiety](#). Unfortunately, ignoring them will **NOT** make them go away. If you ignore the symptoms then at best, you will stay the same. At worst you will be heading for a nervous breakdown or serious physical illness. **Stop and re-evaluate.** Is it worth it?

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These feelings that you are experiencing are a sign from your subconscious mind that you need to take action. As a therapist, I see a lot of clients who are bewildered by what they are going through. Here are some of the things they say:

- *I was brought up to “just get on with it”;*
- *People who are mentally ill are weak;*
- *I refuse to take any medication – I can look after myself;*
- *This is my lot in life - I just have to accept it*

Even though roughly one in five people suffer from mental illness, only half of these people seek anxiety treatments, and this is because they are afraid of what their family and friends will think of them!

Many people view problems that are emotional and mental very differently to the way they view physical problems. For example, if you had a broken leg, would you still try to walk on it? *Of course you wouldn't*; you would put it in a cast, and allow your leg to heal for the appropriate time that was needed. It is no different with mental and emotional ailments.

You can do many things to improve your own [emotional health](#). If you were brought up to believe that you should be able to ‘just cope’ with everything that goes on in your life, then I strongly urge you to re-examine your beliefs. Where did they come from? Are they appropriate in your life right now? There are many people just like you who are going through what you are going through, and guess what? Just like them ... **you are human.**

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Busy Busy Busy...

Many of you have so much on your plate that you don't have time to scratch yourself. On deeper investigation you may find that you are cramming your life so full so that you don't have time to be alone with your thoughts. Understand that this does not work. Whatever is in your mind that is causing you pain will not go away simply because you are busy.

Perhaps you are a person whose schedule is always full. Why is this, do you think? [Your beliefs](#) have a great impact on the way that you live your life, and if you believe you are 'always busy', then your subconscious mind will bring into your awareness all of the situations and circumstances that make this true for you.

Is there are part of you that likes being 'too busy'? Many people are caught up in their own egos, and constant business is a source of self-esteem for them. They believe 'because I am busy, that means I am needed, and I am important.' You can feel good about yourself without running yourself into the ground. *You are important*, whether you are lying on a beach or running for congress.

Give yourself permission to acknowledge your feelings, and understand that you don't have to do it alone. Explore the range of [anxiety treatments](#) and find a solution that works for you. I'll talk about treatments later on, but for now, read on to find out how we manifest anxiety in other ways.....

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Manifestations of Anxiety

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Manifestations of Anxiety

Smoking

Generally, smokers fall into two categories:

1. Some people's [smoking](#) is purely habit-driven. For these people, smoking does not necessarily provide relief from an underlying anxiety; they may enjoy the act itself, but other than that, it's just a habit.
2. On the other hand, people who smoke in order to cope with an underlying anxiety have a little more work to do. For example, they might smoke when they are stressed, angry or bored. Removing the activity of smoking from their life is likely to cause increased and in some cases, unmanageable anxiety; since the smoking is a crutch for the debilitating effects of these underlying unpleasant feelings.

Whether you are addicted to [smoking](#), drugs, eating, sex or something else, **ALL ADDICTIONS** have one thing in common: They are a mask for underlying emotional turmoil. Therefore, they must be addressed on two counts:

First, you must address the urge for the activity – for example, the urge to eat or smoke or gamble. But treating the urge on its own is not enough – this is just the tip of the iceberg, because the real problem exists [underneath](#). Many of my clients have undergone hypnosis for their specific addiction in the past. They tell me that they were cured for a short period of time (maybe a few months) but that eventually, the addiction came back.

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In these times of instant gratification, many people just want a quick fix. Often people hear that hypnosis is a good way to achieve a quick and easy solution to the problem. But if you take away the urge for the addictive activity without addressing the underlying anxiety that is *CAUSING* that urge, you will do yourself more harm than good. *Here's why:*

Your subconscious mind wants to protect you. One of the ways it does this is to remind you of what is not working in your life. This is where the “urge” part of the addiction comes in. If you remove that urge without looking at the anxiety, you will experience one of two things; you will either:

- *Resume the undesired activity again after a short period of time, or:*
- *You will start a different, equally destructive activity.*

For example, if you were [smoking](#) and you have successfully kicked this addiction, you may start overeating to cope with the pre-existing anxiety you have still not addressed.

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Alcohol Abuse

Once again, binge drinking and alcohol abuse are usually indications of a deeper issue. If you are [*drinking too much*](#), only you can determine if you are an alcoholic. Many people are in denial about the problem; they come to me asking me to help them to cut down. But sometimes the addiction is so strong that cutting down is not enough. On some occasions, total abstinence is the only solution.

Justification of the negative behaviour is a common defence mechanism, and of course it's impossible for me to help a person who does not see their drinking as a problem. Here are some common justifications:

- *I just drink to let off steam;*
- *I have a very stressful job;*
- *I work in a 'boozy' environment; I'm expected to join in;*
- *Compared to my friend/co-worker/brother I hardly drink much at all;*
- *I can stop any time I want to;*
- *It's just a habit*

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Here is the truth about alcohol; if your behaviour is affecting you or your family in a negative way, if it stopping you from maintaining a normal, happy and healthy life, or if the thought of quitting causes you stress or anxiety beyond what is a normal weaning-off discomfort, then [you have an addiction](#). If this is true for you I strongly suggest you seek help; not just for you but for your family and loved ones as well.

Overeating

Some clients come to me complaining that they are hungry all the time - that no matter how much they eat, they still don't feel full. Therefore, they find [weight loss](#) to be a real struggle. If there is no physiological reason for your persistent feelings of hunger, then it's more than likely that the problem is buried somewhere in your mind.

In my experience many people experience excessive hunger as a direct indication of a need to fill an emotional hole, or a stuffing down of emotions with food. The craving for a specific 'forbidden' food is just a mask for the underlying anxiety, which may not be apparent to the client. In fact, many clients who see me to stop smoking, drinking or [overeating](#) often don't believe or recognize that they are anxious. It's only when they cease the specific behaviour that the anxiety comes to the surface.

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Treatments for Anxiety

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Treatments for Anxiety

Medication and counselling are two examples of traditional approaches to managing the symptoms of anxiety and treating the cause, but here are a few other alternative approaches that can also help to relieve and eradicate these symptoms:

- *Daily meditation*
- [Hypnotherapy](#)
- *Daily Affirmations*
- *Thought Field Therapy*
- *Bach Flower Essences*
- *Proper Diet*
- *Regular Exercise*

Try as many approaches as you like, and you will find a solution that is right for you. Many of the things in this list you can do on your own every day, to improve your general wellbeing. Often cost is a consideration for many people. Therapy can be expensive, even if you have private health insurance. So my advice is; *do whatever it takes, and do what works*. You don't have to spend a lot of money to work on yourself.

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Anti-Anxiety Foods

The first positive step you can take is to take a good look at what you are putting into your body. Do you self-medicate with alcohol? Do you eat plenty of fresh fruit and vegetables? Don't underestimate how the things you put into your body can affect your moods.

There are some foods that have been proven to reduce or remove the effects of anxiety and depression. These are foods that improve your mood and stabilize your blood sugars. When you're feeling stressed and disempowered, it can be tempting to reach for the foods your body needs the least, such as;

- *Chocolate;*
- *Cakes;*
- *salty snacks;*
- *alcohol*

These foods are commonly called 'comfort foods' because they often taste good and they can provide a temporary feeling of wellbeing. But this feeling is often short-lived and can be followed by symptoms that are even worse than those they were originally supposed to alleviate. They might feel great at the time you're indulging, but ultimately they will contribute to your darkened mood.

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Caffeine Free = Anxiety Free

We all love to eat food that tastes great. But if you're stressed out or prone to suffering from [anxiety attacks](#), you need to make sure that what you eat is not contributing to your panicky state. One thing you can do is cut down on or cut out the coffee and other products that contain high levels of caffeine. Caffeine can make you jittery and anxious, so substitute high-caffeine beverages with calming herbal teas, and avoid those sugary carbonated beverages.

Often the consumption of caffeine is a 'catch-22' situation. For example, many people drink a lot of coffee to counter the effects of a sleepless night that was caused by anxiety; yet the caffeine itself will exacerbate the symptoms of anxiety and cause more sleepless nights!

If you're not convinced, try it out for a while and see if you notice a difference. Some people notice the difference right away, while others need some time for the toxins to remove themselves from the system.

Hydrate, Hydrate, Hydrate

Yes, water is essential for your physical and emotional well-being. If you are even slightly dehydrated, then this can lead to feelings of anxiety. The general rule of thumb is to drink about 6-8 glasses of water a day; and remember, if you are feeling thirsty then this is a sign that your body is already dehydrated so try to drink water throughout the day to avoid getting to this stage.

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A List of Foods that Help Your Moods

Biotin

Biotin helps your body to metabolize protein, fats, and carbohydrates from food. It is important during times of anxiety and panic because it plays a special role in helping the body to use glucose and promotes overall equilibrium along with the other B vitamins. To increase your intake of biotin, your anxiety hypnotherapy diet should include:

- *cauliflower*
- *peanuts*
- *eggs*
- *cheese*

Calcium

We need calcium to facilitate normal communication among nerve cells and for muscle contraction; these are essential in supporting the body during [anxiety and panic](#). Dietary calcium may help lower blood pressure, which can be raised during times of anxiety. Calcium rich anti-anxiety foods include:

- *broccoli*
- *milk*
- *bok choy*
- *cheese*
- *tofu*
- *soybeans*
- *salmon*
- *yogurt*

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Folic Acid

Folic Acid plays an essential role in helping your body to cope with anxiety and panic. It may also help relieve depression, which can often accompany anxiety. Food sources include:

- *asparagus*
- *beets*
- *brussel sprouts*
- *bok choy*
- *peas*
- *chick-peas*
- *soybeans*
- *lentils*
- *oranges*
- *turkey*
- *cabbage*
- *spinach*
- *broccoli*
- *avocados*

Magnesium

Magnesium helps your muscles to relax, so it is an important part of your anxiety hypnotherapy plan. Leading food sources of magnesium include:

- *spinach*
- *avocados*
- *chocolate (yes ... chocolate!!)*
- *pumpkin seeds*
- *sunflower seeds*
- *brazil nuts*
- *almonds*

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Niacin

Niacin helps your body to release energy from carbohydrates, control blood sugar, and maintain proper nervous system function. So your diet should include some of the following:

- *brown rice*
- *lamb*
- *tuna*
- *chicken*
- *turkey*
- *wheat products*

Riboflavin

Riboflavin is beneficial for [anxiety and panic](#) because it converts other B vitamins to useful forms and helps strengthen your immune system. Sources of riboflavin include:

- *avocados*
- *yogurt*
- *milk*
- *pork*
- *lamb*
- *duck*
- *mushrooms*

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Thiamine

Thiamine is good because it facilitates neurotransmitter synthesis, promotes healthy nerve function, and converts carbohydrates in foods into energy:

- *asparagus*
- *barley*
- *oats*
- *wheat*
- *sunflower seeds*
- *tuna*
- *brazil nuts*
- *salmon*
- *pork*
- *pasta*

Vitamin B12

Vitamin B12 works with all the other B vitamins for stress to help your body to cope with [anxiety](#); it supports the nervous system and helps your body convert food to energy. Leading food sources of vitamin B12 are:

- *beef*
- *yogurt*
- *tuna*
- *lamb*
- *oysters*
- *trout*
- *crab*

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Vitamin B6

Vitamin B6 helps your body to manufacture neurotransmitters such as serotonin, which are essential for your body to cope with anxiety. It also helps boost the immune system. Your diet should include some:

- *sweet potatoes*
- *avocados*
- *bananas*
- *mangoes*
- *sunflower seeds*
- *tuna*
- *chick-peas*
- *salmon*
- *pork*
- *potatoes*
- *turkey*
- *chicken*
- *bok choy*
- *brown rice and barley*

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Medication

Sometimes the symptoms of anxiety are caused by a chemical imbalance in the brain. In this case, the symptoms can often be treated effectively with anti-depressant medication. Many of you say 'But I'm not depressed – why would I need anti-depressants?' The fact is that this kind of medication can be used to treat a number of other problems, such as Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD).

If you [suffer from anxiety](#) and have done everything you can to overcome this, then it's important for you to know the facts about prescription treatments for depression and anxiety. By informing yourself, you can take control of your situation and explore the options available to you.

What are anti-depressants?

Anti-depressants are designed to correct the chemical imbalance in your brain that is causing the uncomfortable symptoms. Sometimes people have unrealistic fears or expectations about them. If you're worried that the medication will change your fundamental personality, then you have nothing to worry about; it is highly unlikely this will happen. Some medication can cause side effects, and these are usually listed on the product packaging, so it's a matter of trying different brands until you find the right one for you.

Many of you tell me that you don't want to take medication because it causes you to [put on weight](#). My advice to you is as always; **do what works**. Weigh up the pros and cons. If being on medication causes you to gain a couple of kilos, how does that balance with feeling normal and being able to lead a normal life?

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Ironically, people who forgo medication despite a serious imbalance often put on *even more weight* because they choose to self-medicate with food as a means to alleviate their terrible suffering.

To get the most out of your medication, you must take it exactly as it is prescribed by your doctor. This means continuing to take it for the recommended time. For some people, the medication can take about 6 to 8 weeks to relieve your symptoms, so hang in there, and never suddenly stop taking the medication, even if you are starting to feel better.

To give your medication time to be effective and to prevent a relapse of the symptoms you need to continue taking it for 6 to 12 months, or in some cases even longer. Here are some of the most important things you need to know about anti-depressants:

- *They are not addictive;*
- *They don't artificially induce a feeling of bliss or elation;*
- *They don't make you "numb" or unable to feel emotions;*
- *Their effect won't diminish over time – you won't have to continually increase the dosage*

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Types of Anti-depressants

In this guide I will cover 3 of the most commonly used anti-depressant medications. However, there are other medications, including natural remedies available, and there are many resources out there if you want to explore these further.

1. *Tricyclic Anti-depressants (TCAs)*

TCAs increase the brain's levels of norepinephrine. Some of the commonly prescribed TCAs include Adapin, Endep, Norpramin, Pamelor and Sinequan. TCAs have more side effects than SSRIs, but some people respond better to TCA medication.

2. *Monoamine Oxidase Inhibitors(MAOIs)*

MAOIs increase the levels of epinephrine, norepinephrine and serotonin in the brain. Some of the commonly prescribed MAOIs include Nardil and Parnate. These can be used if other prescription treatments for depression with anxiety fail to treat the depression, but if you're on these you have to follow a restricted diet, because certain foods can cause a hypertensive crisis, which can be fatal. Many other medications react badly with MAOIs.

3. *Selective Serotonin Reuptake Inhibitors (SSRIs)*

SSRIs works by stabilizing levels of serotonin. Low levels of serotonin have been linked to depression and other mood disorders. Some of the commonly prescribed SSRIs are Zoloft, Prozac, Luvox, and Paxil. SSRIs have relatively few side effects compared to some of the older medications, and this is why they are generally the first choice of most doctors as prescription treatments for depression with anxiety.

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Affirmations for Anxiety

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Affirmations for Anxiety

EXERCISE

In order to release your beliefs about you and your anxiety, you must first know what they are. So how do you find out what yours are? I recommend that you take some time to sit down in a quiet place where you will not be disturbed. Take a piece of paper and on the top write down:

“I am anxious because....”

Now list all of the reasons that come up for you. As you bring these incorrect beliefs into conscious awareness, you will be able to see that they are irrational and not based on anything that is real or true. Learning to [challenge your existing beliefs](#) is an important step in overcoming your blocks to calmness and clarity. As you reveal these beliefs, you can take steps to create new beliefs that are congruent with the person you want to be.

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Common Beliefs that cause High Anxiety

You can never be too careful;

Better to be safe than sorry;

I am hopeless;

Life is hard;

Life is a struggle;

I am Useless;

Whatever can go wrong will go wrong;

People are basically out for themselves;

You can't trust anybody;

Bad things happen in threes;

I'm highly strung;

I take after my mother/father, (someone who is anxious)

I always make a mess of things;

I'll probably fail;

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How to Change Your Beliefs

There are a couple of techniques I recommend to help you release your old beliefs. The fastest and most effective way is with [hypnotherapy](#). But there are some other things you can do too. Positive affirmations are a wonderful tool, as well as creative visualisation. I'll get to that later but for now, here are some positive affirmations you can use:

- *I love my life;*
- *My mind is calm and at peace;*
- *I love and respect myself;*
- *I am always in the right place at the right time;*
- *I am a calm and relaxed person;*
- *I expect the best to happen;*
- *I am lucky;*
- *Whatever happens I will deal with in a powerful and positive way;*
- *I am a special, unique person;*
- *Life is good;*
- *I lead a charmed life;*

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Visualization for Releasing Anxiety

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Visualization for Releasing Anxiety

Creative visualisation is just about the best way you can change your present circumstance. When you give your subconscious mind a picture, it automatically sets about to [create this as your reality](#).

Visualisation – Worry Cloud

Here is a guided journey I use with my clients to help them to learn to love themselves:

To begin, go within and get quiet. Close your eyes and concentrate on your breathing. Take a deep breath in, and on your out breath, release any energy you do not want. This energy may be in the form of thoughts, feelings or anything else. Continue to breathe deeply and with every breath you take, find yourself relaxing even more.

Imagine that you are in a beautiful place in nature. This could be a beach or a meadow or a lake; whatever is appropriate for you. Look up to the sky above now....notice how to the right of the sun there is a beautiful fluffy white cloud. I want you to now start to direct all the reasons you can possibly think of to worry towards that cloud.....all those things you worry about daily, hourly.....all the reasons you have to fret and to feel hopeless.

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Just let your mind drift...don't try too hard....you know exactly what you worry about and you know exactly why.....and whenever a reason for concern or worry comes into your mind, no matter how trivial it may seem – put that thought into the cloud. as you do this, your subconscious mind is adding other reasons – some of which you may not be aware into the cloud.....notice how that cloud is getting dark now.....darker and darker with each new thought...each new reason for concern....each new reason for you to worry....

When you have put every reason you have to be concerned...every reason you have for worrying into the cloud....the cloud will be ink black.

Look at the black cloud containing all those reasons for worry.....notice how it moves to the left in the direction of the sun....that black cloud which contains all that negative energy.....now stored in that cloud as it moves towards the sun.... That beautiful radiant warm nurturing sun....the representation of your desire to be happy....your desire to be free of concern or worry....your desire to enjoy living the life you have chosen for yourself.

While you lie there in this wonderful sense of calmness, with all your undue worries up in the cloud and your optimistic hopeful sun warming your skin you allow yourself to recognize that you have many wonderful qualities....and from now on you become far more aware of your positive qualities.....your confidence and self acceptance increases.....you understand that the key to your success is confidence.....confidence in yourself...confidence in your ability to do whatever you want to do....confidence that you can and will accomplish your goals through your own thoughts and the power of your mind.

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Starting now more and more, you realise that how you feel is connected to your thoughts...and that you have absolute control over the quality of those thoughts....that you have the ability to change the way you think and directly affect the way you feel. Happiness, emotional well-being and success are connected directly to how and what you think and from this moment on, you realise that through changing the way you think, you can change the way you feel. You are in control...

Day by day you do more and more of what you want to do and less of what you are expected to do by others....day by day, you realise that your acceptance of yourself and who you are is more important than gaining the approval of others as you being to develop more self-worth and focus on your own desires and needs, building your confidence in your ability to achieve your own goals.

As you become more relaxed in your everyday life, you notice how things that bothered you in the past no longer seem tothings that you found difficult are now easy.....things that caused you anxiety, worry or uncertainty, no longer concern you as you approach your life differently....knowing that every day in every way your life just gets better and better.

And...as you look up now into the sky....see how that cloud moves across that sun....that warm, nurturing sun disappears behind the cloud just for a moment, before the strength of those rays....those powerful rays of clarity and self belief...that confidence...vitality and optimism.....those rays of happiness start to break through that cloud....the cloud changing colour from ink black to dark grey.....from dark grey to light grey and then getting lighter and lighter until once again....it is a bouncing white fluffy cloud, free of negativity....free of fear....full of optimism and hope...full of clarity.

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Need More Help?

As you're finishing this e-book, you now know pretty much everything you need to know about the causes and symptoms of anxiety. You know that your subconscious mind hold the key to your health and happiness. You know that there are many effective treatments available, and that you can do a lot to help yourself; it starts with applying the tools and techniques mentioned in this e-book on a regular basis.

Was this e-book helpful? I hope so!

Got questions?

I'd be happy to answer whatever questions you might have. Every day people contact me asking wonderful questions that I enjoy answering, so please don't hesitate to get in touch if you need anything.

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If you have any questions or comments about the information in this book, I'd love to hear from you! Drop me a line [here](#) and I'll get back to you right away.

If you enjoyed this e-book, feel free to share it with others.

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