

Anxiety (really) Sucks!

Valuable Lessons to Reduce Our Anxiety

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Anxiety is one of the most frequently suppressed, avoided, ignored, misunderstood, and mistreated causes of human suffering. It can exacerbate various health conditions, including cancers and autoimmune diseases like MS.

Fortunately, we all already have in us very good natural ability to recover from anxiety fuelled suffering, which are well worth learning more about.

Start by learning about "Self-Compassion," which significantly helps recovery from anxiety. Dr. Kristen Neff, an expert and researcher on self-compassion, has valuable insights you can explore through these steps:

- Explore Dr. Neff's website at www.self-compassion.org,
- Complete the website's brief free 'self-compassion survey',
- Read the website's brief articles in the 'ABOUT/What is self-compassion' tab,
- Watch and study Dr Neff's TEDx Talk on YouTube titled 'The Space Between Self-Esteem and Self-Compassion',
- Read a couple of Dr Neff's books, such as "Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power and Thrive,"
- Watch and study to Dr Neff's free YouTube videos and listen to her audios.

In summary, Dr Neff recommends three actions to adopt that will reduce anxiety by increasing self-compassion:

1. Treat yourself kindly, as you would others, like friends, when they are suffering. Soothe yourself.
2. Recognise that experiencing suffering and feeling inadequate is common to all of us humans. Acknowledge how challenging the situation is that you are facing, and please give yourself a break.
3. Just be aware of your suffering (both physical and emotional). Turn toward the pain and use mindfulness tools, like slow deep breathing, talking it out with trusted individuals, exercising, protecting your sleep, eating well, getting some sunshine, and treating yourself. Prioritising self-care, like this, will help reduce anxiety distress.

Next, study the work of Dr. Brene Brown on vulnerability and shame, available at www.brenebrown.com and on her YouTube channel. Her book "Daring Greatly" is highly recommended.

The guidance provided by Dr. Neff and Dr. Brown is based on validated scientific research, rather than anecdotal evidence or unproven claims, which are common in many social media products.

Effecting personal change can be challenging, as past attempts may have demonstrated. Due to these difficulties, it may be advisable to seek professional support to aid in this process.

The content in this article is naturally general in nature and for educational purposes only, and is not a substitute for professional psychological advice, diagnosis, or treatment. Always seek the advice of your mental health professional or another qualified health provider with any questions you may have regarding a psychological condition. If you are in crisis or think you may have an emergency, call your doctor or emergency services immediately. The author does not endorse any specific tests, clinicians, products, procedures, opinions, or other information that may be mentioned. The author is not responsible for any reliance on the information provided.