

# ANXIETY (really) sucks!

Anxiety is the most suppressed, avoided, ignored, derided, misunderstood, and mis-treated cause of our human suffering. Anxiety sucks the life out of us ALL, and it worsens illness, including cancers, and auto-immune disease conditions like MS (see Dr Gabor Mate's research notes).

We all have good natural ability to recover from anxiety fuelled suffering. “Self-Compassion” promotes and accelerates recovery..... suggest study (ie write notes/journal) Dr. Kristen Neff's research:

- Complete her brief free online ‘self-compassion survey’ at [www.self-compassion.org](http://www.self-compassion.org), then
- Read her brief articles in the ‘ABOUT/What is self-compassion’ tab on [www.self-compassion.org](http://www.self-compassion.org), then
- Watch her 20 minute TEDx Talk on ‘The Space Between Self-Esteem and Self-Compassion’, then
- Read her books (eg “Fierce self-compassion: How women can harness kindness to speak up, claim their power and thrive”) , watch her many free YouTube videos, listen to her audios.

Three actions to grow self-compassion:

1. Treat yourself as **KINDLY** as you would others who are suffering – “be a good friend, Mum/Dad to yourself”. Soothe yourself.
2. Recognise suffering and feeling inadequate is what we ALL go through (i.e. its not just you) – this is actually our deep shared connection to all others (ie its not just you that judges ourselves harshly). Yes its painful, but it is the **COMMON HUMAN EXPERIENCE**. It is normal. Acknowledge and validate with yourself how difficult the situation is – “pew, this is really hard, I need some care, some compassion to get through this”. Give yourself a break.
3. Be aware of, notice the suffering you are experiencing (both physical & emotional pain); be with the suffering/turn toward the pain (don't bury or avoid it); dissipate it's buzzing (release it, don't let it fester), by using **MINDFULNESS** tools, like slow deep breathing, talk it out with those you trust (connect), cardio-exercise, protect your sleep, eat smart (low sugar, home cooked, 3 meals, no alcohol), get some sunshine, and treat yourself. Taking these actions IS prioritising SELF-CARE. Then, as the brain fog starts lifting, move into problem solving, improving mode.

Keep your ears open to hear the value of this kind and caring approach, not just for you but also in supporting others in your life (Partners, Children, etc).

.....then study the vulnerability, shame research of Dr. Brene Brown at [www.brenebrown.com](http://www.brenebrown.com) (especially “Explore” tab), and via her YouTube videos.

Importantly - the guidance offered by Gabor, Kristen and Brene is scientific research validated - not anecdotal, nor snake-oil preachers like many social media products. Creating personal change is not easy – so worth considering getting professional help to support you with this change.