



Siliconvalley
HYPNOSIS CENTER

Five Fast 3 Minute Anxiety-Busters



1. Take a Deep Breath to Get Present

Start Simple – Use Your Body to Calm Your Mind

Take a nice, deep breath and slowly fill up your lungs. As you do, you can begin to come into this moment - now.

This seems simple...but your body knows how to relax...deep breathing starts to turn off your “fight or flight” sympathetic nervous system.

Anxiety and Worry

Chances are, if you are feeling anxiety, you are bothered about something in the past, or thinking about something in the future.

You may now become aware in this moment: That thing in the past is over. The bad thing in the future you were worried about hasn't happened yet.

When you breathe that nice deep breath in - feel your belly expand. Feel your chest expand. And Exhale slowly.

Next, prepare to reduce the cause of that anxiety...

2. Shrink The Cause in Your Mind

Change How You think About It

Too often we try to change the content of our thoughts. We tell ourselves – “just think about something else.”

Anxiety and Worry

But did you know you can change how you think about things?

Try This:

Take that thing in your mind that is causing anxiety

And push it away in your mind.

Shrink it down.

And notice what happens – it probably reduces your anxiety. Because it is not so big and close anymore.

Next, we will give you more ways to use your body's innate capability to reduce anxiety...



3. Get Out of Your Head and Into Your Body

Sometimes Thinking Doesn't Solve It

Sometimes trying to think or solve your way out of what anxiousness doesn't work. You probably already know that. It is like using a hammer to eat cake. It is the wrong tool for the job.

The Wisdom of the Body

People often crave relief from the thoughts that cause the anxiety. The relief isn't in more thoughts.

Try this:

Now, in this moment, feel your feet. Are they in your shoes? Are they on the floor? Really put all of your focus and attention on your feet. When you really feel your feet, it will take you out of your head. Your feet are as far away as you can get in your body. Did you get a moment of respite?

You can do the same by feeling your posterior in your seat.

Next, you will discover your own internal solution to anxiety...

4. Use Your Inner Resources

Peace and Confidence Are Already Inside of You

Whatever you want instead of that anxiety is already inside of you. You must have experienced it at some point in your life.

If You Felt It Once, You Can Feel It Again

Think of the emotion you want to feel instead of anxiety. Now remember a specific time in your life where you felt it.

Now Relive It

As you remember that time, put yourself into it. See what you saw, hear what you heard, and feel what you feel as you put yourself back into that experience now. Feel that peace or confidence or whatever you are feeling. Take a moment to enjoy that now.

Make this a daily practice to take a moment and connect with times in your life when you felt positive feelings.

This will wire it into your nervous system. Next, we will project it into your future...

5. Project Good Stuff Into Your Future

The Opposite of Anxiety

When people experience anxiety, they often think bad thoughts about a future event. They don't imagine it going according to the best-case scenario.

What about a Positive Future?

The antidote to anxiety is to project positive thoughts about the future. Positive thoughts about what will happen to you. Positive thoughts about how you will perform in a future situation.

Try This:

Connect again with that positive feeling you felt in the last exercise. Now be the director in your own mind and make a positive version of some event in your mind as working out the way you want it, and feeling the peace or confidence that goes with it. Notice how that replaces the anxiety with positive feelings.

Next, you will learn how to turbocharge your results with these tools...

How to Get The Best Results

Use The Tools

A tool is only as effective as the frequency of its use. Use these tools every day, and you will retrain your brain to think differently. And feel differently.

Put Them All Together

I presented the tools in this order so that there is a natural progression that takes you out of that troublesome anxiety and into better emotional states. While I call them 3 Minute Tools, you might find that you can progress through all 5 tools in 3 minutes with some practice. You can then find yourself feeling better predictably.

How to Get Even More Relief:

It's one thing to read about driving a car before you learn to drive. It feels a whole lot better to have a person sitting next to you and guiding you as you learn to drive.

To give you even better results, I offer a powerful video anxiety reduction program. When you watch the videos, and do the exercises along with me, you will learn these techniques a deeper level – and experience even more anxiety relief.



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About

About Dan Ross and the Silicon Valley Hypnosis Center

Originally trained by Tony Robbins, Dan has been helping people to reduce anxiety and stress and get relief from traumatic events for over 25 years.

Dan is the Director of the award-winning Silicon Valley Hypnosis Center. He offers powerful pre-recorded anxiety/stress reduction programs and transformational live group and 1:1 sessions in his office in San Jose and to clients worldwide Zoom.

