Five Steps on the path to reducing Anxiety


Anxious feelings are produced in different parts of our brain. Therefore, different techniques for reducing it are needed.  The five steps listed below seek to reduce anxiety caused when you experience a situation that your brain has associated with a past anxiety-producing event.

If you find your anxiety level is such that it is debilitating, please seek a licensed therapist for care. Ridgeview Coaching provides coaching services not therapy. Clients are never invited to consider steps that may result in harm to self or others. If at any time you consider harming yourself or others, please seek professional help.

1. Find a comfortable chair. Sit with both feet flat on the floor. Roll your shoulders a couple times to relax the muscles. Close your eyes. Place one palm on your chest and one on your stomach. Breath in deeply from your diaphragm/stomach keeping your chest as still as possible. While breathing listen to the sounds you hear. Consider the feeling of the chair seat and back. Repeat three times. Use this breathing technique whenever you experience anxiety.
2. Reflect on your feeling of anxiety. Consider the circumstances-lighting, sounds, smells, people. Have you experienced anxiety in similar situations before? What are the similarities between past and present experiences of anxiety?
3. Identifying anxiety-provoking situations is a good first step. Well done! The work of reducing it can now begin by reprogramming your brain to learn that these situations no longer need an anxiety response. Reprogramming your brain requires repeated exposure to the situation that causes anxiety. For example, if dining out by yourself produces anxiety, then dining by yourself while reminding yourself you are safe, is the way to begin reducing your brain’s anxiety response. What is one small step you can take this week to confront an anxiety-producing situation?
4. Name the persons in your life who will support you as you work through your anxiety. When can you reach out to them for support? What do you need from them?
5. Imagine yourself one year from now encountering a current anxiety-producing situation. How would you like to respond? What new opportunities exist for you?

Anxiety is challenging and takes time to overcome. Ridgeview Coaching is here to support you. Schedule a free welcome session today and let’s discuss how we can support you on your journey. We believe in you!

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