

Conquering Fear & Anxiety



Acknowledging negative thoughts exist can take away their power



Most Common Childhood Fears

- Loud Noises
- Large objects that might seem looming
- Strangers
- Separating from Parents
- Dark
- Snakes
- Spiders
- Scary Current News

Adults Fears

- Public Speaking
- Flying
- Dentist
- Spiders
- What are your fears ????

The Root of Fear and Anxiety

- Freedom to talk about fear and anxiety
- Thoughts can be your worst enemies
- Training your thoughts to make you the best can be very powerful
- Examine your history, childhood, background
- Fear and anxiety are normal adaptations that protect us from dangerous situations – we can learn to overcome them

Understanding the Power of Your Thoughts

- Cognitive Behavioral Therapy – helps people conquer self doubts:
 1. Change the Behavior (I am overweight – I need to go on a diet)
 2. Deny it: Refuting the fear
 3. Accept it: Change the thought
(The thinking that you are overweight or comparing yourself to someone else is the problem)

Mindfulness/Acceptance

- Paying attention to the present moment
- Accepting yourself as OK just the way you are
- Taming – do not try to eliminate negative thoughts but examine them and understand their influence on you
- Paying attention to breathing and other physical sensations

Suggestions

- Talk to someone or yourself to address your frustrations
- Write about your anxiety
- Ask questions
- Negative feelings will come:
 - What will I do?
 - How will I handle them
- Allowing them to exist and pass through
- Pick a focal point to focus on to help isolate your thoughts
- Give yourself some compassion – stop beating yourself up
- Change your situation
- Get help

Soothing Techniques

- Deep Breathing
- Meditation
- Exercise or take a walk
- Guided meditation
 - Walk through a scene

Quotes

- If I had my life to live over, I would perhaps have more actual troubles but I'd have fewer imaginary ones.

~Don Herold

- Do not anticipate trouble or worry about what may never happen. Keep in the sunlight.

~Benjamin Franklin

- If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep.

~Dale Carnegie

Let WorkLife4You Make Your Life a Little Easier!

Contact WorkLife4You 24/7:

1-877-WL4-NOAA - (1-877-954-6622)

(TTY: 1-800-873-1322)

<http://www.worklife4you.com>

Look for the Member Login box

Not a registered member yet? Follow the “**Start Now**” link and enter Registration Code: **noaa**



[FOH.hhs.gov](https://www.foh.hhs.gov)