

Forum:[Hack Forums](#)

Thread: [Techniques to Deal with Anxiety](#)

RangoWorld - September 30, 2024, 12:06 am

Techniques to Deal with Anxiety

Disclaimer: I'm not a medical professional and this is not a medical advice!

Intro

In this day and age where a great deal of illnesses that we experience are psychosomatic. Stress, Anxiety, ADHD, OCD, Panic Attacks, etc. A lot has been going on for us individually at a part of a life or throughout whole life. Mental help stigma still exists in our communities.

I am no means an expert in this but going through a few of this stuff and learning a couple of things about stress and anxiety here and there. I want to share some techniques. Nothing big. Just some little techniques to help you calm your anxiety.

You can practice any or all of these daily for some minutes of your life to calm the chaos in your mind.

1. Focus On Your Breathing

When you feel anxious, your breathing becomes rapid and shallow. Try to take control over it.

Take in slow deep breath through your nose for four seconds. Hold the breath for another count of three. Exhale gently through your mouth for another count of six.

Try to focus on relaxing any tense muscles when you do.

2. Start Counting Backwards

When trying out this technique, find a quiet place, close your eyes and count backwards until you feel your anxiety subside.

You can count from 500, 400 or 300. Whichever feels comfortable. You can even do from 100 but you have to do it multiple times during the day. Make it a habit.

3. The 5, 4, 3, 2, 1 Rule

The technique is simple. Just have to remember it.

Name 5 things that you can see. 4 things that you feel. 3 things that you can hear. 2 things that you

can smell and 1 thing that you can taste.

This might take a little time to remember but once you get a hold. It will help to bring your attention back to the present and calm your anxiety. Idea is to take focus away from within and outwards towards these things that you will be naming.

4. Burn-off your Anxiety

It can sometimes be hard to calm yourself down to do any of the above techniques.

In this case you can try doing something that rids your body of this adrenaline move. These things include, Chores, Exercise, Acrobats, etc. You can then move onto other calming techniques.

5. Question your thoughts

This one is the most powerful.

When your mind starts to focus on unhelpful, unnerving and irrational thoughts. A useful technique is to learn how to move past these thoughts.

When you feel like having these negative thoughts pause for a moment and think about it.

Is it a fact? Is it a rational thought? Is it a self insult? What are the other outcomes to think about?

You may find this difficult at first but take your time. It's not a race but a marathon. Take your time with this.

Outro

If you are not improving or you feel like you are in worse place. Seek medical help. Please do it. For your own sake. You are the most valuable asset that you have. Treat yourself with kindness and out most respect.

I hope this was helpful to any of you. Even if one person. Would mean a lot to me.

Good Luck! ?

The Pact - September 30, 2024, 12:34 am

(Sep 30, 2024 12:06 AM)RangoWorld Wrote: [\[CITE\]](#) In this day and age where a great deal of illnesses that we experience are psychosomatic. Stress, Anxiety, ADHD, OCD, Panic Attacks, etc. There is some nice information here, BUT you have misused the term psychosomatic. The conditions you mentioned are not psychosomatic. Psychosomatic is when actual physical pain you may be experiencing is caused or made worse by those types of conditions.

I like that you reminded me about doing the breathing because I always forget about that, and I haven't had serious anxiety for awhile, but I always forget that these breathing techniques help. Also don't mind me correcting you on the meaning of a word because I have a masters degree with

honours in English.

RangoWorld - September 30, 2024, 12:48 am

(Sep 30, 2024 12:34 AM)The Pact Wrote: [\[CITE\]](#) There is some nice information here, BUT you have misused the term psychosomatic. The conditions you mentioned are not psychosomatic. Psychosomatic is when actual physical pain you may be experiencing is caused or made worse by those types of conditions.

I like that you reminded me about doing the breathing because I always forget about that, and I haven't had serious anxiety for awhile, but I always forget that these breathing techniques help. Also don't mind me correcting you on the meaning of a word because I have a masters degree with honours in English.

I have not misused the word Psychosomatic.

My intention was to highlight the interconnectedness of mental and physical health, as many people do experience pain related to stress, anxiety, and other conditions. The intro acts as an opening before directing the reader towards Anxiety (The thread topic).

I'm glad you found the reminder about breathing techniques helpful!

The Pact - September 30, 2024, 12:53 am

(Sep 30, 2024 12:48 AM)RangoWorld Wrote: [\[CITE\]](#) I have not misused the word Psychosomatic.

My intention was to highlight the interconnectedness of mental and physical health, as many people do experience pain related to stress, anxiety, and other conditions. The intro acts as an opening before directing the reader towards Anxiety (The thread topic).

I'm glad you found the reminder about breathing techniques helpful!

I wondered if that was the case, but I think you needed to explain that you meant that. You might have added "these conditions can cause psychosomatic illness."

Don't mind me too much because I'm an English teacher that works for an online school. So I'm in the habit of correcting essays etc...

Tyr - October 1, 2024, 4:06 pm

A much needed reminder for a lot of people on here. Thank you for posting this. I cannot stress how important this thread is.