

Anxiety Signs, Anxiety Help

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There are 9.1 million Americans, 18 to 54, who suffer from anxiety disorders. This makes anxiety the most common mental health problem in the USA.

If you do not live in the USA, Check with Google to find out the number of anxious people in your country. (The link keeps changing on me.)

These USA numbers do not include the children who have been diagnosed and drugged. These numbers do not include the people who have NOT been labeled with an official diagnosis. Nor the millions who have trouble sitting down and relaxing under a cherry tree all afternoon long in the sun.

This number may not include you and your anxiety.

How Anxious are You?

Do you enjoy your morning coffee or tea as you watch your beautiful plant or gaze at your lovely garden with a quiet mind and rested body? Do you take the time to eat slowly and enjoy the flowers on the way to work?

Can you sit still and relax without reading?

.....Or picking up your phone to talk to someone?

.....Or having to watch TV or play a game or use your computer?

If not, anxiety is ruining the quality of your life and keeping you from using your natural talents and innate skills.

Here are some signs to help you to become more aware of your anxiety. Anxiety is very different from your real fear.

8 Signs Which Indicate You Have Anxiety

1. Your breath stops up high in your chest.
2. Your thoughts are obsessive, racing or telling you things to do.
3. Your physical body is too tight and tense or too loose and fat.
4. You are unable to sit still and be in the moment without activities.
5. You are not aware of your physical surroundings as you go through your day.
6. You are not aware of your physical body as you go through your day. For example, your feet and butt, right now!
7. You hyperventilate, which means you are breathing quickly and gasping for air in certain situations.
8. You have a startle response to any noise, movement or situation in your environment at any time.

Most of you know drugs, legal or illegal, are dangerous. You probably also know psychotherapy and talk therapy are limited in their ability to relax your nervous system.

What you need is safe, effective anxiety help.

Cognitive Behavior Therapy is limited to thinking with beta brain waves, Yoga is mind controlling your matter, Meditation is yet more mental activity.

These approaches do not give you the essential ingredients you need to bake your cake or relax your body and flow.

To affect your nervous system you need to get out of your thoughts and mental activities. You need to live in your physical and emotional feelings. This means you need to live in your body.

To be safe you must be in your body and your body must be plugged into the field of gravity. To be emotionally healthy you must feel your emotional feelings. This means you need to feel your real fear, which is very different from your maladaptive, conditioned anxieties.

Imagine this: See yourself with no thoughts on a warm, spring day, sitting with your back against a cherry tree. Feel the tree and your body being one and the same energy. Feel the sun on your skin. Feel your connection to the earth.

You are relaxed, with no thoughts. You are feeling good and enjoying a spring moment of being fully alive and flowing with your own energy. You are in a Vibrant Moment. Sign up for Dr. Jeanette's free newsletter, [The Vibrant Moment for weekly tips and tools to be more relaxed.](#)

Below are some self help ways to make the scene above an everyday reality for you.

8 Ways to Overcome Anxiety Naturally

1. Consciously breathe fully into the bottom of your lungs as you go through your day.
2. Calm your mind by learning tools which tame your thoughts.
3. Discover and meet your emotional needs.
4. Practice sitting still in silence without any activity.
5. Look around at what is outside of you.
6. Get and give physical touch to self and others.
7. Breathe through your nose and shut your mouth to stop hyperventilating. This stops all anxiety or panic attacks.
8. Reduce chronic anxiety with daily relaxation practice.

Learn the difference between anxiety and real fear so you quickly dismiss anxiety when the energy is obviously irrational and mental.

For more anxiety help take the 6 week affordable, multimedia ecourse, [“Overcoming Anxiety Naturally”](#), which teaches you how to tame your thoughts, sense the difference between anxiety and real fears, stay plugged into gravity so you sit still and enjoy the cherry tree in the moment. More information and order at www.drjeanette.com/anxietycourseonline.html

Call Dr. Doris Jeanette at 215-732-6197 for anxiety help.

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