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## **Anxiety and Health: An Incentive Perspective**

One of the examples came to me today when I was reading about some vitamins and their benefits and I realize something that I hope will be helpful to share. Often with vitamins and other supplements they can be marketed for certain reasons. Let's take a prostate supplement – it might contain saw palmetto, zinc, bee pollen, nettle leaf extract – all things that are good for the prostate. However they are not only good for the prostate but can be beneficial in a number of ways.

Sometimes you'll hear of studies which have looked at certain drugs which are intended for one condition might be beneficial for another.

Now my point is not about vitamins and medications but really about the broader phenomenon. I'm talking about the phenomenon of multiple benefits. My point here is that all of the tips that I have stressed throughout this newsletter are often have a wider range of benefits. For example being able to take a time out, do proper breathing and learning how to handle stress can have a lot of benefits. So too can hypnosis, restructuring your thinking and so on. Anxiety and health are related and so are other aspects of your life.

The implication of my example here is that many of these things are not just beneficial for anxiety and panic attacks but have a wider application to in your life. Often people report benefits such as enhanced creativity, greater energy, better sleep, greater health, better self-control, and just an enlightened perspective on life and an ability to be more in the moment and enjoy it without having to think of every task as being a "means to an end".

I really hope the message that you take from today's installment is that there can be benefits to the things you are doing for your health that may surprise you in a good way and I hope this is yet another perspective to keep to incentivize you when you need some help.

What I would recommend is that when you come across points such as I'm making is writing them down on a medium that you can easily refer to at anytime.

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