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Free from Anxiety

If you think about your childhood, there are undoubtedly times that you can think of when you had absolutely no care in the world, nothing to worry about, you weren't trying to juggle a bunch of responsibilities. In other words, being free from anxiety.

In reality, as an adult, you need to learn to set time aside for being free from anxiety - completely worry free - zero responsibility. Even if you only set out a limited period of time, you can still receive a benefit.

Often there are many sorts of signals that our bodies send us throughout daily life which we ignore at times. The key is to learn to recognize these signs.

Some examples of signs would be: a headache, anxiety, agitation, a feeling of uneasiness, feelings of hopelessness, etc.

So what do we take from these signs?

You need to heed these as warning signs and make a decision right there and then that you are going to take some time where you will refuse to worry - free from anxiety time is what I call it. Over time you can learn to really inject a little bit of a childlike, carefree attitude that you probably lost along time ago. You might be thinking how simplistic the suggestion of being free from anxiety is, and you're right. However simplicity does not depreciate the effectiveness.

You see this type of routine - like many I've suggested throughout the newsletter - is an example of "maintenance". By maintenance I'm referring to ongoing and positive habits that help to keep feeling well.

One example of maintenance is to look at the notion of taking supplements for your health. Now you might be taking supplements for your health but because you don't see an improvement or notice a difference when you quit, you conclude that they must not have a benefit for you.

However think about maintaining a car. You could have a brand new car, and you might be doing regular maintenance on it but you wouldn't be looking for an improvement in

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performance because you realize that you are merely maintaining your vehicle. Well why would this be any different with regard to your health?

If you want to be an empowered or healthy person you must recognize that the benefits of doing things regularly might be more of a maintenance function - don't look for immediate payoffs - but this does not diminish the importance of doing them with respect to your recovery from anxiety, panic attacks, and agoraphobia. So maintenance can be part of a long term strategy for being free from anxiety.

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