



RAPID ANXIETY RELIEF SYSTEM

How To Find The Calm, Gain The Confidence
And Regain Total Control

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SET YOURSELF FREE



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Introduction:

The seeds of your anxiety may have been sown during your childhood. Your mum or dad may have been anxious and an excessive worrier, making you feel uneasy or unsafe when young. Or it may have come from something more extreme. These seeds get buried deep within our nervous system and are often forgotten.

You may be aware that you have always been anxious and it flares up at different times and in various situations, especially in ones where you feel helpless. However you experience anxiety each time it erupts it will create more cracks in your

confidence and self-belief, leaving you stuck in doubt and confusion.

But by learning to understand our feelings we teach our self to become less afraid of them, which in turn can lessen the intensity of the anxiety. It does however take time and patience. It also takes courage to address anxiety so congratulations to you for downloading this guide and stepping up in such a big way!

If your mind won't settle you may want to use my short **"Inner Calm"** guided relaxation before commencing an exercise.



1

WHY TAKING ACTION IN THE MOMENT IS THE MOST IMPORTANT ACTION YOU CAN TAKE

In order for anxiety not to take control, take action the moment you start to feel anxious. In this exercise you use your body to channel out the unpleasant energy the anxiety is creating in your body.

If needed, repeat each step a few times before you move to the next step. Take your time. No need to rush. It's important you remain focused on your physical body.

Taking action:

1. *First, firmly tap two fingers over the thymus area until you feel yourself begin to calm.*
2. *Next close your eyes, take a slow deep breath in and scan your body noting where all the uncomfortable feelings are being felt in your body.*
3. *Now imagine you have a large magnet in your solar plexus and as you slowly breathe in, pull all those feelings into the magnet, forming a clump of energy.*
4. *Remaining focused on the clump on the clump of energy, breathe in deeply and then slowly deliberately breathe out, whilst pushing the energy all the way down through your feet and into the ground far below you.*
5. *Do this until you feel all the anxious energy has left your body.*



2

FLY YOUR FEARS - How Connecting With Fearful Feelings Keeps You Safe

When we are anxious we literally run from our feelings. So learning to acknowledge our feelings is an important step in feeling safe with our feelings, which can lessen the anxiety.

Feeling Your Feelings

1. *When anxious completely focus your mind on your body noticing where you feel the most discomfort.*
2. *Now put your mind completely on that spot. Focus only on the physical sensation, nothing else. It may help to give the feeling a shape or a colour.*
3. *As you remain focused you may find the feeling intensifies but stay with it for as long as you can. It will begin to weaken. Stop when you feel tired as you can come back to it another time.*
4. *You can do this by recalling the original thought/s that sparked the anxiety; or by revisiting the spot in your body, along with its shape and or colour.*
5. *Finally spend time journalling about your experiences; what you learned; how the feeling changed; what you observed about your feelings.*

Strong emotions require time and patience so work with them a bit at a time.



3

DECISIONS MADE EASY

How making decisions, even small ones, that once felt stressful or brought up fears of making a mistake, are now easy; and more importantly they are right for you.

1. *Close your eyes, take in a deep breathe. Imagine sitting in a turquoise blue rose in the centre of your chest. Breathe in the blue flowing it through your entire body and out of the soles of your feet as you breathe out. Do this a few times.*
2. *Now think about the decision you are stuck on. Let it settle in your mind in words, or as a picture, or as a movie. Don't rush.*
3. *Next see a door in front of you and ask your heart to give you the answer that is best for you when you open that door.*
4. *Now push the door open and step through. The answer may come straight away as a feeling, or as a symbol. Or it may come later in a quiet moment, or via a conversation. Keep a watch and observe as answers that you seek find their way to you.*
5. *Journal your experiences, noting what you learnt and how you now feel. Become aware of the positives and so move your mental and emotional energy to a more calmer frequency.*



Thank you for reading

I sincerely hope you find these healing exercises move you toward more peaceful feelings. As you practice don't beat yourself up or get impatient. Take your time. Be kind to yourself.

If you are ready to stop worrying, waking up in the middle of the night breathless, feeling alone, trapped and powerless, why not book in for a complimentary "Anxiety Free Breakthrough" session.

You will leave the session feeling energised and optimistic knowing there's a solution available just for you as you discover:-

- ➔ *A road map that will take you out of anxiety for good*
- ➔ *Being crystal clear on where, and how you want your life to be*
- ➔ *How to create your future with confidence*
- ➔ *Tools to enhance your life so you longer worry or struggle*
- ➔ *How you can leave the past behind with ease*

You may also find my blog helpful in understanding more about yourself, your emotions and your anxiety.

Visit: www.sandyhounsell.com

Book now for your complimentary:

**Anxiety Free Breakthrough Session
Valued at £250**

Sandy Hounsell, soul healer, life coach relationship expert, mentor and hypnotherapist; helping people be calm, confident and in control, without fear or limitations.

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