How to Deal with Anxiety

What happens when we are anxious:

If you’ve ever experienced anxious thoughts, you know how it can be mind-consuming, drowning out all other thoughts and experiences. It’s like our mind has become a small room and our anxiety is the only thing in it.

How to cope with anxiety:

The first step for dealing with anxiety is to open up to it. Try to take notice of it and name the emotion you are experiencing.

For example, you can say to yourself: I am having a feeling of anxiety.

After acknowledging this, what kind of thoughts follow? Also, observe how this
Conclusion:

When we learn to open up to our anxiety it will become less intense.

It’s like having our mind transform from a small room to a large warehouse. The anxiety is still there but it is not our main focus.