

# **Five suggestions on how to tackle anxiety**

[www.tremendousTRE.co.uk](http://www.tremendousTRE.co.uk)





# **You are not alone**

Anxiety levels have significantly increased according to a number of studies by universities around the world.

A global pandemic and a war in Europe on top of life and work have certainly put our resilience to the test.

# **"Anxiety is unresolved fear"**

... states David Berceli, PhD, the founder of TRE® (Tension Releasing Exercises), and although it might be useful to analyse the cause, quite often it is not that straightforward.

Many circumstances – past and present – could have contributed to this not at all tangible sensation.





# Talking or doing?

The go-to modalities to address psychological issues are generally talking therapies that work cognitively.

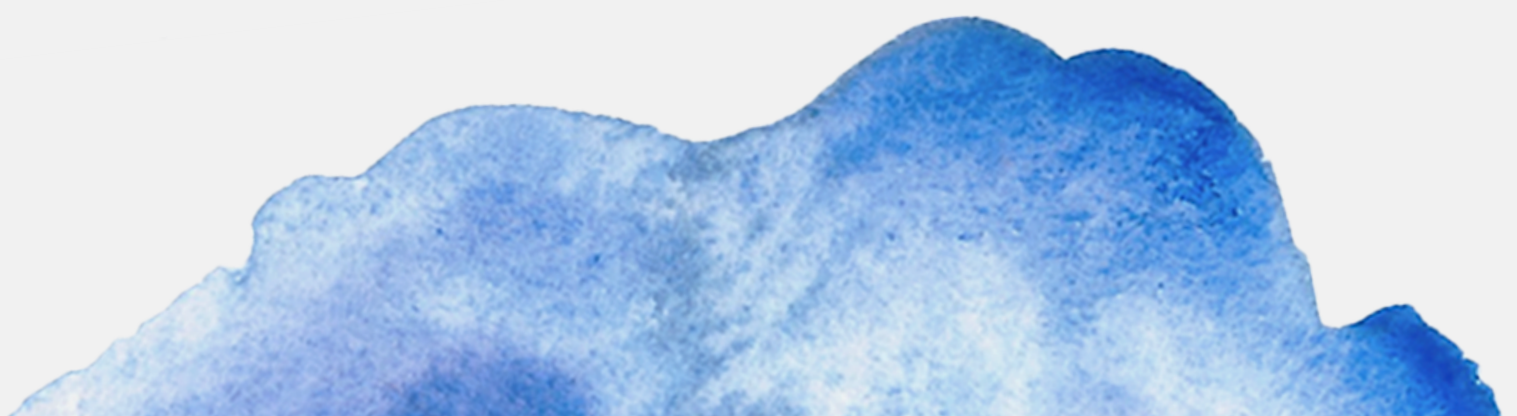
An impressive alternative are somatic techniques – as a relaxed body doesn't experience anxiety disorders.

Let's work somatically – the added bonus? Giving your busy mind a rest.





# **A few suggestions you might find helpful ...**

- Breathing
  - Grounding
  - Sensations
  - Laughter
  - Shaking
- 



# Take a deep breath

It might sound like advice from your granny, but taking a few, conscious and deep breaths in – and even longer breaths out can calm your nervous system.

Take this even further by inhaling through your left nostril (simply press against your right nostril to block it) – this decreases the sympathetic (fight or flight) and increases the parasympathetic activity of your nervous system and is calming.

If you'd like to find out more:  
Check out James Nestor's work.

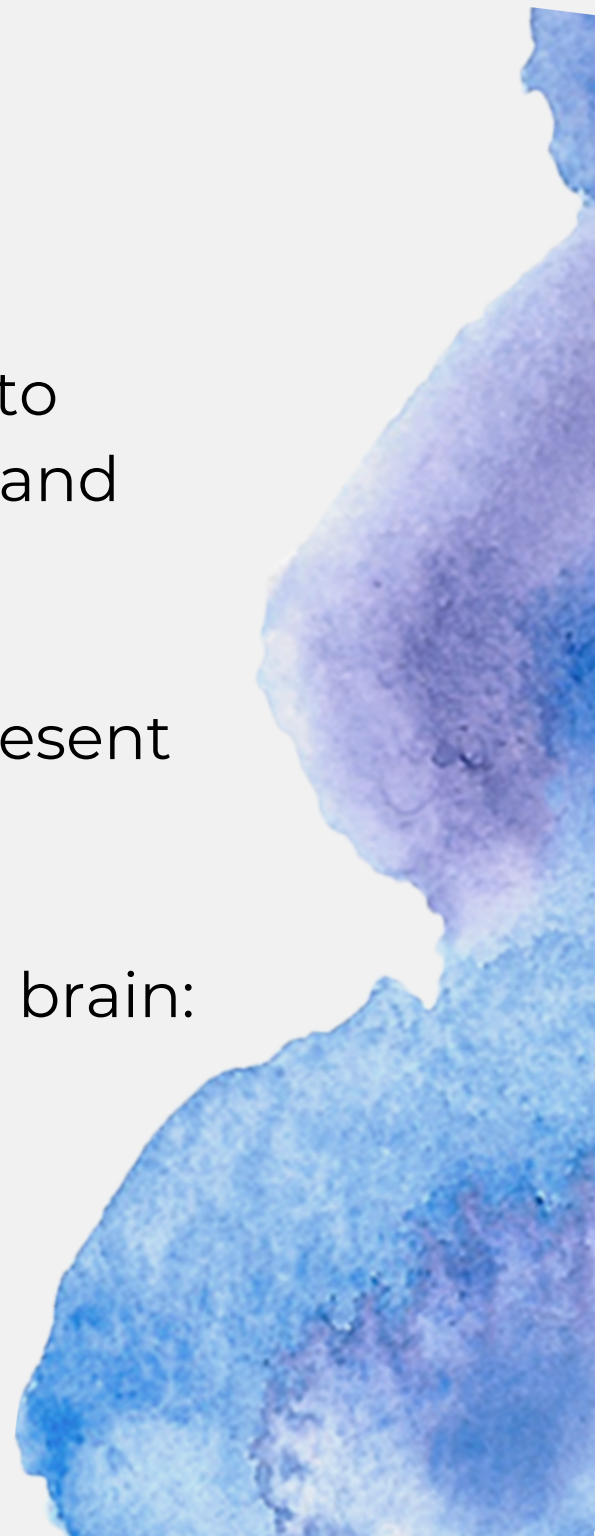


# Grounding

During an anxiety attack, it can be helpful to distract yourself from negative, unwanted and challenging memories and emotions.

Grounding can help you to focus on the present moment, the here and now.

Being grounded, your body signals to your brain: we are safe right now!





The 3-3-3 exercise is an effective way to help you to feel more in control of the situation and being really present.

Simply identify objects in your immediate environment, e.g.

- name three items that you can see,
- three sounds that you can hear  
and
- move or touch three body parts –  
while taking deep breaths slowly  
in and out.








# Sensations

Savour foods or drinks, tasting each bite or sip mindfully; smell, taste and explore which flavours linger in your mouth.

Alternatively, smell essential oils – especially calming are lavender, jasmine and bergamot.

You can also have Bach's Rescue Remedy by your side as this can provide emergency support and comfort.

Also: feed your good gut bacteria as this leaves less room for stress hormones in your gut.



# Laughter

They say laughter is the best medicine – at least it's a start.

When we laugh, we engage our parasympathetic nervous system, which means we can't be stressed or anxious as stress activates the sympathetic part.

So, it's either one or the other.

Concentrate on the laughter, even if it's fake, your mind can't tell the difference.

If you want a regular dose of laughter, join me on [www.mirthy.co.uk](http://www.mirthy.co.uk) for a session.

# Shaking it off!


While it is helpful to have tools to use when anxiety strikes, it's much more effective to regularly balance the nervous system.

How can we do that?

TRE® (Tension Releasing Exercises) is a somatic stress management tool that can support you to get back into balance by re-setting the nervous system.

It can also support you in building resilience.





As up to 90% of illnesses are caused by stress,  
a somatic modality can be so helpful to nip  
many aches, pains as well as anxiety in the bud.

Once learned, it's your tool to use and you can  
pro-actively support your health and well-being  
– without relying on anybody else “to fix” you  
(which will save you money, too).

And as we are working with the body,  
there's no need to discuss or analyse  
any (past) situations.

Simply trust the wisdom of your body.








**Our bodies are amazing,  
let them do the work.**

**Ready to discover TRE<sup>®</sup>'s  
benefits for yourself?**





I am Sylvia Tillmann, a Certified TRE® Provider at Tremendous TRE ([www.tremendousTRE.co.uk](http://www.tremendousTRE.co.uk)) and I can teach and empower you to pro-actively help yourself.

By practising TRE® you can address any tension-related issues - and that includes anxiety.

You deserve to feel so much better - get in touch for a free fact-finding chat via my [website](#).

