



An Over View of Anxiety, and the
Twenty-Seven Best Ways to Handle Anxiety

By:

ROBERTA SHAPIRO, M.ED.,LCSW, NBCCH



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An Overview of Anxiety, and the Twenty- Seven Best Ways to Handle Anxiety

The goal of this eBook is to provide a basic understanding of what anxiety is, as well imparting knowledge of the resources available to help you, the anxiety sufferer, to know that you are NOT alone and that there are many places to turn for help.

I will try to provide as many suggestions as possible to help you find what will work best for you. The information I provide will be in large part based on my own clinical practice and the experiences I have had in specializing in and treating anxiety.

If you are currently struggling with anxiety, with fears, phobias, obsessive-compulsive disorder or panic, I highly recommend that in addition to any information given here or on my blog, you find a therapist you trust. Hopefully the information provided here will help you to make an informed choice. That is one of my goals. It may take time to find the right person; but knowing how to find, as well as actually finding the right therapist, can make a tremendous difference.

Further, I would strongly recommend a complete physical exam to rule out any physical factors, such as thyroid problems or vitamin deficiencies that could be exacerbating, contributing to, or causing your anxiety. Most commonly, I see people in perfect physical health who are plagued by a relentless fear that something is wrong with them physically. Hopefully, an exam can provide reassurance in this area so that you can begin to deal with the anxiety itself rather than to continue to focus on health issues.

Anxiety can be so painful, so debilitating, so just plain horrible, that I hope to write this eBook with the same care, sympathy, understanding and compassion as if writing for a dear friend or family member to tell them what to do and how to cope.

People with anxiety are too often misunderstood, or mocked, even by loved ones or family members. Often such people tell them, “just get over it,” or “calm down,” or “just relax,” the very same people from whom one most wants and needs understanding.

Such lack of empathy often only serves to increase anxiety. While the loved one, or friend, or professional who says these things may mean well and think that the best thing they can do is get someone to ‘toughen up,’ usually their lack of empathy and validation does more harm than good. Surprisingly, many therapists are not adequately skilled in helping with anxiety, and they, as well, are less than helpful or even harmful in their approach. I have included in this booklet the best resources for finding therapists trained in the area of anxiety.

The stories I hear every day about anxiety are heartbreaking. The perfectly healthy young women who came to me so panic stricken about having a heart attack (even though her heart was perfect) that she would avoid all forms of physical exercise...the young woman who avoided the grocery stores and department stores, even though she loved to shop, because she was afraid of fainting. The executive who had such a fear of blushing that he would avoid interacting with people whenever he could or the woman with such an intense phobia of glass that she was virtually confined to her home.

All these people have since recovered. I will share with you some of the tools and techniques that are most effective in bringing about recovery, and a newfound peace and tranquility to their lives.

As I told one young man who had debilitating panic attacks- I cannot promise you that you will never have a panic attack. But I can promise to help you lose the fear of a panic attack, so if one comes you can shrink it down so that you barely notice it. At the time, he didn't believe such a thing possible. But this young man told me re-

cently that it has been months since he had a panic attack and the last one he had was in fact so inconsequential, he barely noticed it.

So what is this thing called anxiety? Anxiety is defined in Medicinenet.com, as a “ feeling of apprehension and fear characterized by physical symptoms such as palpitations.”

While many people believe anxiety is rampant now, and I would certainly say that is true, anxiety has been around for a long, long time. Although not officially recognized until 1980 by the American Psychiatric Association, anxiety has been a problem for some as long as humans have walked the earth. However, until recently there has been very little understanding of what anxiety actually is. We further see that anxiety is not just a 20th century phenomena by many writings of this problem by the ancient Greeks, who documented numerous instances of anxiety.

It was the Greeks who coined the word ‘agoraphobic’, which was initially given to people who were afraid to go outside. In 480 BC, Herodotus reported the first record of what we now know as Post Traumatic Stress Disorder, in the account of a soldier who was afraid to go into battle. Such accounts make it clear that anxiety has been present for a very long time in a wide variety of types and manifestation.

What are the different types of anxiety?

While there are several types of anxiety, all anxiety starts with a what if. What if I faint? What if I am embarrassed? What if there is something really wrong with my heart? I often tell clients that “what if” are the two worst words in the English language. Those two little words get the adrenalin churning, which produces an avalanche of physical symptoms, including but not limited to light headedness, tingling sensations, heart pounding, a feeling of going crazy.

Included in the anxiety spectrum are:

1. Generalized anxiety disorder- which is like a cloud of anxiety, waiting to attach itself to some event. It is characterized by chronic feelings of excessive worry without a specific cause. Those with generalized anxiety disorder often feel on edge, tense, and jittery. They may worry about minor things, health concerns, the future and so forth. These feelings are accompanied by physical symptoms such as increased heart rate, muscle tension, sweating, and shaking.
2. Phobias are fears of specific things- there are as many phobias as there are things in the world. A phobia is an irrational fear of something that poses little or no actual danger. There are many specific phobias. Fear of dogs, fear of heights, fear of elevators, fear of hospitals. Someone who becomes very self-conscious in social situations may have a social phobia. Other common phobias involve flying, tunnels, highway driving, blood and animals. People with phobias try to avoid what they are afraid of. If they cannot, they may experience shortness of breath, rapid heartbeat, panic, and an overwhelming urgency and desperation to get away from the object of their phobia.
3. There is obsessive-compulsive disorder- this is an anxiety disorder characterized by recurrent and persistent thoughts and feelings and repetitive, ritualized behaviors. There are many types and categories of obsessive-compulsive behavior, including fear of contamination, fear of harming someone, fear of embarrassment. There also may be an obsessive compulsion to repeatedly perform repetitive actions feeling compelled to perform certain ritualistic behaviors over and over again.
4. Panic attacks, which feel like anxiety on steroids, it often starts with a small physical symptom, such as a skipped heartbeat. But once a person goes into a “what if”, it gets the adrenalin going, and then the physical

symptoms spiral. Some of these physical symptoms caused by adrenalin are-heart palpitations, numbness, sweating, diarrhea, feeling of light headedness, feeling of going crazy, fear of fainting, a feeling that you can't breathe.

5. There is social anxiety where there may be intense fear in most social situations and intense fear of the judgment of others. People with social anxiety or phobia will often go to great lengths to avoid social situations, or interacting with other people. For example, I once had as a client a gentleman who would go to great lengths to take a different exit to avoid the doorman of his building.

6. Post-traumatic Stress Disorder- This can develop after exposure to a terrifying experience in which physical harm either actually occurred or was threatened. This includes but is not limited to violent personal assaults, accidents or military combat. Often those with PTSD have persistent frightening thoughts and disturbing flashbacks of the experience. They may have sleep disturbances, and may feel numb or detached from other people. FOR ALL OF YOU WHO STRUGGLE WITH ANXIETY, and it is estimated that that is 13% of the populations (imagine what a tremendous number that is if you have ever felt alone with your anxiety), here are the top thirty ways I have found to best control decrease anxiety: these tools are special in their ability to help manage, decrease, and eliminate anxiety. Actually, anxiety is more manageable than you might think, especially if you diligently apply yourself to these tools, picking the ones that seem to resonate most with your needs, and applying them with persistence. Diligence is the answer. It is like working muscles. If you go to the gym but never lift a weight, don't expect a change in your muscle mass. In the same way, these techniques need to be applied with consistency.

Some will work better for you than others. Each of us is highly individual, and you need to find what you like best and what works best for you. I am covering them in this eBook and hope to cover each of the 30 suggestions more extensively in my blog, adding any new cutting information that comes along in the field of anxiety, as well as any new books and materials that I feel would be helpful for you. I very much hope you will avail yourself of these tools, practicing with diligence whichever you find resonates and works best for you. If you do so with patience and persistence, I believe you will find that your anxiety will diminish tremendously as you gain the ability to fight and control it.

I look very much forward to hearing your feedback on my blog and this eBook. I would love to hear which suggestions work best for you.

I hope to make this a resource that people with anxiety can turn to gain knowledge, strength and comfort as well as a feeling of community with others who have difficulty with anxiety.

TWENTY-SEVEN BEST SOLUTIONS FOR ANXIETY (AND ONE IMPORTANT TIP)

Tip: Many people find that they experience the most anxiety when they first awaken in the morning. This is for a variety of reasons; such as serotonin (the feel good neurotransmitter) levels being low. I recommend that if you are one of those who have the problem of early morning anxiety, don't linger in bed with your thoughts racing. Jump out of bed and get busy, you will find this helps the anxiety dissipate as you become absorbed in your day. It helps as well to boost the early morning serotonin levels by eating a pure carbohydrate, such as a plain bagel or cheerios so that you will feel better quickly.

1. The first, is MEDITATION. It is the technique I have the most difficulty getting people to try! Many years ago a professional in the field told me he had never seen a better tool for anxiety than meditation. He told me of a client who had come in with such a severe level of agitation that he couldn't sit. After a few sessions of meditation his anxiety was transformed. Studies now show that there are actually positive brain changes in the ability to focus that begin by the sixth hour of practice of meditation. In a University of Oregon study in 2010, researchers stated that positive brain changes take hold just 11 hours of practicing a form of medita-

tion. The changes were strongest in connections involving the anterior cingulate, an area that plays a role in the regulation of emotions and behavior. This opens up the amazing possibility that the brain, like the body, can be altered in a positive way. Just the way strength training builds muscles, meditation can change the brain in strengthening and empowering ways.

There is actually a new science called contemplative neuroscience, which is the brain science of meditation. A University of Pennsylvania researcher, named Andrew Newberg, has shown findings which he says explain why meditators are able to have intense concentration as well as transcendence during meditation.

There is also research by a Dr. Davidson from the University of Wisconsin that shows that meditation, focusing on something, permanently changes the brain for better. "It's basically replacing certain habits of mind with other habits." Which is exactly why this is so crucially important with those with anxiety. This tool is indispensable, so absolutely critical for the management of anxiety, that you will hear me emphasize it over and over again.

Most people say to me, "Oh, I'm no good at meditation." And then they resist trying it. But again, this is like walking into the gym and saying "I'm no good at lifting weights." Well, if you just sit on the bench and don't lift a finger, of course you won't be! But if you get involved, if you commit yourself to understanding the process, you will be amazed to see how quickly the impossible becomes possible!

Meditation is not complicated. It really isn't. Although many people teach many types of meditation, the TRUTH is all meditation is one thing- focus, focus, and more focus. Whether it be on your breath, a calming thought, or on music, it's all about focus.

As you train your mind to focus on something and to send away all other thought, gradually the ability to send away thoughts becomes easier and easier, even though it might have seemed impossible at first!

And when you learn to send away thoughts, you have an amazing tool to manage anxiety, since all anxiety comes from your thoughts.

If you would like to do some reading on meditation, I have listed below some books that you may find beneficial. But remember, meditation is far simpler (even though challenging) than it is made out to be.) What you are doing is simply training yourself to focus.

This is why, on my CD, GOODBYE WORRIES, three of the four segments are devoted to meditation. Perhaps in the beginning it would help you to have a CD to follow, whether Goodbye Worries, or the many other CDs available. I believe listening to a CD is probably a good beginning way to train yourself to meditate.

I think one of the biggest mistakes people make is that they think there is something wrong with them because they find it so challenging to meditate. But that is true for everyone. Our mind bombards us with thousand and thousands of thoughts a day. Just realizing when a thought has intruded and pushing it away is a real challenge. But again, I can't emphasize enough, few practices have such tremendous potential reward, especially for those suffering from anxiety.

2. Mindfulness meditation- Mindfulness is a type of meditation that involves focusing your mind on the present moment that you are in. To be mindful is to be aware of your thoughts and actions in the present. Research demonstrates that mindfulness meditation can improve mood, boost immune function, and decrease stress. You can mindfully meditate anywhere, anytime. You can jog and be mindful, be in a meeting and be mindful, and so forth.

To mindfully meditate: wherever you are, as much as possible, put aside all thoughts of the past and the future and stay in the present. When thoughts come, don't ignore or suppress them but simply and gently notice them, and gently send them away. Watch every thought come and go, whether it be a worry, or anxiety. If you find

yourself following a thought, gently send it away, without judging, and simply return to your breathing. This may happen hundreds of times, and each time bring your mind back to the present and gently send away your thoughts.

3. Exercise-study after study has gone the incredible benefits of exercise in stress and anxiety management. And you don't need to go all out; simply a twenty or thirty minute walk most days will give you tremendous health benefits. It doesn't seem to matter whether you exercise strenuously or not to get the mental benefits of exercise.

4. Diet- the emotional benefits of eating healthy are proven to make you feel better emotionally. Drinking plenty of water while eating healthy does the body and the mind a world of wonders. You're able to think clearer and generally feel better. Depression and anxiety are partly caused by an unhealthy diet. There is a list below of resources to help you plan a healthy diet, as there are too many important ideas to cover in this synopsis to do it justice.

5. Vitamins -there are many vitamins which are currently thought to help to contribute to emotional well being. I will share with you some of have heard of, but please check with your health care practitioner to make sure before taking any vitamins:

- B vitamins - Biotin, niacin (100mg per day), thiamine, pantothenic acid, riboflavin, B6 (100mg per day), B12, folic acid are all important for the production of the key chemical messengers in the brain called neurotransmitters. Thiamine is very important for those prone to panic, anxiety and depression. A daily B-Complex (50 to 100mg per day) supplement is a great way of getting the B vitamins your body needs. The B vitamins such as B6, thiamine, B12 and so forth are all important for the production of neurotransmitters in the brain, including serotonin, the feel good chemical.

- Calcium (600mg + Vit. D per day) is a muscle relaxant and can help calm you during a time of anxiety.
- Vitamin D allows your body to absorb calcium properly.
- Magnesium (200mg 2 to 3 times per day) may be helpful with anxiety and panic. It helps muscle relaxation

- Alpha-linolenic acid- several studies that have focused on alpha-linolenic acid and anxiety. Many people suffering from panic attacks have reported significant improvement within 2-3 months of taking additional amounts of alpha-linolenic acid.

In Dr. Daniel Amen's book, Change Your Brain, Change Your Life, He recommends supplements and dosages as well. Some of the supplements include: St. John's Wart, 5-HTP, SAM-E, and FISH OIL (omega 3's, dha, and epa) which is considered extremely important.

- Selenium-is thought to help calm the mind.

6. Herbal products- In addition, there are many herbal products that are considered self and considered to be quite helpful with anxiety. I will mention those I have heard to be quite helpful, and again, please consult your health care practitioner. Here are some I have heard mentioned which are worth looking into: For Anxiety Have Traditionally Included the Following... Catnip Tea has soothing effect and is reported to relieve anxiety. Kava Tincture or capsules help minimize anxiousness but there have been recent questions about safety so proceed with caution. Motherwort Tincture has a reputation of calming nerves. Passionflower -this is frequently highly recommended used in tea or as tincture to promote calm. Valerian Tincture or capsules aid sleep. This is commonly used for anxiety, but is not for use by children under twelve, pregnant women or nursing mothers. It should not be mixed with alcohol or prescription tranquilizers, or antidepressants.

7. Aromatherapy- many people find relief from anxiety by using aromatherapy such as Bergamot, cedar wood Geranium Lavender Lemon Patchouli Sandalwood Sweet Marjoram passionflower. Please remember, before taking supplements or herbal remedies, consult with your health care practitioner.

8. Thought challenging (cognitive behavioral therapy)- the classic book for this is Ten Days to Self Esteem, by

Dr. David Burns. In this book, and other cognitive behavioral books listed below, one is taught how to challenge, refute and replace negative and anxiety causing thoughts with more positive ways of thinking.

9. Thought blocking- what is the difference between thought challenging and thought blocking? With thought blocking, as in “The Barrier,” on the CD Goodbye Worries, you train your mind to block thought, to empty itself, to create a blank canvas so that you can calm and control your thoughts.

You build a barrier in your mind so that nothing can enter. There are many possible ways to do this, and practice can help you become amazingly adept at this. Some examples that have been found useful are: a blank white screen, the image of turning off the volume in your mind, an impenetrable wall, a wall between both sides of the brain, a thought proof helmet. Try different images to find what works best for you. Thought blocking is not “repressing or not dealing.” Rather, it is an invaluable way to deal with entrenched, repetitive thoughts that take up residence in your head and don’t want to let go.

10. Hypnosis- I have found, in my practice, that hypnosis to be one of the best tools for managing anxiety. There are many myths about hypnosis, none of them true. In TV or the movies, people are often portrayed to be almost comatose. To the contrary, hypnosis is a more focused state of relaxation. In this focused state, amazing things can be accomplished, and one of them is much better mastery over anxiety. In the resource section are ways to find good licensed hypnotherapists.

11. Self hypnosis- this is another wonderful tool to help calm and relax the mind. I will mention some books that teach self-hypnosis and in a future blog I hope to write the simple steps involved in self-hypnosis.

12. Massage- few things ease tension like massage. For many people, massage can lower blood pressure and actually contribute to overall improved health and well being. Massage increases your feeling of well-being, and can be an interesting form of mindful meditation.

Massage releases endorphins into your body, which also contribute to a sense of peacefulness and well-being.

13. Sleep- lack of sleep contributes to anxiety, as well as the production of cortisol. Another subject I hope to tackle in a future blog are helpful techniques to fall asleep. Sleep reduces stress, and there are many relaxation techniques I hope to teach which will help fall asleep even in times of tension. Of course, I recommend my own CD, Sleep Solutions, but studies have shown that any relaxing music can be tremendously beneficial in helping one fall asleep.

14. Music- study after study has shown that listening to relaxing music can enhance a person's health and well-being. Music helps decrease tension and promotes relaxation.

One study conducted by the University of Iowa, College of Nursing (Iowa City, 52242, USA), reported that relaxing music was found to be effective for decreasing anxiety and promoting relaxation, as indicated by decreases in heart rate and respiratory rate.

Subject significantly less anxiety than those subjects in the control group. Heart rate and respiratory rate decreased over time for those subjects in the music group as compared with the control group subjects.

15. Visualization- visualization can be incredibly powerful. For people with anxiety it can be very beneficial to imagine relaxing scenes which help bring a sense of tranquility. As well, it helps to imagine oneself handling those situations that cause anxiety in a more relaxed way. When the actual even occurs it is almost as if a blueprint has been placed in one’s mind of a more relaxing feeling. Visualization is one of the most powerful aspects of hypnosis but it can be done without the hypnotic aspect and also be very powerful.

16. Journaling- putting pen to paper is a tremendous way to minimize depression and anxiety. An excellent tool when you have anxiety is to consciously write down the anxious thoughts on paper and then deliberately imagine yourself letting them go. A variation on this is clustering, which is putting a word in the center of the page and free associating from that word. Many studies show the incredibly cathartic and relaxing aspect of writing in

a journal.

17. Reading self-help books on anxiety can be very beneficial. Some people finding reading some books is tremendous comforting. As well, they help realize that one is not alone, and many of them provide powerful tools and techniques for managing anxiety. Some of the best books written on anxiety are listed at the bottom of this page.

18. Distraction-this is a variation on the theme of tuning out or blocking out. Distraction is an invaluable technique, especially when your anxiety is so extreme it prevents you from using the techniques which are helpful when anxiety is more moderate. I find it works well especially well for people with flying anxiety. Whatever distracts you best, whether it be a TV show, a beautiful picture, a book on tape, it doesn't matter. The trick is to focus on that, and as soon as your mind wanders to something worrisome, you immediately pull it back to what you are watching or listening to. It almost becomes a form of meditation, in and of itself. Practicing distraction in a calmer state can help one to achieve distraction more easily when in a more highly aroused state.

19. Psychotherapy -An overview of the best therapy tools for anxiety: Here are the therapeutic techniques that seem to work best for the management of anxiety. Pure talk therapy seems to have proven to be far less effective than the specific tools and techniques offered by:

- Cognitive behavioral therapy
- Emdr(Eye movement Desensitization and Reprocessing)
- Hypnosis/Relaxation
- Meditation
- Visualization

Many clinicians are not trained in the treatment of anxiety. They still believe in outdated methods of dealing with anxiety. While some of the older techniques have not proven very effective in the management of anxiety, there is solid research on the efficacy of the above cognitive behavioral methods.

20. Friends- a supportive group of friends is invaluable. Paradoxically, some people get caught in the trap of feeling lonely but not wanting to reach out either. They feel stuck between loneliness and not wanting to do anything about it. What I encourage you to do is to force yourself to reach out to people whenever possible. The benefits can be extremely gratifying if you just give yourself that push. Friendship affects your overall health and wellness. Studies show that friendships prolong life and promote brain health as we age! Here are some of the benefits of friendship: support and encouragement, problem solving assistance, sense of belonging and purpose, ability to manage stress, help during difficult times. Good friends are good for your physical, mental, and emotional well-being. In fact, just knowing that you have friends is beneficial to you. One of the interesting ways to find friends is through meet-up groups. There are thousands of meet-up groups, with just about every subject imaginable. Many people have found friends with shared interests that way.

To have good friends, you need to be a good friend. In today's hectic world you need make a commitment to spend quality time with friends. However, not all friends are good for you. If someone causes more stress in your life than happiness, you need to reconsider your friendship. Friends support each other through difficult times, however laughter and joy should be present in the friendship as well.

21. Laughter- Humor lightens your burdens, connects you to others, and helps keep you grounded. into balance than a good laugh. Humor lightens your burdens, connects you to others, and helps keep you grounded. The ability to laugh easily and frequently is a tremendous resource for overcoming problems and supporting both physical and emotional health. Laughter is wonderful for your health. It relaxes the body and mind. Studies have shown a good laugh can relieve stress, relaxing your muscles for up to 45 minutes, as well as triggering endorphins, the body's natural feel-good chemicals. Laughter has been shown to release anxiety and fear, improve mood, and relieve stress. It lowers stress hormones and adds joy and zest to life. Anyone with anxiety should find

a way to laugh more often.

22. Pets- spending time with your pets can be a great source of companionship and a tremendous tension reducer. Whether you have a pet or go to your local shelter, spending time with an animal or pet can help you feel so much better. Also many people talk to their pets and this can help us to get their problems out in the open. A pet can help you relax and focus on the good things in your life. Playing with animals can help reduce our fears and anxieties in any situation and your pet can get our minds off of our problems. A person could do an activity with their pet that will give them a fresh perspective on things.

23. Flow- this is a concept originated by a Czechoslovakian psychologist Mihály Csíkszentmihályi. Flow is the mental state in which a person in an activity is fully immersed in a feeling of total focus and full involvement, in an activity. According to Csíkszentmihályi, flow is completely focused motivation. In flow the emotions are not just contained and channeled, but positive, energized, and aligned with the task at hand. In other words, finding something you are so absorbed in that you lose all sense of place and time is flow. It can be anything that completely absorbs you, like writing, painting, reading a book you love. It is a wonderful antidote for anxiety and seems to me to be a wonderful, exhilarating form of mindful meditation.

24. Acupuncture- multiple emotional or psychological disorders can be treated by acupuncture, which benefits addictions, phobias, obsessive behavior, eating disorders, and anxiety. Acupuncture can also be beneficial when used alongside conventional medicine treatments for both acute and chronic disease. More and more acupuncture is being recommended for treatment of anxiety and stress.

25. Breathing can be the 911 of anxiety management, in addition to distraction and thought blocking. Slow deep breathing alone has often helped to slow a racing mind. One helpful technique is to blow out slowly to the count of five, very, very slowly, and then inhale slowly to the count of five, taking slow deep breaths while sending away all thought.

26. Communing with nature- stress can be significantly subdued by spending time outside and listening to the sounds of nature. These calming sounds can calm the adrenal glands, and thus help reduce the production of cortisol, which is a stress hormone. Try to take walks outside and do other outside activities whenever possible (wearing sunscreen, of course.) Not only should you nourish your mind and spirit, but you should consider taking vitamin D, a known antidepressant.

27. Medication-last on the list is medication, because there are so many other powerful techniques to manage anxiety. However, at times medication is indicated and should be definitely considered without a feeling of shame or failure. Many people just need the jump start of feeling better so that they can find other ways to manage their anxiety. There are so many medications on the market that are non addictive, work quickly and help create a space of less anxiety so that a person can move forward to conquer the anxiety, and then decrease or discontinue the medication when indicated. I don't believe it helps to rigidly rule out an option that at times can be very useful or beneficial.

Some important resources for anxiety:

Organizations:

1. EMDRIA(Eye Movement Desensitization and Reprocessing International Association) ASCH(American Society For Clinical Hypnosis)
2. ACADEMY FOR GUIDED IMAGERY
3. ADAA (ANXIETY ASSOCIATION OF AMERICA)
4. American Psychotherapy and Medical Hypnosis Association
5. National Board of Certified Clinical Hypnotherapists

6. Association for Neuro Linguistic Programming
7. The Obsessive Compulsive Foundation

Since it can be difficult to find a therapist who specializes in anxiety, I highly recommend you go to the website of the ADAA; the Anxiety Disorders Association of America and choose someone on their website who is in your area. These are people who are highly trained in the treatment of anxiety, so you won't be wasting your time and money on a therapist who has other specialties but not specific knowledge in treating anxiety disorders. If you are looking for a trained hypnotherapist, the associations listed above have licensing rules for their members.

Recommended reading:

Panic and anxiety:

- Don't Panic. Revised Edition. Reid Wilson, Ph.D
- Feel the Fear and Do It Anyway. Susan Jeffers
- Fear is No Longer My Reality. Jamie Blyth, Jenna Glatzer
- From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your
- Feeling Good: The New Mood Therapy. Dr. David Burns
- Learned Optimism: How to Change Your Mind and Your Life. Dr. Martin Seligman
- Mind Over Mood: Change How You Feel by Changing the Way You Think
- Dr. Dennis Greemberger; Christine Padesky
- Ten Days to Self Esteem. Dr. David Burns

EMDR:

- Emotional Healing at Warp Speed. David Grand
- EMDR: The Breakthrough Therapy for Anxiety, Stress and Trauma. Francine Shapiro, Margot Silk Forrest

Meditation and Hypnosis:

- Hypnosis for Change. Josie Hadley, Carol Staudacher
- The Everything Hypnosis Book. Michael R. Hathaway , D.C.H.
- Change your brain, Change your Life. Dr. Daniel Amen
- Full Catastrophe Living. Jon Kabat-Zin
- Wherever You Go, There You Are. Jon Kabat-Zin

Food and Diet:

- Prescription for Nutritional Healing. Third Edition. Phyllis A. Balch
- Prescription for Natural Cures. James Balch
- Food and Mood. Elizabeth Somer, M.A., R.D
- Journaling:
- Writing the Natural Way. Gabriel Lusser Rico
- At a Journal Workshop. Ira Progoff

ABOUT ROBERTA SHAPIRO

Roberta Shapiro has been in private Practice in the Miami Beach area since 1980.

She specializes in:

- ANXIETY/PANIC
- STRESS MANAGEMENT
- HYPNOTHERAPY
- SCHEMA FOCUSED THERAPY
- ADULT ATTENTION DEFICIT DISORDER
- ASSERTIVENESS TRAINING
- OBSESSIVE COMPULSIVE DISORDER
- PHOBIA DESENSITIZATION
- ANGER MANAGEMENT
- SOCIAL PHOBIA
- DEPRESSION
- MARITAL COUNSELING
- EMDR (EYE MOVEMENT DESENSITIZATION AND REPROCESSING)

Her practice is designed to help clients reach their goals as quickly as possible. She is highly trained in the latest tools and techniques of therapy. Whether you would like to learn to manage stress more effectively, deal with anger more constructively, manage your relationships more happily or learn to calm yourself and dispel panic attacks or obsessive compulsive disorder, Roberta offers a variety of therapeutic techniques through her publications and CDs- Sleep Solutions and Goodbye, Worries known as The Calming Collection.

Roberta Shapiro is a member of the American Society of Clinical Hypnosis, The National Board of Certified Clinical Hypnotherapists, the American Psychotherapy and Medical Hypnosis Association and the 2003 Marquis Edition of Who's Who in American Women. She is the author of Birth Pains.

Roberta's pride and joy, The Calming Collection, has been featured in Woman's World Magazine in 2008 and 2009. For more on Roberta Shapiro's work, articles and useful information (updated weekly), please visit:

Website: <http://helpwithworry.com>

Blog: <http://helpwithworry.wordpress.com>

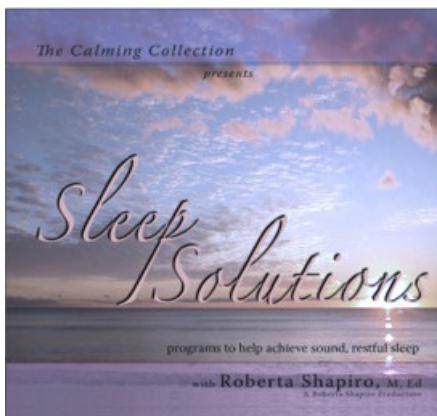
Twitter: @roberta_shapiro

Mrs. Shapiro invites you to ask questions and subscribe to her blog,.

ROBERTA SHAPIRO PRESENTS...THE CALMING COLLECTION.

The Calming Collection provides simple, direct solutions for dramatically reducing anxiety through the use of mindful meditation and hypnosis to more rapidly produce deep healing relaxation, profound relief of stress and anxiety and more rapid, lasting achievement of one's goals.

These programs use the concept of hypno-meditation and were designed by Roberta Shapiro, M.Ed., a leading specialist in the field of anxiety management. They were formulated as a more rapid and helpful way to manage anxiety and other personal issues.



Several techniques are provided, including meditation and hypnosis, which have been found to be highly effective with sleep problems and sleep management. There are three separate programs—one longer, and two shorter programs, depending on which suits your preference. Many choose the longer program for deep sleep and the shorter for return to sleep as well as subliminal relaxation messages.

This is also a wonderful CD for general deep relaxation training!



Goodbye Worries is a series of programs designed to train you to soothe your mind and banish obsessive worries and negative thoughts with hypnosis and meditation.

To learn more about these CDs or to make a purchase, please visit:
<http://helpwithworry.com>