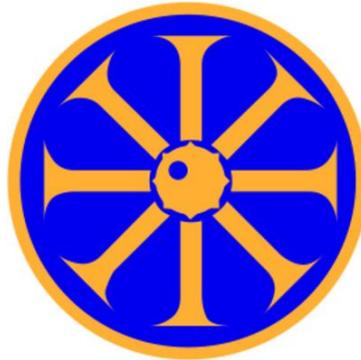
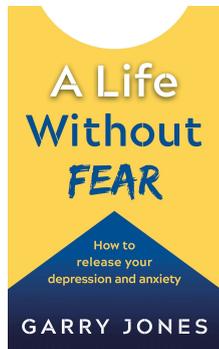


A Life Without Fear of Anxiety



This is just a very short piece about simple techniques to have more control over anxious feelings.

Mark Twain famously said “ The worst things that ever happened to us never actually happened”.

Meaning we can easily imagine the very worst of situations and they never quite turn out so bad as imagined.

The trouble with this behaviour is that the brain cannot distinguish between “reality” and imagined. The same chemicals are released into the body by the act of thinking as they would if we are doing.

The brain reacts to experience.

So enough science:

Method 1

Martial Arts are a wonderful example of what in Neuro Linguistic Programming would be called “Anchoring”. This is the same as we learnt in Biology at school as “Conditioning”. Pavlov and his famous experiments on ringing a bell to get dogs to salivate. School didn't go into the gory details of how he measured it!

Many Martial Arts include a form of ritual before starting, some on completion.

The bow in Judo or Karate. The Wai Kru in Muay Thai etc.

This has real importance.

It signals to the body that it is time to switch on and be ready for fight/flight.

Chemicals subsequently are released into the body.

How does it know when to stop.

For me this is the most important part to stop anxiety. If the chemicals keep getting released anxiety will follow.

Create for yourself a ritual of sorts to say start and one to say stop.

In other sports, this may be called superstition. Lucky socks etc.

It may be something really simple. It is best that decide what it is and keep it to yourself.

This can be for work, for sport, for fighting, for love!

Method 2

As soon as we get anxious the primitive brain kicks in. That is the rear of our brain.
We need to get back to an Alpha state of brain wave by this time activating the Frontal Lobe.
A very simple way of doing this is to count backwards from 5-1.
Do it his way inside your head:
5 and 4 and 3 and 2 and 1.
Actually say the and part as well to space out the timing.
We were often told as children to count to ten when we felt angry. It turns out that it has
some merit and use after all.

Remember:
Accept Nothing
Believe Nothing
Check Everything.

That is give these two methods a go. You never know. Bye for now.

Bye for now

Thank you

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Transformational Coach

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Biography

Garry Jones is a Transformational Coach, Martial Arts Master, an International Speaker and
number best selling author.

He worked for twenty years in private industry, starting on the shop floor to become a
General Manager responsible for 1,100 staff. It was in this environment that he discovered
his passion for developing people, helping many attain top level careers worldwide.

Subsequent years of self- employment have given Garry a complete understanding of
businesses both large and small, and the people who work within them.

He has a life long involvement with martial arts and alongside his successful coaching career, runs a Muay Thai boxing gym which combines his love of physical fitness with bringing out the very best in his students through his forty plus years of experience.

Garry has a strong belief in achieving measurable results quickly and effectively. His unique experiences in the worlds of business, martial arts, physical and mental health, and spiritual development combine to create positive, almost alchemical, change in the lives and businesses of his clients.

His Vision is to have a lasting impact on 300 million people of the world. To leave a legacy of more smiles in the world.

He lives with his family in Herefordshire, U.K. and works with clients on a national and international level creating bespoke solutions to many and varied issues, from 1:2:1 coaching to developing teams and leaders in multi-million pound businesses.

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