

Free Report

This report will teach you many hints to live a less stressful life thus lowering your anxiety. As we all know, the era in which we are living, is full of contradictions and creates uncertainty. And uncertainty for many, means low self-esteem.

Everybody is called to deliver as much as possible and not only in one field, but in whatever you can think of. And who is no longer able to deliver because stress is increasing, develops more and more anxiety. Once a person has reached this point, they may also lose their job or their self-esteem or even both together. Anxiety and all related physical, psychological and mental diseases are not far away. Often times the physician or other health professionals cannot see the relation between this condition and its very causes and the disease grows and develops into a vicious circle.

Here come in the tips which can help minimize the disease but they will require a slight change in your day to day life.

There are do's and don't's helping you to change daily habits and gaining a more healthful life.

The do's:

- 1) Try to walk at a good pace at least for 15 minutes every day with any weather, may it be sunny, windy, rainy, snowing or you name it.
- 2) Do every day a few basic physical exercises, using your arms and hands, your feet and leg.
- 3) Walk stairs instead of taking the elevator (unless your home or office is on the 115 floor)!
- 4) Drink plenty of water every single day. But do it wisely, drink one glass every two hours.
- 5) Try to feel and sense your body. You are part of your body which is the precious vehicle that allows physical life.
You may start feeling your hands on the first day, your arms on the second, then your chest on the third, your head on the fourth and, within the head, every single organ, like the mouth, the nose, the ears, the eyes. These are only a few indications but you may use your fantasy and go further, discovering every single muscle. Don't overdo. Do get further only by steps and for each step one other day.
Do sense the single parts for 2 to 3 minutes every day and thank every single part for its contribution to your life. The body will release tensions and you will start feeling better.

These few do's will help you to relax and to get a better comprehension of your body

And now there are a few don't's which are important to observe because they are crucial to your well-being..

- 1) Don't drink more than one cup of coffee a day.
- 2) Avoid drinking Coke. It destroys your liver which is involved in your anxiety.
- 3) Don't eat more than one cookie a day. Sugar is dangerous for your pancreas which is also involved in your anxiety and depression.

- 4) Reduce watching television. The waves created by the television set attack your nervous system and increase your anxiety.
- 5) Reduce working time on the computer. If you are compelled to work hours on end on your PC, every hour at least, cover your eyes with the palms of your hands and the tension decreases.

As you can see, with a few little changes in your daily life, you can cut your exposure to anxiety.

In my e-book you will find many hints and good advice as well as methods which will help you overcome all sorts of anxiety.

Life is not meant to be a struggle but, on the contrary, an awesome journey across the world (even if you should always stay in the same spot!)