



Anxiety & Stress is blocking my POTENTIAL

AMY DANG

Anxiety & Stress blocks my potential

Constantly tell yourself that YOU are capable.

This mantra gives me a meaningful boost and it can help you too.

Remember this: *Your thoughts become your words and your words become your actions.*

Staying calm helps give mental clarity to achieving your greatest potential when you allow yourself to have a clear mind. Removing anxious thoughts gives you the opportunity to focus on what is ahead.

Unexpected situations arise at work, at home, and in our personal lives, but avoid feeling uneasy about resolving them. Know that your experience is sound and serves as a guide for decision-making.

Embracing self-confidence will relieve you of anxiety. Figure out the challenges. Instead of feeling stressed about my expenses or how to get your business moving, making sales, marketing, and anything else, take frequent timeouts to breathe.



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Acknowledging only what I am able to control takes my mind off what is out of my reach. Each situation that burdens me lasts only for a time. When I remind myself of that, I am more effective at finding solutions.

Dealing with contentious situations is easy for me because I choose to keep a level head. Comments and opinions that I dislike are beyond my control so I ignore them. When I take this approach, I am able to draw on my strengths and skillsets

Today, you can live a freer life when you rid yourself of anxious thoughts.

Your soul produces deep-rooted peace because You can allow it to manifest positivity. Be committed to rising to the occasion and offer your true potential at all times.



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What you can do:

Identify what's causing stress. Monitor your state of mind throughout the day. If you feel stressed, write down the cause, your thoughts, and your mood. Once you know what's bothering you, develop a plan for addressing it. That might mean setting more reasonable expectations for yourself and others or asking for help with household responsibilities, job assignments, or other tasks. List all your commitments, assess your priorities and then eliminate any tasks that are not absolutely essential.

Go for a walk and take in some fresh air. Walking or other physical activities can also help you work through your anxiety and stress. Plus, exercise increases the production of endorphins, your body's natural mood-booster. Commit to a daily walk or another form of exercise – a small step that can make a big difference in reducing anxiety and stress levels.

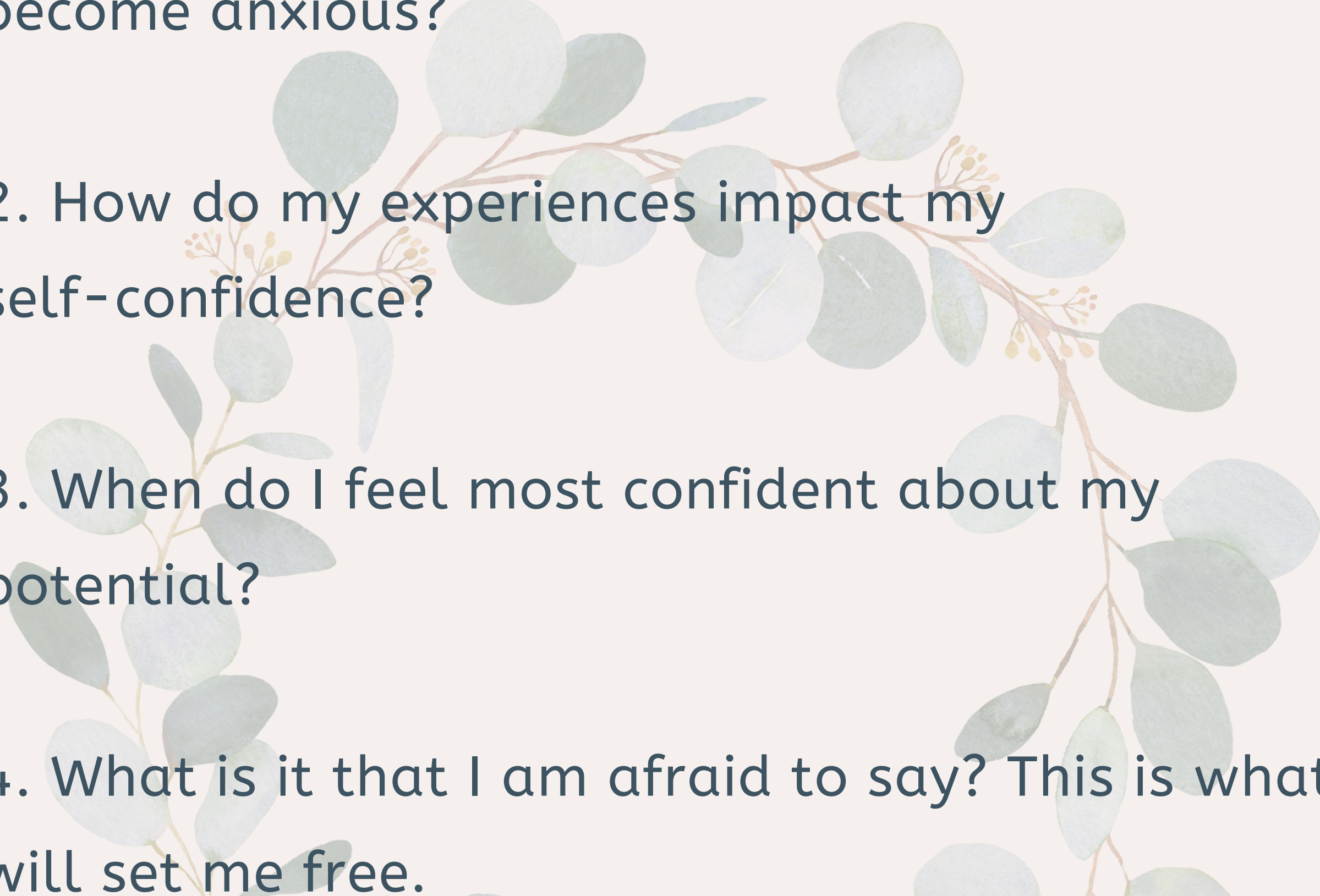
Rest your mind. More than 40 percent of adults are lying awake at night. To help ensure you get the recommended 7 to 8 hours of shut-eye, cut back on caffeine, remove distractions such as television or computers from your bedroom, and go to bed at the same time each night.

Research shows that activities like yoga and relaxation exercises not only help reduce stress, but also boost immune functioning



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Self-Reflection Questions:

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1. What situations often cause me to become anxious?
 2. How do my experiences impact my self-confidence?
 3. When do I feel most confident about my potential?
 4. What is it that I am afraid to say? This is what will set me free.

*Where your
attention goes, your
energy flows*

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Mind Lab Rx

Anxiety & Stress is blocking my potential

FAST FACTS ABOUT ANXIETY AND STRESS

- An anxiety attack usually involves a fear of some specific occurrence or problem that could happen.
- Symptoms include worry, restlessness, and possibly physical symptoms, such as changes in heart rate.
- Anxiety is different from a panic attack, but it can occur as part of an anxiety or panic disorder
- Stress: We've all felt it. Sometimes stress can be a positive force, motivating you to perform well at your piano recital or job interview. But often – like when you're stuck in traffic – it's a negative force. If you experience stress over a prolonged period of time, it could become chronic – unless you take action.

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FAST FACTS ABOUT ANXIETY AND STRESS

- Multiple studies have shown that these sudden emotional stresses – especially anger – can trigger heart attacks, arrhythmias and even sudden death. Although this happens mostly in people who already have heart disease, some people don't know they have a problem until acute stress causes a heart attack or something worse.
- And once you're sick, anxiety and stress can also make it harder to recover.



BY AMY DANG



ABOUT

AMY



Hi, I'm Amy Dang.

I am a certified in Neuro-Linguistic Programming (NLP), Time Line Therapy and Hypnosis. My passion is helping others to forge their path to greatness.

I struggled with anxiety and stress too and my business struggled. My potential was not being reached and for that money was not flowing. I didn't want to be this way anymore and I needed to find out how to rid myself of this. If this sounds like you, go to my website to book a call with me. It's a free discovery call because it's time to invest in yourself and move forward. We will chat and see if this is right for you. This CAN be your reality, can it not?



{WHOLE}ISTIC & BEAUTIFULLY YOU