

5 Powerful Tips to control "Fear" that will help you to handle stress more effectively



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A person with short blonde hair, wearing a light-colored hoodie, is walking away from the camera down a busy city street. The street is lined with tall buildings and large billboards. One billboard on the right shows a person in a blue shirt with the word "JEANS" written on it. Another billboard on the left shows a person in a blue shirt. In the background, a McDonald's restaurant is visible. The entire image has a blue tint.

About this e-book

Is it really important to slow down in such a fast-moving lifestyle? Do you think so?

Yes, it's important but many Working professionals do not know how to slow down and take Charge of life.

Over the period, by not taking timely actions, one tends to become fearful or some people are fearful for many years and when they get into a demanding work environment, their life gets pissed off.

This e-book will help you with powerful hacks and tips to address fearful situations, and fearful feelings which will lead to powerfully handling stress at the Workplace.



Tip 1

Awareness and Acceptance

It is of utmost importance to be aware of the emotion "Fear". Once you are aware of fear, it becomes easy to accept it. Here awareness refers to that you know the triggers of the fear i.e. you know the reason for the fear.

Acceptance refers to admitting the truth of suffering from it. Such acceptance gives the solution to handle the fear.





Tip 2

Change the state of mind

It is important to change the fearful state of mind once you accept it. Now how to change the State? For this, here is the powerful NLP technique that you need to use as under -

"I am _____ (Your name)

and

I am a confident person"

You need to repeat the above statement as if you are already a confident person, facial expressions as if a confident person, breathing pattern as if you are a confident person, and body posture as if you are a confident person. You need to repeat it 20 to 25 times in a loud and clear voice and then repeat it in your mind.

Once you are done with the above, the final step is to visualise the benefits you will get if you are a confident person.

This way, it would be easier to handle the fear and get into a Confident state. **Similarly, you can get into a relaxed state.**





Tip 3

One thing at a time

Multi-tasking is a myth. One thing at a time matters. If you keep on postponing things i.e. procrastination; then things will get piled up. Such a situation leads to fear. Hence it is very important to focus on one thing at a time so that you finish it off and move to the next.

Doing tiny things in one go helps to avoid procrastination.

Such an approach not only enhances your confidence but also makes you more organised.





Tip 4

Your own Breath

Our breath makes a miracle. Now the question comes, "How?". Here is a powerful exercise to help you control fear and come to the present moment instantly.

This powerful breathing exercise is called "Haa Sound Breathing". The moment, you feel fearful, you need to take a long deep breath from your nose at the count of 1 to 3 and then hold the breath at the count of 1 to 5, and then release from the mouth very gently with a "Haa Sound". If you do it several times (5 to 10 times), you will get instant relaxation and can think better to handle a stressful situation.

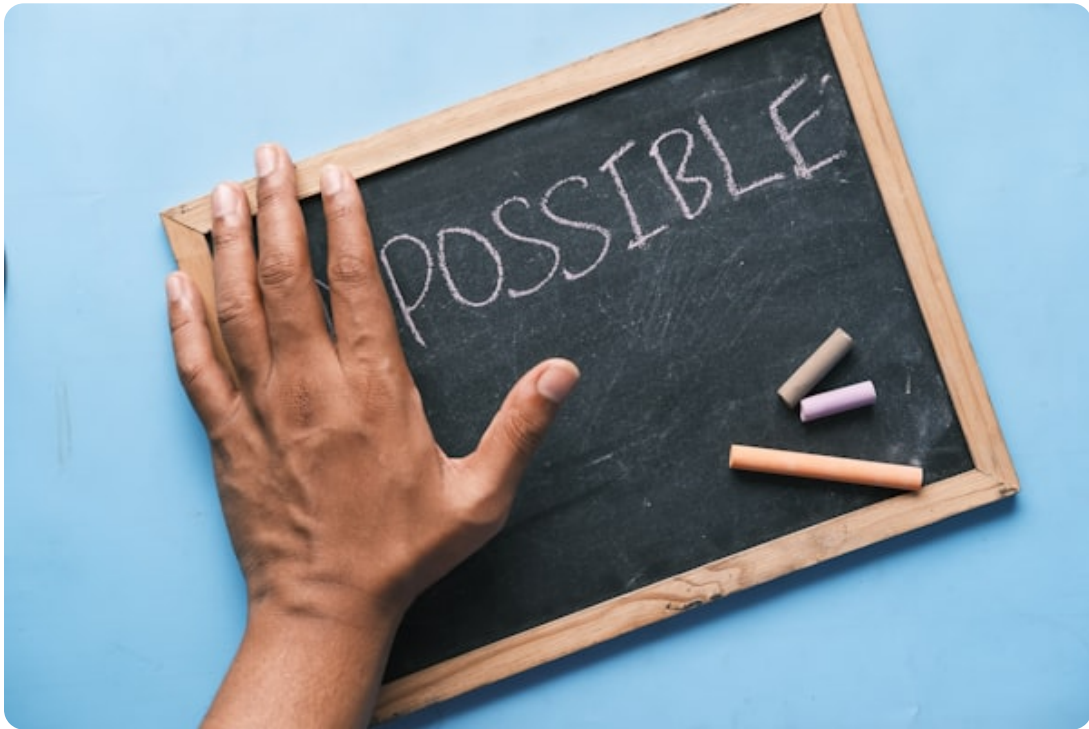




Tip 5

Challenges

Giving small small challenges helps to handle the fear. The challenge like, that today, I will not TV, or today, I will not have screen time or today I will not have tea. Giving such challenges to yourself, will increase your resilience and make you stronger to face the fear and come out of it. Such Challenges will also help you to handle stressful situations in a better way. it enhances your confidence slowly and gradually.





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Want detailed guidance? Through my private VIP group on Facebook, you will understand how to control fear, handle stress, and be a Confident person. Click the button below to join the group now.

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