Bedtime Steps to Reduce Anxiety

Below is a set of steps that you can use at bedtime to dramatically reduce your feelings of anxiety and begin to effectively cope with them. These steps are designed to help you cope with anxiety from its onset.

*Think of something you are anxious about, describe it, and then try these six steps to conquer anxiety before bed time.*

What are you anxious about?
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

STEP 1 = Reduce physical tension by taking a deep breath and holding it for five seconds. Do this ten more times. How did that feel?
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

STEP 2 = Stay in the present by bringing your thoughts to the here-and-now (as if the future does not exist!). How did that feel?
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

STEP 3 = Start the calming process by forming a mental image of a calm place. Close your eyes and picture yourself in this calm place. Use your senses of smell, touch, taste and hearing to make the image real. How did that feel?
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

STEP 4 = Continue calming your body and achieve a sense of deep relaxation. Start at the bottom of your feet and begin relaxing all of your muscles until you reach the top of your head. How did that feel?
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

STEP 5 = Realistically assess the accuracy and rationality of your thoughts. STOP any negative statements and replace them with positive statements. How did that feel?
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

©Whole Person Associates, 101 W 2nd St, Suite 203, Duluth, MN 55802 www.wholeperson.com
STEP 6 = Repeat several positive affirmations that will help you to stay in the present moment. Affirmations might include statements such as “My thinking is peace-filled.”

What did you learn from these Bedtime Steps to Reduce Anxiety?

The truth is that there is no actual stress or anxiety in the world; it’s your thoughts that create these false beliefs. You can’t package stress, touch it, or see it. There are only people engaged in stressful thinking.

~Wayne Dyer

What does the above quote mean to you?