

# Don't PANIC!

Are you one from the significant proportion of the population who regularly suffer anxiety attacks? If so, celebrity motivational expert Steve Miller provides five steps to help beat the panic

As I sat scanning the Sunday newspapers last month I was horrified to read an article highlighting that 30% of the UK population acknowledge they are suffering from panic and anxiety disorder in some shape or form. The majority of this is situation specific but worryingly a large proportion of people are experiencing general anxiety disorder. It brought back memories of the early 1990's when I myself was suffering panic attacks which ultimately led to me training to become a qualified Clinical Hypnotherapist.

So what can be done if you find yourself experiencing a bout of anxiety and panic? Follow my five key steps which will certainly help relieve the symptoms and offer a longer term solution.

## Step 1: Let it be and laugh!

Acceptance is critical if you are to begin managing panic and anxiety. It's no good beating yourself up every time you experience anxiety and panic attacks. Accept that is how you are at the moment and stop being hard on yourself. You're no lesser a person and remind yourself that you're not alone. Furthermore let yourself laugh about it as this will help to turn around your perception of anxiety. See it as comical rather than something that is stubbornly serious.

## Step 2: Dissociate the anxiety

Without drowning you in psycho babble let me explain what I mean. Your mind has learnt to accept that anxiety is the way you cope with 'things'. Good news! What is learnt can be unlearned. To do this it is important to learn the art of relaxation and then mentally imagine (perhaps on your out breath) that you are letting go of the anxiety and panic. As you breathe in imagine you are bringing in relaxation and calm into your mind. In other words, out with the old and in with the new.

## Step 3: Anxiety about anxiety – let it go

What often creates anxiety is the anxiety about being anxious! To help relieve this enter a deep state of relaxation and give yourself the positive suggestion that you are now in control of the anxiety and that anxiety about being anxious is



and before long you will begin to experience the pleasant physiological sensations you had back then. You see it works! With that in mind if your panic is triggered by certain situations such as delivering presentations or being in a confined space (known in the business as presenting stimulus), then begin seeing yourself manage that presenting situation more calmly, more in control and much more relaxed. But be sure to do this every day as it is no quick fix. Usually after three weeks you will begin to notice a difference.

## Step 5: Face it and flood it

As you are now feeling more relaxed and in control, the time has come to face the presenting situation that triggered the panic and anxiety. Sitting in a warm room practicing relaxation and mind programming techniques is only half of it. The other half is to take yourself into the actual situation that creates the panic and anxiety. This will help you flood any remaining anxiety because strange as it sounds you will get bored of being anxious! This is a technique often used by people who want a quick end to anxiety. However never do this if you are suffering from a heart condition or epilepsy. In addition always take a qualified practitioner who will be on hand to support you.

Panic and anxiety disorder affects millions of people in the UK and it is important to know you are not alone. And do remember there are techniques that can help alleviate the condition. **■**

## For further information visit

[www.stevemillertraining.com](http://www.stevemillertraining.com). Steve Miller is based in Birmingham and regularly features on regional and national TV and radio.

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something that for you is in the past. Really affirm this into your mind and imagine the positive suggestion sinking deeper and deeper so that it becomes part of your every day living.

## Step 4: Picture paint

We all know about the power of creative visualisation and it is certainly not to be knocked. The reason this works is that your mind cannot distinguish between reality and fantasy. Just for a moment think back to a pleasant experience, perhaps a peaceful holiday,