

OVERCOMING STRESS, ANXIETY AND DEPRESSION

USING “WHOLE BRAIN BODY SYNCHRONICITY MEDITATION” AND COMMON SENSE

MEDITATION



How Meditation Can Help You to “Overcome Stress, Anxiety and Depression”

Stress is all around us. It's become normal part of daily life. But over time, its effects can become taxing, both mentally and physically.

Some degree of anxiety is perfectly normal. We all experience situations that make us fearful and apprehensive. However, there are some people who feel anxious even when there is no discernible cause.

Some people have described depression as a heavy black curtain of despair that envelops their lives. Depression affects your life, and the lives of those around you. It can severely disrupt how you function, eat, sleep, and get along with others.

What stress, anxiety and depression have in common is a disconnecting imbalance in the brain body complex of the people suffering from these conditions. There are many causal factors at play from poor lifestyle choices, bad nutrition, lack of exercise and a belief that we have to listen to and believe the negative inner self talk and that these thoughts have some authority over us.

When one is experiencing any degree of these conditions it generally means that the signs leading up to the conditions were probably ignored and now it is time to take steps to begin reversing the conditions.

Taking Positive Steps With Meditation?

Since stress, anxiety and depression starts with a disconnecting imbalance in the brain body complex, the first step is to rebalance the functioning of your whole brain body again. Scientific research has proven that **Meditators** develop the ability to use their whole brain body complex and to live in a much more balanced state characterized by a process called “**Whole Brain Body Synchronicity**” which results in “**Whole Brain Body Functioning**”.

Some of the most brilliant leaders, scientists, technologists, artists and spiritualists throughout history used some form of **Meditation** and had a high degree of being able to use both sides of their brain resulting in “**Whole Brain Body Synchronicity**”. Plato, Aristotle, Lincoln, Yogananda, Einstein, Picasso and Lewis Carol are a few examples of the small percent of people who used expansive whole brain body thinking.

What is Whole Brain Body Synchronicity?



After almost two decades of clinical research, “**Whole Brain Body Synchronicity**” is revealing itself to be one of the greatest **Meditation** breakthrough in “Overcoming Stress, Anxiety and Depression. There is more and more scientific evidence that proves **Meditative** practices should be at the very heart of our everyday life.

With our amazing ‘**Whole Brain Body Technology**’ you can generate vibrant states of health and well being as your stress, anxiety and depression melts away, so too will fear, anger, sadness, addictions, and a whole host of dysfunctional feelings and suppressed emotions.

This unique form of **Whole Brain Body Technology** uses a technique called “**Entrainment of Brain Wave Patterns**”.

How Brain Waves Work

Ideally, being able to entrain our Brain Wave Patterns to fall in step or synchronicity with life's natural Brain Wave patterns associated with love, success, happiness, enlightenment and stress free living, is what we would all like. Basically that is what our “**Whole Brain Body Technology**” does. This technology works with all four “**Brain Wave Frequencies**” (Beta, Alpha, Theta and Delta) as needed, anytime, so that you can live without stress, anxiety and depression while you create an exciting world of endless possibilities.

Further more, when the Whole Brain Body functions as a complete unit our level of conscious awareness expands and our life changes for the better. Based on our unity of brain body consciousness our **Brain Waves** will operate at different Hertz frequency levels which affect our ability to handle stress, anxiety and depression. The more expanded our conscious awareness of ourselves the easier it is to function positively in life.

Our basic levels of conscious awareness creates brain waves referred to as:

- Beta (one level of awareness – can only focus on you or me at the same time)
- Alpha (two levels of awareness – can focus on you and me both at the same time)
- Theta (three levels of awareness – can focus on you, me and and what ever is going on inside of me at the same time)
- Delta (four levels of awareness – you, me, inside of us and now the energy outside of us) brain waves.

It has been discovered that during the Brain Wave Entrainment stages the Brain Wave Patterns of the **Meditators** altered and both hemispheres of the brain were working in harmony together. When the Whole Brain Body is functioning in harmony together, it is easy to overcome stress, anxiety and depression, increase creativity, memorize clearly, be in charge of your moods and resolving unwanted negative behavior patterns.

The three main effects of “Whole Brain Body Synchronicity”

One is an increase in balancing various mental capabilities:

- Greatly improved learning ability
- Increased creativity
- Increased mental clarity
- Increased intelligence

- Increased intuition
- Increased conscious awareness

The second is, each time the neural structure changes, positive changes in mental and emotional health take place. As the brain reorganizes at a higher level of aware functioning, a new and improved map of the way in which we perceive the world to be is created. When new neural pathways are formed a greater conscious understanding is born and we acquire the realization that we have many more choices and opportunities than we previously believed which automatically reduces stress, anxiety and depression.

The third is our body brain functioning really begins to change for the better resulting in:

- Higher levels of activity at the left frontal area of the cerebral cortex which coincides with feelings of happiness, enthusiasm, joy, high energy, and alertness and,
- Lower levels of activity on the right frontal area which corresponds to feelings of fear, anger, sadness, anxiety, and worry.
- A quick and easy way of redistributing the balance, sparking more left-brain activity and thus positive emotion, thereby eliminating stress, anxiety and depression from the brain body complex.

Remember

All you have to do to protect your future happiness and health from stress, anxiety and depression is make Meditation a part of your daily routine. Regularly using **Meditation** will allow you to grow physically, mentally and emotionally, helping you to become the best you can be. Quite simply, it will open up a whole new way of thinking and feeling. It will create in you, inner-peace, happiness and a passion for life and most of all a return to **“Whole Brain Body Functioning”**

How Do I Get Into Meditation?

- Meditation is a simple phenomenon.
- Whenever you have time, sit silently, doing nothing.
- Relax, close your eyes and watch your thoughts as if you are watching a movie on the screen.

- You are just a watcher. Watch your thoughts just as if they are images on the screen, don't get involved in them or add to them or try to stop them and just watch as they start dispersing. It is your involvement that gives them life energy.
- When you withdraw yourself from the images and stop feeding them with your energy and power and just be the watcher, thoughts stop rising and falling, just like leaves which are dead start falling from the trees. Soon you will be surprised, the screen is empty.
- After just being the watcher and not feeding the images and thoughts as they rise and fall a few times, they will diminish your belief that they are you and it becomes very easy for you to reclaim your energy and power back.
- When the consciousness of mind, body, thoughts and images slow down and come back to their original source, this process is called Meditation and is a transformational experience that happens in the here and now.
- Meditation helps us live open and available, fill the space with love, experience the rush of the moment, feel the flow of alive presence and see the unseen. Meditation helps us open our body and our mind to the subtler levels of experience, letting go of our attempt to control, to be right, to take credit, not worrying about appearances, not trying to be safe...stillness becomes apparent, stress falls away, our relationship with all that is becomes a mutual love affair in celebration of... life's magnificence.

Meditation help us see that the external world reflects our internal world. That is described in the ancient mantra, "I am That". I see myself through my creation, my world. How to change your world? Change yourself. How do you change yourself? Meditate! When consciousness returns to its source...the space, which is the same as oneness...that is Meditation.

Some simple common sense steps to help you “Overcome Stress, Anxiety and Depression”

- First of all don't believe all the bad press about never being able to “Overcome Stress, Anxiety and Depression” because you are the master of your life and you can take control of your consciousness and have what you want in life
- Create a journal to log your daily activity, thoughts, feelings and progress
- Start with the end in mind...what does a healthy you look and feel like
- Now go to a full length mirror and take a picture of yourself the way you are now and then again in 30 days to see the difference in your lightness of being

- To increase your awareness, log your daily activity and any habitual negative thinking and feeling that occur often enough to have you think you will never be able to “Overcome Stress, Anxiety and Depression”
- Negative thinking and feeling, bad diet, lack of exercise and an unclear life purpose are big stress factors and combined, cause difficulty in “Overcoming Stress, Anxiety and Depression”
- You may ask yourself, why am I feeling like this? What does this say about me? Will I ever get better?" But the brooding only causes more pain. **Meditation** can help quiet those thoughts,
- Get support, go out and network with holistic health groups, stress free living groups and personal development groups to expand the knowledge, awareness and the motivation to change your life
- Look deeply within you for what it would take to adjust your lifestyle to meet your mental health goals
- Now tune into yourself, how does it feel being with you, have you lovingly accepted yourself exactly the way you are
- Thoughts and feelings are an energy exchange, vividly imagine and feel yourself being your ideal happy self
- Consciously feel the feeling of love, comfort and safety being in your body with your ideal healthy self
- And remember that the brain, body feeling and thinking complex is a product of consciousness. Out of consciousness are created thoughts, out of thoughts are created energy, and out of energy is created the brain, body thinking and feeling complex
- Recognizing the primacy of consciousness over the brain, bodyfeeling and thinking complex makes it much easier to account for miraculous change, healing and spontaneous remission of stress, anxiety, depression and negative thinking and feeling in all aspects of your life. Since what we think and feel inside are a reflection of what we see and receive outside, it makes sense that a dramatic shift in your state of consciousness could bring your brain, body feeling and thinking complex into balance overnight.
- **If you are having difficulty “Overcoming Stress, Anxiety and Depression”, there is generally a subconscious negative program getting in your way**

Here is an easy and effective Meditation Process that will put you back on track to “Overcoming Stress, Anxiety and Depression”

- Close your eyes
- Now relax and take a deep breath and release and another breath and release and another breath and release
- Expand your awareness, become the observer and watch your breath rise and fall in the space
- While watching your breath go in and out notice any noises, acknowledge the sounds, let the outside sounds become a back drop, a back ground so now you can hear your inner you more clearly and continue watching your breath rise and fall in the space
- Now expand your awareness again and watch any images, thoughts or feelings rise and fall in the space without interacting with them...while you continue to watch your breath
- Don't feed the images, keep expanding your awareness and observe your breath and any images, thoughts and feelings that are rising and falling in the space
- Now expand your awareness, tune into the space and notice the alive energy presence around you
- Now your awareness is expanded to be the space, the energy presence watching your breath, letting the images, thoughts and feeling rise and fall without the need to start, stop, fix or solve anything
- Now with this expanded awareness, tune into any negative program that would limit or restrict you from “Overcoming Stress, Anxiety and Depression”
- Embrace any energy, feelings or thoughts that limits or restricts you
- Say silently, cancel, cancel, cancel, this negative program is not real, it is not me, unless I say so and I say it is not me for I am the space in which it exists
- Now say, I am no longer going to feed this program with my energy and power
- I appreciate whatever it may have done for me once upon a time

- However, I am taking my energy and power back from this negative program now
- Now say, I am now empowered to “Overcome Stress, Anxiety and Depression”
- Feel the feeling of Being in your body with your IDEAL Healthy Self
- Over the next few days, each time you embrace old negative programs that limit or restrict you, please show us all what you are feeling, not only with your words, but with the way you move, with your laughter and your tears. Be free and just let it flow!
- Now let everything go as we count you down into a deep Meditation to reclaim your energy and power to “Easily Maintain Your IDEAL Healthy Self”
- 10-relax, take a deep breath and release and again
- 9-feel yourself dropping deeper
- 8-allow yourself to let go of any anxiety
- 7-feel your ideal mental and physical healthy energy around you now
- 6-feel yourself dropping deeper and deeper
- 5-let your body’s healthy energy cradle you
- 4-drop deeper into stillness
- 3-feel healthy love envelope you
- 2-drop into the light around you
- 1-feel the oneness of you, your body and your soul
- Stay as long as you want in this relaxed meditative state

Common Sense Understanding and Treatments of Stress, Anxiety and Depression

STRESS



Mind won't stop talking. Traffic jams. Toddler tantrums. Deadlines at work. Money troubles. Too much work. Not enough sleep. Relationship problems. No time to eat right or even to think. Worrying about the future.

Does this sound familiar? Stress is all around us. It's an inevitable and normal part of our daily lives. But over time, its effects can be quite taxing. Stress becomes a problem when you feel overwhelmed by its challenges. And though it may be difficult to define, that doesn't mean it's all in your head. Researchers have found that there are significant biological changes that take place in the brain body in times of stress.

Extended periods of stress can cause destructive changes in the body such as depression and a suppressed immune system, which can lead to continuous colds, asthma, heart disease, cancer, strokes and a host of mental problems. So if you are feeling stressed out, it's time to get some relief.

Why Do We Get Stressed?

Stress is a normal physical reaction to an internal or external pressure that is placed on your system. People react to most stressful situations with the "fight or flight" response. The brain body is flooded with stress hormones, making the heart pump faster, the breathing rate increase, and the muscles tense up. This is the brain body's way of gearing up for imminent physical activity. For instance, if you are in a minor car accident, you may feel a surge of energy that allows you to escape the car and help others out as well. However, sometimes the stress is emotional rather than physical and the body is not allowed to release the physical tension created by stress hormones. If you're stuck in a traffic jam and late for a meeting, there is little that you can safely do to release the buildup of stress hormones in your brain body complex except an eyes open styled Meditation. Over time, stress can lead to back pain, headaches, raised blood

pressure, indigestion, sweating, palpitations, irritability, and anxiety. It can also contribute to the development of such stress diseases as cold sores, herpes, ulcers, and heart disease.

What Causes Our Stress?

There are two types of stressors that may be causing you grief. External stressors such as traffic jams, a death in the family, or a financial hardship, are often out of our direct control. Internal stressors, on the other hand, develop through our own personality traits and emotions. It is our ability to handle these internal and external stressors that determines the amount of stress we feel we have. Chemical substances such as alcohol, caffeine, nicotine, sugar, additives, drugs, and environmental toxins deplete the brain body of energy and are further sources of stress.

How Can We Prevent Stress?

Stress is an inevitable and normal part of life. So there is no way to prevent it completely. However, there are various stress management techniques that can reduce the effects that stress takes on your life. The most important thing you can do to prevent stress from negatively affecting you is to learn how to recognize stress and the triggers that set you off. Also, avoiding substances such as alcohol, drugs, and nicotine will help the brain body remain better prepared to handle stress.

Am I Stressed Out?

Ask yourself the following questions:

- Are you a “control freak,” insisting that everything be done your way?
- Do you have difficulty sleeping at night, because you are going over the events of the day, or worrying about what will happen tomorrow?
- Do you have a hard time showing your emotions?
- Do you feel overwhelmed by the number of tasks that you need to accomplish on a daily basis?
- Do you feel life is working against you?

Being able to identify your personal physical and psychological responses to stress is critical to reducing its negative effects on your life. If you try to deny the existence of stress, or “tough it out” in hopes that it will go away, you will be more likely to intensify the effects of stress rather than relieve them.

The physical symptoms of stress include dry mouth and throat; tight muscles in the neck, shoulders, and back; chronic neck and back problems; headaches; indigestion; tremors; muscle tics; insomnia; and fatigue. Emotional symptoms include difficulty concentrating, feeling tense, irritability, impulsive behavior, difficulty in making a decision, poor judgment, difficulty relating to—and mistrusting—people, negative thinking, brooding, worrying, depression, anxiety, or feelings of worthless. Excessive use of tobacco, alcohol, and drug use can also be signs of stress.

Tips for Stress Relief

Now that you can recognize the triggers that are making you stressed, you will be better prepared for dealing with these situations. Try these techniques for relieving stress before it becomes a problem.

- **Get Physical:** Physical exercise, whether it is yoga, football, walking, or dance therapy, can help to relive the buildup of stress hormones in the brain body and promote a general relaxation of the nervous system.
- **It's All in Your Mind:** Use mental exercises such as **Meditation**, guided imagery, art, and playing music, as a useful way to reduce stress and promote relaxation in your life.
- **Get Connected:** Sometimes, all it takes to relieve stress in your life is to talk about the stressor with a close friend or family member. Pet therapy has also been reported to relieve stress.
- **Eat Up and Eat Well:** Stress suppresses the immune system and can cause or aggravate such conditions as heart disease and ulcers. Dietary changes, such as reducing coffee and other caffeinated beverages can reduce the jittery behavior, restlessness, anxiety, and insomnia that might magnify the effects of stress. Also whole grains promote production of the brain neurotransmitter serotonin for a greater sense of well being.

All you have to do to protect your future happiness and health from stress is make Meditation a part of your daily routine. Regularly using **Whole Brain Body Meditation** will allow you to grow physically, mentally and emotionally, helping you to become the best you can be. Quite simply, it will open up a whole new way of thinking and feeling. It will create in you, inner-peace, happiness and a passion for life and most of all a return to **“Whole Brain Body Functioning”**

ANXIETY



Some degree of anxiety is perfectly normal. We all experience situations that make us fearful and apprehensions. However, there are some people who feel anxious even when there is no discernible cause. In these cases, the anxiety usually becomes overwhelming and may interfere with day to day whole brain body functioning. People who regularly have a debilitating level of anxiety are suffering from an anxiety disorder.

Anti Anxiety

It's perfectly normal to feel anxious, nervous or even stressed-out from time to time. It would be impossible to go through life without encountering at least one stressful event or situation. But sometimes anxiety can develop for no apparent reason, and wreak havoc in an individual's life. Left unchecked, anxiety can affect every aspect of daily life, from relationships at home, to productivity at work, even a person's ability to drive.

- If you feel overwhelmed by anxiety, it's important to make the effort to learn what you can about this condition and how it's affecting you.
- Next, you need to understand the source of your anxiety and the methods you can use to tame it.

The Source of Anxiety

Many people encounter similar circumstances in life, whether they are financial, marital, or otherwise related. But some people find it difficult to take the many bumps and curves that life has to offer without skipping a beat. Others become debilitated by the slightest setback. What accounts for the difference in the way one person handles anxiety as compared to another? The difference can be found inside.

Many researchers have come to believe that the difference between happiness and misery is a choice that each of us makes. That setbacks and misfortunes are only as debilitating as we allow them to become. This is an incredibly difficult concept for some people to grasp, after all, who would choose to be miserable? But in reality, misery is often an unconscious choice based on learned and habitual negative thought patterns. If you continually dwell on negative events, you'll soon begin to avoid certain events for fear that they may have a negative outcome. This leads to the belief that happiness is impossible, and consequently misery takes its place.

So, is it possible to change this negative outlook and learn to be happy? Yes. And it's not as hard to accomplish as one might think.

- The first step in taming your anxiety is an understanding that it's not the stressful situation that's causing your anxiety; it's your response to it.
- If you can learn to pay attention to your brain body and the ways you react to stress, you will become better able to counter anxiety before it becomes a problem.

Reconnecting With Yourself

The more you know about yourself, the better. Stop, find a quiet place and drop into **Meditation**. What thoughts are coming up? Notice that whatever thoughts are there, they have little or nothing to do with right now. Think about yourself as you think others might view you.

- What are your best qualities, the ones that others always seem to point out about you?
- What qualities do you think you need to work on?
- Think about your daily tasks and activities and the expectations you place upon yourself. Are they realistic?
- Do you focus too much on what friends, family, or co-workers think about you?
- Finally, think about your thoughts and feelings, the real thoughts and feelings that you experience when you totally let your guard down.
- Do you talk negatively about yourself?
- Are you filled with fear and anxiety?
- Look at yourself honestly and deeply.
- Make notes if you think it would be helpful and try to gain a better understanding of the person you are and the attitudes that you possess.

Now that you have a better understanding of who you are, and where your anxiety is coming from, you'll be better equipped to tame that anxiety. There are plenty of self-help books, and self-professed experts that offer suggestions for the best methods for handling anxiety. But it doesn't really matter what the experts say, or what works best for most people, what matters is what will work for you. So if you have tried other methods and techniques, without receiving any noticeable relief, don't despair. Whole Brain Body Meditation is a solution that will work for you. It's just a matter of taking your time to learn it.

Taming Anxiety

Taming anxiety involves understanding yourself and the source of your anxiety. Make an effort to take control of your life and those situations which are causing your anxiety. Now that you understand what triggers your anxiety, you can determine the best method for diffusing or avoiding these situations. Learn to manage your time and your activities to avoid stress and anxiety. And make a daily effort to renew your spirit and recharge your batteries. Make the time to enjoy your life and, most importantly, choose to be happy.

Types of Anxiety

Child Anxiety

Many of us only associate anxiety attacks or obsessive-compulsive anxiety disorders with adults. But anxiety can affect children as well. In fact, experts estimate that severe anxiety afflicts 10% of children in the United States. We tend to think of childhood as being a time free of any cares or worries. But it is completely normal and natural for children to feel anxious, sad or depressed.

It only becomes a problem when this anxiety begins to interfere with their relationships and daily activities. Separation anxiety, phobias, and obsessive-compulsive disorder are common anxiety conditions that affect children.

Separation Anxiety

At around eight months of age, your child will begin to recognize their loved ones (usually their parents) and notice when they are out of sight. In addition, your child has not yet developed a complex sense of time. So they cannot tell the difference between mommy leaving the room for a few minutes and mommy leaving the house to go to work for the day. Your child may respond to this kind of stress by crying until mommy returns. This type of anxiety is known as separation anxiety. Although its onset can vary widely, it generally occurs in children from eight months to two years of age and peaks around age one.

If your infant is experiencing separation anxiety, it may be both flattering and distressing for you. It's nice to know that you are so loved, but difficult to deal with you the fact that they won't let you out of their sight. Try to gradually introduce new people to your baby to minimize their anxiety when you aren't around. And if you must leave them with someone else for a time, try not to make a big deal about it. They'll likely take their cues from you, and if you stay calm and relaxed, so will they.

Your child may need treatment for separation anxiety if it persists beyond the toddler years. Seek the advice of your child's pediatrician or a qualified counselor if your child is refusing to go to school, has frequent stomachaches and headaches, seems overly clingy, or has trouble sleeping.

Performance Anxiety

Performance anxiety is a singular term that has come to describe two enormously different conditions. To musicians, actors, and public speakers, performance anxiety means the fear of speaking or performing in front of others. Performance anxiety can also describe fears associated with sexual performance.

On The Stage

Performance anxiety can affect any of us, from the seasoned actor, to the newest performer. And it can create self-fulfilling negative self-talk such as "I will mess this up," or "everyone is going to laugh at me." Performance anxiety can range from mildly upsetting to completely paralyzing. And it can defeat even the most qualified performer.

It usually begins with a minor distraction. As we lose more and more of our concentration, self-destructive thoughts are allowed to enter our minds. Before we know it, we are nervous, uncomfortable, forgetful, and convinced that we will fail if we perform.

Managing Performance Anxiety

In order to control this type of performance anxiety, you need to control the negative self-thoughts before they are allowed to become a problem. Practice is crucial. Just as you would practice your dialogue or your instrument over and over again until your performance is flawless, you must also practice controlling your fears. Here are a few tips that you can use both before and during your performance to control performance anxiety.

1. **Practice Positive Self-Talk:** The premise here is simple. Negative self-talk can be upsetting and debilitating. And positive self-talk can have the opposite effect, helping you to reaffirm your skills and boost your confidence.
2. **Learn To Breathe:** Oh sure, we all think we know how to breathe. We would pass out if we didn't right? Wrong! Poor posture and daily stresses have forced most of us to develop the habit of taking shallow breaths that only fill the upper portion of our chest cavity, this kind of breathing gets the job done as far as bringing oxygen into the body, but it does nothing to relax the body or clear the mind. Practice taking deep, slow, controlled breaths that fill your tummy first, followed by your lower chest and then your upper chest. Breathing in this kind of controlled, conscious manner can help you calm your body and your mind and clear negative thoughts.
3. **Accept Your Thoughts and Shift Your Focus:** It's very natural to become anxious or distressed during a performance. Especially if you allow your mind to wander and then dwell on negative thoughts. But instead of trying to simply push negative thoughts out of your mind, accept them and move on to a less frightening image. For example, if you notice a man and woman whispering in the front row, you may begin to think that they are laughing at your disheveled hair or the quality of your performance. But instead of focusing on this negative thought, accept it non-judgmentally, and then move on. Think to yourself, "That couple is laughing at something, and what an interesting dress that woman is wearing."
4. **Enjoy Your Performance:** Stay in the moment. Don't judge what has happened in the past or what you think might happen in the future. Rather, allow yourself the opportunity to really enjoy your performance and leave the responses to the audience.

In The Bedroom

Performance anxiety can also describe the fears associated with sexual performance in the bedroom. This type of anxiety can affect a person's sexuality in several ways. It can put strain on a relationship, damage a person's self-esteem, and cause lowered self-esteem and sexual dysfunction. Similar to performance anxiety that occurs on stage, one who experiences performance anxiety in the bedroom tends to have negative self-talk that becomes self-filling. If one is completely preoccupied with being a good and responsive lover, they are likely to become too focused on the details of lovemaking, destroying an enjoyment for themselves or their partner. The memory of one failure then usually arouses the same anxiety the next time around. One who suffers from this kind of performance anxiety may avoid sexual encounters all together.

Men who suffer from erectile dysfunction, even temporarily, may develop sexual performance anxiety as a side effect of their physical condition. It's not uncommon for a man to occasionally have difficulty getting an erection. Stress, illness, and over consumption of alcohol can all result in a temporary erectile dysfunction. However, most men become so distressed when this happens that it tends to affect their future lovemaking ability. Some men experience negative thoughts and doubts that actually interfere with their ability to get and keep an erection.

Sexual performance anxiety is not limited to men. Women too may develop worries over the amount of vaginal lubrication attained or the quality of their lovemaking. Fears of sexual performance are very common and can usually be easily resolved, especially with the support of a loving caring relationship. If necessary, the advice of a counselor or health care professional can help to break the cycle of performance anxiety.

Anxiety Panic Attack Disorder

You've just come home from a typical day at work. As you put down your briefcase and plop down in your chair, you suddenly get the feeling that you are running out of oxygen. You feel smothered and lightheaded. Are you going to pass out? Is this an asthma attack? As your panic intensifies, your heart beat begins to race, your breathing become shallow, your chest hurts, and your mouth is completely dry. Are you having a heart attack? You feel very shaky, sweaty, and disconnected from reality. But finally, after what seems like an eternity (but is probably really just a minute or two) your symptoms begin to subside. You've just had a panic attack.

Anxiety Panic Attacks

Anxiety panic attacks are a terrifying experience. The signs and symptoms of a panic attack can be frighteningly similar to those of a heart attack. If you have a tendency to suffer from anxiety panic attacks, you may be unsure how manage your symptoms. Rest assured, it is possible for you to control your symptoms and resume a life without fear. Read on to learn more about anxiety panic attacks and what you can do about them.

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Does this sound familiar? Millions of Americans suffer from anxiety disorders. And many suffer in silence due to embarrassment or lack of information about their condition. If you or someone you love suffers from panic attacks, rest assured, help is available. A panic disorder is a medical condition characterized by severe and sudden episodes. With patience, information, and the appropriate treatment method, you can break the cycle of fear and anxiety and regain control of your life.

Anxiety and Panic

The main symptom of this type of anxiety disorder is the panic itself. It can occur in direct response to a situation (such as a darkened room or an unfamiliar social setting), or a specific object (such as water or dogs). The intensity of a panic attack will typically only last for a minute or two; however, it may take thirty minutes to several hours before all of the symptoms and emotions surrounding the panic attack to fully subside. Panic attacks seem so similar to the description of a heart attack that most people go immediately to an emergency medical facility during their first attack. Subsequent attacks may continue to occur several times a week, often with the same intensity as the first attack.

Whole brain body Meditation will calm a panic attack but you will need to practice getting into Meditation before it will work well for you.

Who Suffers From Anxiety Panic Attack Disorder

Almost 75% of the individuals who suffer from panic attacks are women. However, this statistic is calculated from the people who seek treatment for their condition. And men are more likely to avoid seeking help out of a fear of embarrassment. Anxiety Panic Attack Disorder begins to develop in most people between the ages of twenty and thirty, and it's uncommon for the disorder to suddenly appear in an elderly person.

There are several personality types which are most often associated with Anxiety Panic Attack Disorder. These include those who are extremely analytical or sensitive, those who have a tendency to overreact, those with low self-esteem, those who obsess, those who need to be in control at all times, those who have high expectations, those who worry easily, those who are easily irritated, and those who have a nervous disposition.

When to Call a Doctor

If you think you're suffering from an anxiety related panic attack, your health care provider can help you evaluate and diagnose your condition. If you are unsure if your symptoms are caused by a panic attack, or another medical condition, call 911 or go to an emergency medical facility immediately. Also, seek immediate medical attention if you experience crushing chest pain, especially with shortness of breath, dizziness, or sweating; or if your symptoms are more intense or lasting for a longer duration than normal; or if you are experiencing suicidal thoughts.

At the Doctor's Office

When you make an appointment to be evaluated for your condition, you can expect a series of physical and mental tests to help diagnose your particular disorder. Your health care provider will ask for your medical history as well as any family history of anxiety disorders. They will also perform a physical examination, paying close attention to your pulse, blood pressure, and respiratory rate. And you may also undergo diagnostic tests such as a CBC (complete blood

count), thyroid function test, and an electrocardiogram. Be prepared to answer the following questions to help your physician better understand your symptoms:

1. When did your attacks begin?
2. Are they triggered by a specific object, situation, or event?
3. What are the physical symptoms associated with your attacks?
4. What other symptoms do you experience?
5. Does anything make your symptoms better? Worse?
6. What medications are you taking?

Anxiety Treatments

Anxiety is an exhausting condition, both mentally and physically. It can zap your energy, reduce your physical capabilities, and diminish your mental condition. But there are several steps that you can take to reduce your level of anxiety and return your enjoyment of life.

Anxiety is an exhausting condition, both mentally and physically. It can zap your energy, reduce your physical capabilities, and diminish your mental condition. But there are several steps that you can take to reduce your level of anxiety and recapture your ability to enjoy life.

Eat Up and Eat Right

The first step to controlling anxiety is taking care of your body. It needs over forty different nutrients on a daily basis to maintain and repair cells. Make an effort to eat a balanced and nutritious diet and drink plenty of water to give yourself the physical energy you'll need to handle stressful occasions.

Use Whole Brain Body Synchronicity Meditation

All you have to do to protect your future happiness and health from anxiety is make Meditation a part of your daily routine. Regularly using **Meditation** will allow you to grow physically, mentally and emotionally, helping you to become the best you can be. Quite simply, it will open up a whole new way of thinking and feeling. It will create in you, inner-peace, happiness and a passion for life and most of all a return to **“Whole Brain Body Functioning”**

Get Physical

Exercise can be a great stress and anxiety reliever. It helps to improve your circulation, boost your self-esteem and take your mind off of stress. Swimming, running, biking, skiing, hiking, aerobics, and tennis are just a few of the physical activities you can engage in to stay in shape and reduce anxiety.

Sleep Tight

Poor sleep and high levels of anxiety can go hand in hand. And it's often difficult to determine which situation is the cause and which is the effect, so in order to break this vicious cycle, make an effort to get quality sleep. Try to go to sleep at the same time every night. Take several deep breaths and relax for the last half hour before bed. Avoid stressful activities like watching the evening news, paying bills, or cleaning the house. Make it a family activity to spend the last half hour of your day reading, sharing stories, **Meditating** or relaxing some other way.

Relax

If you frequently suffer from anxiety, it's a good idea to practice relaxation techniques to calm your mind and alleviate some of the symptoms of your condition. Regularly practicing relaxation will also give you the tools necessary to stay calm and focused when a particularly stressful event pops up. Yoga, tai-chi, guided **Meditation** imagery, and deep breathing techniques can help you reconnect your mind and your body, ease your stress, and calm your self.

Find Natural Relief

For those who suffer from chronic and persistent anxiety, nature offers a number of safe and effective anxiety treatments.

The most common and popular herbs used for anxiety are kava, valerian, hops, and passionflower. Kava works to calm the body, relax muscles, and clear the emotional center of the brain. It's useful for headaches, backaches and other tension. Valerian reduces anxiety, alleviates tension, and improves sleep. Hops, or *Humulus lupulus*, have been used for centuries as a mild sedative and sleeping aid. It helps to calm the nerves and induce sleep. And passionflower can be used to promote a deep, restful, and consistent sleep. It's also commonly used in the treatment of concentration problems in children.

Get To the Point

In traditional Asian theories, anxiety is seen as a dysfunction of the heart because the heart is said to be the seat of the mind and spirit. This heart dysfunction can either be due to a deficiency of the Chi or the presence of phlegm and heat. Acupuncture can be used to treat this condition by stimulating the Chi, or eliminating phlegm and heat in the heart. Insertion points may also be chosen to strengthen and calm the mind and spirit.

Get Help

If you can't manage your anxiety by yourself, don't be afraid to ask for help. Friends and family may be able to provide the emotional support that you need to overcome your anxiety. A therapist or counselor can also be a useful resource for helping you manage your anxiety. Desensitization therapy helps those who suffer from anxiety disorders develop a resistance to the

objects or situations that are triggering their symptoms. This type of therapy requires a great deal of physical and emotional energy from the patient. But it can also produce long-lasting results. Group therapy can help you connect with others who suffer from anxiety and understand it's physical, mental, and emotional symptoms. If your condition is severe, your health care professional may recommend a prescription medication.

A number of medications are used in the treatment of anxiety. Antidepressants, such as tricyclic antidepressants, selective serotonin reuptake inhibitors (SSRIs,) or monoamine oxidase inhibitors (MAOIs), work by inhibiting the absorption of a chemical or several chemicals in the brain that could lead to feelings of anxiety. Benzodiazepines are high potency anti-anxiety medications that can be effective at quickly relieving the symptoms of anxiety. Buspirone, or Bu Spar, is a newer anti-anxiety medication that is used in the treatment of generalized anxiety disorder. Propranolol and other beta blockers that are commonly used in the treatment of heart disorders have also been found effective in the temporary treatment of anxiety, especially social anxiety disorder. If an anxiety-causing social situation, such as a public speech, can be predicted in advance, the patient can take a beta blocker to prevent heart palpitations, sweating, shaking hands, and other similar symptoms of anxiety.

Separation Anxiety

You've always been the apple of your baby's eye. But suddenly, it seems that your one year old is terrified of everyone else except for you. She's anxious and distressed when you visit friends or relatives and she clings to you for dear life if you try to leave the room. She may even be upset around relatives or caregivers that see her on a daily basis. Sound familiar? If so, then your toddler is going through separation anxiety, a very normal phase of childhood development. But just because it is normal, does not mean you will feel any better if you have to pry her off of your leg to go to the bathroom.

Managing Your Everyday Stresses and Anxieties

Looking for all of the answers in how to manage your persistent anxieties and stresses? Here is a brief list of techniques that you can use to help manage your every day stresses and anxieties.

- Sometimes, we get stressed when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things.
- Another technique that is very helpful is to have a small notebook of positive statements that make us feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel anxious, open up your small notebook and read those statements.
- When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to break the task into a series of smaller steps. Completing these

smaller tasks one at a time will make the stress more manageable and increases your chances of success.

- In dealing with your anxieties, a person should learn to take it one day at a time. Instead of focusing on exaggerated assumptions that may or may not happen, focus on the present and rely on the facts of the present situation.

Our anxieties and stresses can sometimes get the best of us; however there are many helpful resources available to us. It might take some hard work and persistence, but it is possible to find answers to managing your anxieties.

DEPRESSION



Some people have described depression as a heavy black curtain of despair that envelops their brain, body and their lives. Depression affects your life, and the lives of those around you. It can severely disrupt how you function, eat, sleep, and get along with others. Although most people who suffer from depression feel as though they are suffering alone, roughly 20% of the American population suffers from depression. Depression is a disease, and like any other disease, it can be treated and managed. Read on to learn more about depression and what you can do to get help.

Types of Depression

Depression comes in many different forms and varieties. The most common types of depression include major depression, dysthymic depression, bipolar disorder, atypical depression, psychotic depression, and postpartum depression. The intensity, duration and cause of symptoms are often used to distinguish the many different types of depression and determine the most appropriate treatment method.

Major Depression

Major depression, or clinical depression, is the most common type of depression. It's also considered one of the most serious types of depression based on the quantity and severity of its symptoms. When a person becomes severely depressed for a period longer than two weeks, they are said to have major depression. It's characterized by extreme sadness, guilt, hopelessness and

helplessness. Fatigue, sleep disorders, appetite changes, and loss of interest in daily activities are also common signs of major depression. Major depression can be caused by a childhood trauma, a life-changing event, a chronic illness, certain medications, or chronic stress and anxiety.

Dysthymic Depression

Mild depression is often referred to as dysthymic depression. The symptoms are not as severe as those that are often associated with major depression, but they still may require treatment, therapy, and possibly medication. With dysthymia or dysthymic depression, the sufferer may experience infrequent or recurrent episodes of depression.

Bipolar Disorder

Bipolar disorder is characterized by extreme emotional mood swings as well as a variety of other symptoms that distinguish it from other forms of depression. This condition is also referred to as manic depression or manic-depressive illness to describe the two extremes of mood and personality changes which usually accompany it. The sufferer will experience extreme highs in mood and personality characterized by restlessness, insomnia, extreme happiness, exaggerated self-confidence, and hyperactivity. This manic episode would then be followed by extreme lows in personality and mood exhibiting extreme sadness, lethargy, guilt, and loss of interest in life or daily activities. The roller coaster of ups and downs is caused by an imbalance in the sufferer's brain chemistry. In roughly 8% of cases, bipolar disorder can be treated with the appropriate medications.

Atypical Depression

Atypical depression occurs most frequently in women. It's an intermittent depression that may fluctuate in both severity and duration. Common symptoms include oversleeping, low self-esteem, overeating, and a hypersensitivity to rejection.

Psychotic Depression

Approximately 15% of individuals who suffer from major depression also experience psychotic depression. This type of depression is characterized by episodes during which the sufferer hears voices in their head; has visions or hallucinations, and experiences delusional thinking. People who suffer from psychotic depression have lost contact with reality and therefore cannot judge the consequences of their actions. These individuals therefore are in need of immediate medical treatment before they become a danger to themselves or others.

Postpartum Depression

Postpartum depression is a form of major depression that occurs in new mothers immediately after the birth of a baby. About 10% of new mothers suffer from this condition. It can last anywhere from several days to several months after the birth of the child, if not properly treated.

Common symptoms include helplessness, hopelessness, guilt, sadness, lack of confidence in mothering abilities, and a deeply rooted conviction that something is wrong with the baby or that something bad will happen to the baby.

Seasonal Affective Disorder

Also known as seasonal depression or simply, SAD, this type of depression is a form of major depression that fluctuates with the seasons. It most often includes a depressive period in the fall and winter months. Because the frequency of this type of depression increases in direct proportion to increases in latitude, mental health experts surmise that seasonal affective disorder is linked to the amount of available sunlight. Common symptoms include extreme irritability, sadness, and fatigue along with over sleeping and over eating. This type of depression is usually cured by the arrival of spring and the lengthening of the daylight hours. However, some sufferers are so affected by seasonal affective disorder that they manage their symptoms with medications or light therapy during the fall and winter.

Cyclothymic Disorder

Cyclothymic disorder is a mild form of depression that is similar to bipolar disorder, with less frequency and severity. It's characterized by alternating mood swings of highs and lows that are not severe or debilitating enough to interfere with daily activities. Often, a person with cyclothymic disorder may later develop bipolar disorder if their condition is left untreated.

Postnatal Depression (PND)

This type of depression is similar to postpartum depression, however rather than developing as a result of the hormonal imbalances of childbirth, postnatal depression usually develops as a result of the pressures and responsibilities of new motherhood. The hormonal upheaval of motherhood and lactation combined with physical exhaustion, loss of independence, financial pressures, and a strained marital relationship are all potential causes of postnatal depression.

Depression Treatments

Depression is a highly treatable disease. Every person's situation is different, and there are many options you and your mental health professional may want to pursue. Depending on your particular needs, your treatment program will likely include lifestyle changes and some form of talk therapy combined with some form of medication as a balancing resort.

Lifestyle Changes

Lifestyle changes are not always easy to make, but they can have a big impact on depression. Take a good look at your own lifestyle. What changes could you make to support depression recovery? Self-help strategies that can be very effective include:

- Meditate for ‘Whole Brain Body Functioning’
- Cultivating supportive relationships by networking
- Getting regular exercise and sleep by joining a gym
- Eating healthfully to naturally boost mood
- Managing stress before it goes too far
- Practicing relaxation techniques like Meditation
- Challenging negative thought patterns by remembering that you are not the thoughts
- Keep in touch with your family and be appreciative of their friendships
- Spend time in therapy or spiritual groups to talk about your thoughts and feelings

Talk Therapy

Talk therapy – also called psychotherapy, counseling, or cognitive behavioral therapy – is another key element of depression treatment that is often used in combination with medication.

Working with a professional will help you identify potential causes of your depression and learn how to deal with difficult emotions and situations. This can include identifying unhealthy behaviors, unproductive thought processes, and negative relationships. If you are going through a crisis or major life challenge, talking with a knowledgeable and non-judgmental professional can help you find ways to cope with what you are going through.

The Common Sense of Helping Yourself

Depressive disorders can make you feel exhausted, worthless, helpless, and hopeless. Such negative thoughts and feelings make some people feel like giving up. You should realize that these negative views are part of depression, and typically do not accurately reflect your life situation. Negative thinking fades as treatment begins to take effect. Psychotherapy, especially cognitive psychotherapy, is specifically designed to change the negative thinking associated with depression.

While getting help and adjusting your lifestyle also practice the following:

- Do not set difficult goals for yourself, or take on additional responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Do not expect too much from yourself too soon, as this will only increase your feelings of failure.
- Try to be with other people; it is usually better than being alone.
- Force yourself to participate in activities that may make you feel better.
- Try engaging in mild exercise, going to a movie, a ball-game, or participating in religious or social activities.
- Don't overdo it or get upset if your mood is not greatly improved right away. Feeling better takes time.

- Do not make major life decisions, such as changing jobs, getting married or divorced, without consulting others who know you well and who have a more objective view of your situation. In any case, it is advisable to postpone important decisions until your depression has lifted.
- Do not expect to snap out of your depression immediately, although some people do. Help yourself as much as you can, and do not blame yourself for not being up to par.
- Remember, do not accept your negative thinking. It is part of the depression and will disappear as your depression responds to treatment.
- Continue to get help from a professional. No matter how much you want to beat it yourself, a psychologist can help you recover faster.

Remember

All you have to do to protect your future happiness and health from stress, anxiety and depression is make Meditation a part of your daily routine. Regularly using **Meditation** will allow you to grow physically, mentally and emotionally, helping you to become the best you can be. Quite simply, it will open up a whole new way of thinking and feeling. It will create in you, inner-peace, happiness and a passion for life and most of all a return to **“Whole Brain Body Functioning”**

We hope that this information has been useful to you in whatever ways will forward your life in a positive, joyful and stress free manner. For more information or to contact Sage Hope, send an email to sage@sagehope.com