

# ANXIETY

## WHAT YOU CAN FIND IN THIS ARTICLE

- How to win your battle against anxiety.
- How to use Alpha-Stim in the treatment of anxiety.
- How to develop a mindset of calmness, using *Active Relaxation*.
- How to develop a mindset that is spiritually attuned, using *Installing God's Word*.

## FASTER EFT by Robert Smith

This is a free intervention. Please go on-line to FASTER EFT, and watch many hours, which will detail for you how to use this unbelievably effective tool.

Briefly: Your vagal nervous system is the part of your body that activates when you become threatened – that is when anxiety hits. And when it hits, simply follow the directions for FASTER EFT, and it will shut the vagal nervous system back down. That will involve tapping around your eyes in three places, tapping on your collar bone, and rubbing the inside of your wrist. Please try it. Then you will come to see how effective it is.

## ALPHA-STIM: DEFEATING ANXIETY, INSOMNIA AND DEPRESSION

If you have not been visited by anxiety, you cannot imagine how awful it is. Anxiety will not be tolerated. People with anxiety overwhelmingly sense that they must get over it as soon as they can. They are desperate. There is an internal demand to do *something* right away. Something.

Often times making a change in plans or buying new clothes or joining an organization will prevent anxiety for a brief time, but it will return. Drugs and addictions are also ways to prevent people from properly dealing with anxiety, because they provide immediate relief.

Anxiety is the fear that something bad may happen – an unknown fear about a disaster that must be avoided. In the middle of anxiety, brains are at very high energy levels. *On high alert* is the brain's continuous focus. Whenever anxiety is defeated, brains go back to their lower energy states. You see, when brains are caught up in high energy, feelings cannot be processed. The state of anxiety itself prevents processing feelings, and it seems like a trap.

Many kinds of talking therapy can make a difference. That is certainly true. Those that help most are the ones that include processing feelings. My approach is to begin by processing feelings at the brain level. Since 2005 I have been using an intervention that works wonders with anxiety – Alpha-Stim. These remote-control sized devices, which work at the brain wave level, are provided and overseen by Electromedical Products International, Inc in Mineral Wells, Texas. The unit that I have been using is classified as a Cranial Electrotherapy Stimulator. Recently up-graded from the Stress Control System unit, it is now more effective, more user-friendly, and is called AID – Anxiety, Insomnia and Depression. Processing feelings is a crucial aspect of solving Anxiety, Insomnia and Depression, which happens every time a person uses the AID unit.

When meeting with prospective clients for the first time, I usually tell them to read the link on my web page about Alpha-Stim before they arrive. It is nine pages of questions and answers to help them decide whether they would like to try out an AID unit during our first meeting. About 95% try it out, and most say they can tell that it has made a difference for them by the end of the first hour.

Alpha-Stim is my first intervention. Here is how I understand its impact. The pads that clip comfortably onto the ear lobes direct a person's brain waves to operate a lower level. The name is "Alpha-Stim" because it stimulates brains to operate at the Alpha wave level. Alpha waves are the lowest energy brain waves. Brains process feelings very well at the Alpha level. Since that low state of energy is incompatible with anxiety, Alpha-Stim quickly lowers the user's anxiety practically all of the time. A few people with extreme anxiety and a few with medicine-resistant anxiety have told me that it helps them to keep Alpha-Stim on whenever they can, for extended hours in a row. More commonly, when anxiety strikes, people put their Alpha-Stim unit on until the anxiety is gone.

Please take time to visit my web page ([www.jamesgfriesen.com](http://www.jamesgfriesen.com)) and look at the Alpha-Stim link there, to answer questions you surely must have. Or give the people in Texas a call, at (800) 367-7246, or look at their web page. Do not let a few questions that are certainly answerable, stop you from defeating anxiety.

Using this device, we are ready to examine other steps to defeat anxiety.

## MANAGING ANXIETY: ACTIVE RELAXATION

Here are a few ideas from Dr. Jennifer Abel, expanded and edited by me.

1. *Catch anxiety early.* Always. Use whatever you know that works to stop anxiety at its first appearance.

2. *Do not push anxiety away.* Do not *try* to relax. Move toward relaxation, using techniques that bring you into touch with now.
3. *Do not be too complex.* Practice simple ways to let stress go. Try the four listed below and use the one that works best for you. According to this new pathway, *Active Relaxation*, sprinkle little reminders of the relaxation that you have achieved, throughout your day.
4. *Do not be too positive.* It will work if you, realistically, stick to your approach. Be patient. Replace thoughts that can sink your ship with “*better but believable*” thoughts. Simple, doable, useful thoughts. Use phrases or sentences that *could* work. Replace the ideas that leave you with stuck feelings, with sentences like “Jesus said, ‘I will never leave you.’”
5. *Do not avoid bad situations or bad feelings.* Do not use drugs or alcohol, or change your routine to avoid the potential problem. Solving it means facing it and overcoming it. I am truly sorry, if you still need to beef up with meds in the face of extreme anxiety. We are going to get you past that.

To develop the *Active Relaxation* mindset, here are four quick methods. Get alone for a few minutes, and stick with the method that works best for you, until you find relief. Then find a way to remind yourself every minute or so, to multi-task the relaxation and whatever else you are doing. Carrying a pen in your hand all day long is one way to remind yourself to relax, each time your attention goes to the pen. Or you could put a sticky note on your watch. There are countless ways to remind yourself, and your body, that it can be calm. *Active Relaxation* is a great way to overcome anxiety, using what that we have known for years, and sprinkling it throughout the day.

Here are the three methods, alluded to above. Use them repeatedly, until they get you from as high as a *very anxious* “10”, down to a *stress free* “0”. I have included a 4<sup>th</sup> widely-used method. Try them out and see which helps you most.

1. *Shake it out.* Let go of the stress that you don't need. Physically shake it out of your arms and legs and hands and feet, and wherever else you need to shake. Feel the body calming as the stress goes away.
2. *Drain it out.* Sit quietly, with eyes closed. Feel where your feet, seat and back meet the surfaces beneath them. Those surfaces are sponges, soaking up all of your stress. Sense that the unneeded stress is being absorbed, as it drains and completely leaves. Let it go.
3. *Breathe it out.* Pay attention to your breathing. Inhale quickly through your nose, and then slowly exhale through your mouth. Let stress out with each breath. Pay close attention to the colder air entering and the warmer air exiting. Feel any sensations in the throat, lungs, mouth and nose, as the life-giving air makes its way into your system. Notice that when you go from in to out, you pause. Stick with that pause. Let yourself unite with the

calmness right there. And then notice the calmness each time you come to that pause. Count the pauses backwards from 5, and then stop.

4. *Visualize calmness.* Find a graceful, calming setting that you can see with your eyes closed. Position yourself peacefully and let all of your senses take you there. Following are some ideas about how to use visualization. Don't just read about it – try it out.

## LEARNING ABOUT VISUALIZATION

When I began my work as a psychologist, back in 1981, it seemed unnecessary and even a bit foolish to me, to use imagery in counseling. I had been trained in talking therapy, in behavioral therapy, in family therapy and in play therapy with children, and was directing a small Christian counseling center. I sensed no need to learn about using imagery in treatment. That would change.

Within two years I came to a point of discouragement, and no longer believed that people “get better” simply by staying in counseling. People were not getting better, at least in my counseling center. Thank God, there was a lady counselor at the center who prayed with her clients for healing of their memories. She generously agreed to let me join her and her prayer partner on a weekly basis. We ended up working together for about two years, helping her clients and mine. We used prayer for healing, a few other spiritual interventions, and some visualization. People “got better”, despite some very serious problems.

I found that the visualization was profoundly successful in producing growth and power during those training sessions, and clients reported that they were able to use it between sessions, to maintain progress. By now I have been using spiritually-based imagery for over 20 years, every day, as a useful counseling tool – one that helps people “get better.”

## BRINGING IN THE SPIRITUAL DIMENSION

For quite a while I encouraged my clients to use images from different scriptures, like prophecies, battles, reassurances or pictures based on passages from Psalms. These were images completely consistent with the Bible. From the many visuals, I found that practically everyone liked the first scene in Psalm 23. And so I now most often ask them if they would like to visit that passage with me. As you will see, it provides safety, comfort and hope. This is how I often speak about that passage.

If you are familiar with the 23<sup>rd</sup> Psalm, you will easily be able to climb into the green pastures scene. Let yourself get all comfortable. Most people close their eyes. We are going to spend some time in the green pastures by the quiet waters. Let me know when you are ready. Okay.

There is a lot of open space there, with lush, green pastures dotted by small flowers of many colors. Are there some sweet smells wafting across the meadow? A few leafy trees border the meadow, and there are birds chirping away. Can you hear them? Can you see the still water? The sky is blue, and reflects in the crystal clear water. Billowy, white clouds are floating above, an almost warm sun feels just right on your skin and there is a gentle breeze. How are you doing so far? Can you see the Good Shepherd? Please move toward to Him. What's He like? How are His eyes? What is He saying to you? Take as much time as you would like.

I want people to find ways for this to become a spiritual experience, where the person interacts with the Good Shepherd. I often ask if a person is seeing Jesus as the Good Shepherd. There are times, however, when traumatic experiences have created blockages. In cases where men are not seen to be safe, or when images of Jesus have been spoiled, we do not need to bring a Good Shepherd into the picture. The green pastures and quiet water can provide safety, with or without a shepherd.

There is another "biblical visual" that I find very helpful. It is found in Matthew, Mark and Luke. Jesus tells a crowd of listeners that they should not stop the children from coming to Him. He welcomes them, blesses them and allows them to sit on His lap. "Don't cause these children to stumble", because if you do, the "Father" will deal with you harshly, He says. "It would be better for you if you were thrown in a lake tied to a mill stone", if you hurt children. He also taught that His kingdom is made up of children. "You belong in my kingdom" is exactly what they and their parents needed to hear.

When people have told me about the abuses they have suffered as children, it is often lovely to visit this scene. Jesus implores us not to prevent children from coming to Him. When people who have been abused as children can see their child parts being blessed by Jesus, well, there are amazing results. It is healing, both physically and spiritually. It is easy to have a rejuvenating time with Jesus in this picture.

## *INSTALLING GOD'S WORD*

Please click on the "Installing God's Word" link on this web site.

Perhaps one reason that *Installing God's Word* has remained quiet, so far, is that it seems a bit complicated. You will find a complete introduction to *Installing God's Word* on my web page. Please download that article and read all of the way through it, so that you will be able to grasp the potential benefits. In a nutshell, *Installing God's Word* brings current clinical brain technology (bi-lateral stimulation), visualization and scripture together, to create a mindset very much like *Active Relaxation*.

*Active Relaxation* begins by establishing calmness, and then sprinkling it throughout your day. *Installing God's Word* begins by using bi-lateral stimulation while reading the Word and visualizing it, and then sprinkling it throughout your day. In both cases, your body forms a positive response, and then your body can repeatedly become re-attuned to that positive response. With *Active Relaxation*, you can train your body to be calm. With *Installing God's Word*, you can train your heart to align with God's Word.

I trust that you expect these exercises will promote calmness and attunement to the voice of God. Remind yourself throughout the day that calmness is at hand, and remind yourself throughout the day that God wants to be included in every aspect of your life. *Install God's Word* with confidence that it will bring Him more fully into your life.