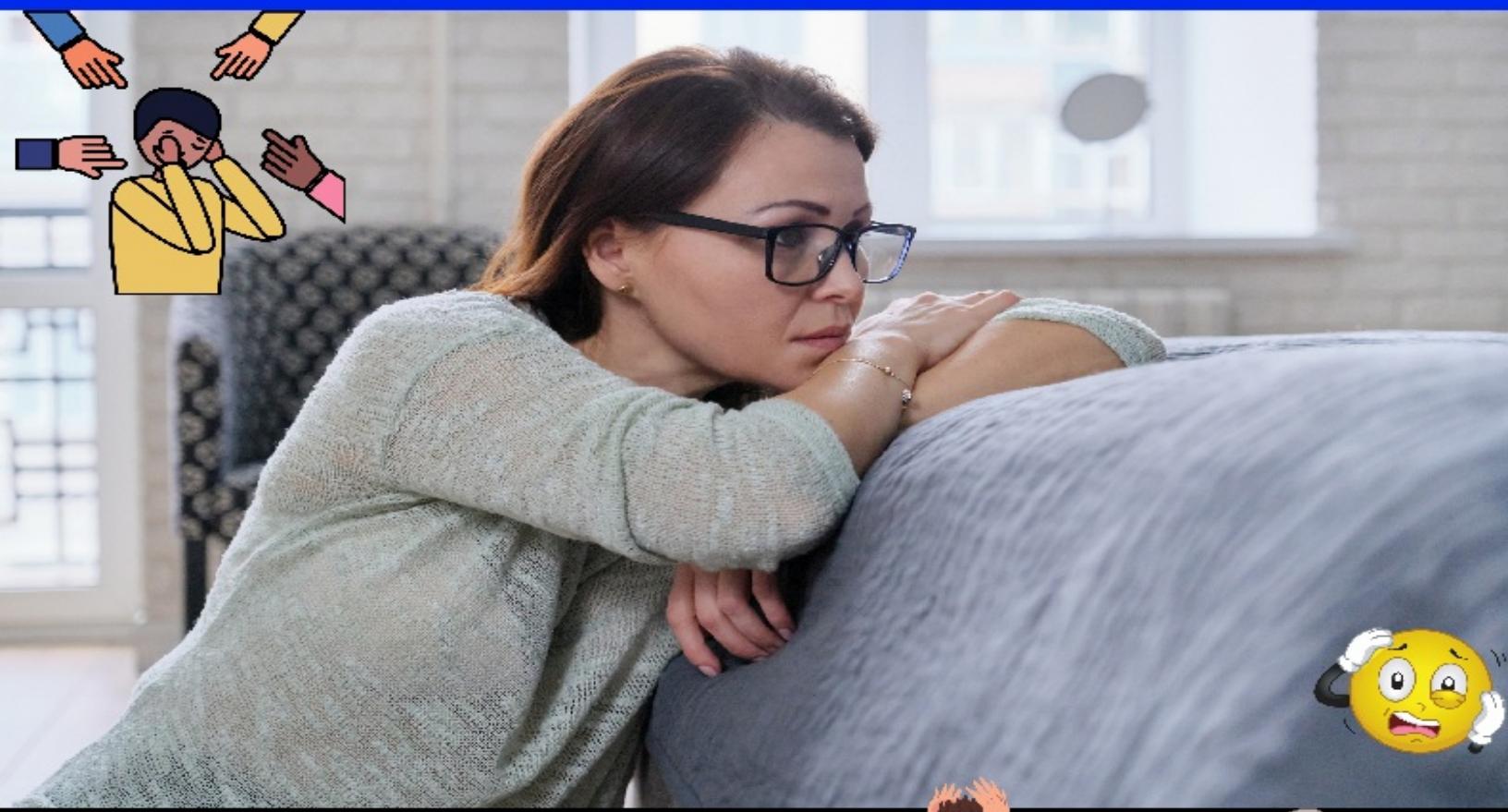


# ANTRESS

SELF HELP BOOK FOR  
ANXIETY AND STRESS



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# Antress - Self Help Book for Anxiety and Stress

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# Introduction

Are you constantly afraid, worried, or perhaps nervous? Do you have trouble sleeping, or always feel tired and panicky? Do you often wonder why you can't stop worrying and why you're still fearful? Do you wish you could overcome these issues so you can start living the life you want?

These types of feelings and emotions are often diagnosed as anxiety. These feelings of worry and fear are a normal reaction of the brain that is a result of many factors that are causing an imbalance or challenge to our daily routine. Everyone deals with moments in their life when they feel like the world is about to fall apart on us. During these moments, it can be difficult to describe the feelings of tension, helplessness, and anxiety that is running rampant through our minds. We feel that we would be ecstatic if we could simply disappear and emerge when stressful situations in our lives have passed.

While this is a completely normal reaction to stressful situations, there are times when these emotions and thoughts become so common that they start to have a major impact on our lives. When this happens, you have crossed the line from normal into abnormal. If your feelings of fear become so frequent a debilitating that you have difficulties performing even the most basic of physical activities, then it is a much more serious problem that needs to be addressed. Many people experience this condition, known as an anxiety disorder. Generally speaking, if our reactions to certain situations are much more grandiose than the response of others, then you might be suffering from an anxiety disorder.

Fortunately, if you are suffering from an anxiety disorder, there is hope that you can be successfully treated and start to live a normal life once again. An experience that is free of constant fear, worry, and anxiety. By making some simple changes in your lifestyle and daily routine, you can start to overcome your anxiety and finally be free of the debilitating effects of the condition.

# **Chapter 1 - Understanding Anxiety**

It is a normal reaction for your brain to send alarming signals to your body when it detects danger, leaving your body to react accordingly to that danger. To understand this a bit better, let's define stress and anxiety. While many believe that stress and anxiety are the same, contrary to that belief, however, stress and anxiety have several differences.

## **Defining Anxiety**

Anxiety is often referred to as the uneasy feeling of worry or concern that is developed when you are deeply tense about something. Feeling a bit anxious when facing major life events is normal. However, if those concerning and worrying feelings persist, even when everything is under control, and you end up becoming affected by the smallest of changes in life, then the chances are likely that you have a serious anxiety condition.

## **Defining Stress**

Stress is the natural feeling that arises from the pressures we experience in our day to day life. Stress signals are sent through the brain when our body and mind are pushed to the limit. When the brain detects a sign of stress, it releases adrenaline into the bloodstream. This release of adrenaline causes the body to feel stress, or weary and tired. The body reacts to this increase in adrenaline, leading to the mind's logical solution of resting.

However, if your body refuses to stop, and the adrenaline remains in your bloodstream, it can cause depression, as well as increasing your