



# NYC Psychotherapist

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## 10 Keys to Be Stress Free

**Hello and Welcome**, I'm Heidi and I my practice is in Greenwich Village. I wipe out worry for professionals who are stressed by achieving success. And I help people come out of feelings of depression and anxiety into happiness .When I do you'll see options and make choices., stop the worried thoughts running through your mind, You get more energy and feel more connected.

Many people have anxiety. Anxiety is the most common problem that clients bring into psychotherapy. Anxiety can create feelings of fear, worry, uneasiness, and dread. Sometimes you can say what it is bothering you. Your job or relationship may be causing you stress and you want to solve the problems. You don't know how to deal with the mounting pressures. Friends will often say "don't worry about it" but that doesn't help.

Some people don't really know what is bothering them it just is. It is feeling worried, tense and tired all the time it could be about feeling edgy, jumpy and irritable but you don't know why you feel this way. You start thinking "that's just me." I'm here to tell you that it isn't true.

It may show up as being unexcited and feeling bored. Everything feels "blah". You're not happy with your life in general. Not knowing what the problem is doesn't make it easier!

It also brings on other feelings like restlessness, fatigue, lack of focus, and muscle tension .And ignoring it doesn't help. What you need is clarity .So; here are some beginning steps that you can do yourself that you can do right away.

### 10 Tips to Relieve Anxiety

1. **Learn to let go of the past** – having anxiety is not living in the present. You may have expectations of what could happen based on things that did happen or what you imagine could happen. You worry about other people and other times, it is about how you acted, things you may have done, things you didn't do, things you thought of doing but didn't... You're with me on this one right? Well, hopefully not too much. All of this is anticipation of what might happen.

2. Now here's a strange piece of wisdom: if you are anxious, **find the place in your body where you feel it.** Concentrate on it. If your mind wanders pull back your attention. The very act of putting attention on it will dissipate it in 5 or 10 minutes. Move up and down your body with your mind's attention until you have dissolved it.
3. One of the first signs of having an anxiety attack is shallow breathing. This can be controlled. When you feel stressed, **take deep breaths.** It will slow your heart rate and how your brain waves function. Breathe slowly and deeply.
4. Anxiety is your body telling you that there is approaching danger. It could be real or something that you are afraid might happen. **Start by noticing it;** take a breath; take a break; speak to a friend. Do not sit in isolation with it.
5. **Just say no.** And I am not kidding. If you are juggling too many things, you will drop one.
6. **Exercise** gives all that adrenaline something to do. And if you hate exercising, then dance!
7. **Get a massage;** read a book; take a bath; pet a cat.
8. Alcohol, caffeine and sugar will deplete you. I know, everyone eats it and most aren't bothered by the side effects. **Eat a healthy diet** to get energized.
9. Perfection is not necessary to be part of the human race. **Stop picking on yourself! Catch yourself doing something right** instead of waiting to catch a flaw.
10. These are simple suggestions. Sometimes you can feel too tired, worried, frightened, and tense. If you need to create a different perspective, speak to someone who is a professional therapist.

There are powerful approaches that can offer relief from a wide range of anxiety symptoms, often immediately that are done in therapy. These techniques work for decreasing panic, overcoming compulsive worry, tolerating chronic uncertainty, wondering what will happen next, social anxiety, being afraid of people or motivating you to make a change, in your life. if you would like to learn more about how to stop anxiety please calls me for a **free consultation at 646-770-1603.**