



## Complete Harmony

*Achieving harmony in your world*

*Coaching*

*Stress Management*

*Personal Styling*

*EFT*

*Reiki*

# Dealing with Anxiety

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Anxiety is apprehension and nervousness about an upcoming event. We anticipate the future with predictions that don't necessarily have any basis in truth.

Anxiety and stress are physical and emotional responses to perceived dangers. Most of us aren't running from the sabre toothed tigers or hunting and gathering in the woods, it's often a culmination of the little things that put us out of balance: an over-loaded email inbox, morning rush hour, or being given that one small extra job to complete in an unrealistic timeframe.

*Note: When dealing with a serious anxiety disorder, advice from a medical professional is recommended.*

If you're looking to reduce daily anxiety, these tips can help you feel calmer and more in control:

- 1. Get enough sleep.** Not only does it affect our physical health, but lack of sleep can also contribute to overall anxiety and stress. And sometimes it turns into a vicious cycle, since anxiety often leads to disruptions in sleep. Try to schedule sufficient sleep time and see the benefit a few nights of restful sleep do for those anxiety levels throughout the day.
- 2. Smile.** How many times a day do you laugh? Research suggests that laughter can reduce symptoms of depression and anxiety so consider what steps you can take to have more of a laugh and introduce more fun into your life.
- 3. De-clutter the brain.** Physical clutter = mental clutter. A messy workspace can make it more difficult to relax and make it seem like our work is never-ending. So take 15 minutes or so to tidy up the living space or work area, and then make a habit of keeping things clean and anxiety-free. It'll help us think rationally and feel clear-headed.
- 4. Attitude for gratitude.** Studies have found expressing gratitude helps reduce anxiety, especially when we're relaxed and rested. Perhaps start a gratitude journal to get in the mindset of appreciation, and out of the mindset of being overwhelmed.
- 5. Visualize something positive.** When faced with anxious thoughts, take a moment to visualize yourself handling the situation with calm, ease, and clarity, focusing on the situation working out positively. "Guided visualization" is a wonderful technique to help reduce feelings of stress and instill confidence and calm.

*"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength."*

Charles Spurgeon

At Complete Harmony Rachel helps people achieve a more balanced and harmonious life, living the life they want and feeling a greater sense of calm, fulfillment and well-being. Her calm, informal style and her approachability ensure she adapts her style to suit the client's needs.

With a successful commercial background and the attainment of BSc.(Hons) in Financial Services, Rachel now works as a Wellbeing Consultant.

As a qualified and accredited Coach, (accredited with the Association for Coaching), accredited NLP Practitioner, AAMET EFT Practitioner, qualified Stress Management Practitioner (with membership of ISMA), qualified Image Consultant, Member of Mensa, Associate for the Chartered Institute of Bankers, member of The Institute for Learning and member of UK Reiki Federation, she has extensive experience of coaching, work-life balance, stress management and health and wellbeing.

Rachel has combined a successful career with raising a family of 4 children, which enables her to empathise with clients, whose lives are a juggling act.

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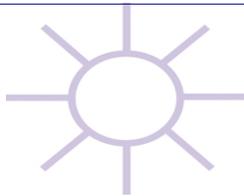
### **Rachel's corporate business...**

#### *How The Wellbeing Programme can add value.....*

The competitive edge of your business depends on the competitive edge of your people. Develop your people and you develop your business.

We offer a personal approach to learning and development for businesses; achieving results through maximizing human potential. We work closely with our clients in both the private and public sector to design tailored training and coaching interventions to achieve specific outcomes. And we facilitate it in an informal manner that enhances learning and enjoyment.

We are able to deliver training and coaching in a wide variety of subjects including: coaching, stress management, performance management, communication skills, assertiveness, feedback, confidence building, career skills development, problem solving, facilitation skills, return to work interviews, presentation skills, plus a range of Team Development workshops.



## **Career And Life Management**

### **Mission Statement:**

*Delivering exceptional value to businesses, through a dynamic and varied programme of development opportunities; where staff feel valued as individuals and are actively encouraged to fulfil their potential and to benefit from a range of innovative wellbeing and holistic initiatives.*

For more information please telephone or e-mail

Rachel Watson 07746 030 172

rachel@completeharmony.co.uk

[www.completeharmony.co.uk](http://www.completeharmony.co.uk)

info@thewellbeingprogramme.com

[www.thewellbeingprogramme.com](http://www.thewellbeingprogramme.com)