

# 6 ESSENTIAL RULES FOR QUICK ANXIETY RELIEF

If it's meant to be, it will be. So sit back and relax.  
Review those rules to bring you back to a calmer state.

## 01 Perception vs Perspective

When you feel anxious, it is because you are in your perception.  
Perspection = emotions. Perspective = facts.

No need to be overwhelmed by your emotions, it does not add anything. Acknowledge them then move on. Shift to perspective to help you think more logically. Zoom out and focus on facts. Simply observe, analyze then take the best decision that will serve you. Are you jumping into conclusions? Is this real? Train your brain to stay in the positive perspective.

## 02 What would a wise person do?

When faced with a situation that brings stress and anxiety, consider how a wise mentor or role model would handle the situation. You will get more thoughtful responses and sound judgment that will assist you long-term.

## 03 Focus on something bigger

When you are anxious, you vibrate lower. The goal here is to bring your vibrations higher. If you focus on negative thoughts, you will feel negatively about yourself. Thoughts become emotions, emotions become actions. First, come back to zero by cleaning your thoughts. You can do it by focusing on something else. Start by focusing on you, what makes you feel good, what you are good at. You will create an energy field that will make you feel better. Where focus goes, energy flows.

## 04 Remember who you are

You are a very powerful being, did you know that? You have dreams, values, so much strength and power inside of you. When you get entangled with anxiety, you forget about it. The reason why you got into that anxiety is because you forgot who you are. You focused too much on the external instead of the internal. It is time to remember this light that has always been there. Who are you? What do you want? What do you stand for? What do you like?

## 05 It's not you, it's the act.

It's not that personal. Give yourself a break. When we did something wrong, it's the actions, not our person intrinsically that were flawed. Your worth is not defined by your actions or mistakes. Separate your self-esteem from your performance, practice self-compassion, and allow yourself the grace to learn and grow. Let me repeat it again: it's really not you.

# 06 accept people and situations as they are

Sometimes, there will be this need to fix, solve, try to understand what's going on. The anxiety is caused by the resistance to what is. If you are humble enough to realize that there are things we cannot change, and release all things external by accepting uncertainty and people as they are, then you will be free. I promise it feels good. Try it and let me know:)

Thank you for downloading "6 Essential Rules for Quick Anxiety Relief" I hope you find this resource helpful on your journey to managing anxiety and living a happier life.

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Warm Regards,  
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