

NEVER LOSE HOPE IN DEALING WITH YOUR FEARS AND DEPRESSION

By: Stanley Popovich

When your fears and depression have the best of you, it is easy to feel that things will not get any better. This is not true. There is much help available in today's society and the best way to deal with your fears is to find effective ways to overcome them. As a result, here are some techniques a person can use to help manage their fears and anxieties.

You never know when the answers you are looking for will come to your doorstep. Even if the thing that you feared does happen, there are circumstances and factors that you can't predict which can be used to your advantage. These factors can change everything. Remember: we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you feel fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you are afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there are all kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location.

Some people get depressed and have a difficult time getting out of bed in the mornings. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Doing something will get your mind off of the problem and give you confidence to do other things.

Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

The techniques that I have just covered are some basic ways to manage your fears and depression, however your best bet is to get some help from a professional and not to lose hope. Eventually, you will find the answers you are looking for.

BIOGRAPHY: Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>