You’ve Got This

By Tracy Becker

Kathleen asks: How can I deal with my constant anxiety?

Kathleen. I’m so sorry you haven’t found any relief for the anxiety you are experiencing. Any mental health professional would want to know how long you have been having anxiety; what you’ve done thus far to help yourself; if you have seen a counselor or doctor; are you on any medications for anxiety, if so, what are they and how long have they not been working; and if you know the original source or timeframe in which it started?

Having said that, it makes it bit difficult to specifically guide you. However, I would ask you to visit YouTube and search for Solfeggio Tones (also known as Binaural Tones). These tones come in 9 different hertz, you must take the time to listen to all 9 hertz with earbuds to find the one that creates a relaxing sensation in your body, i.e., your shoulders drop, your stomach softens and you begin to breathe easier.

Make sure you note what hertz it is, as that is the hertz that activates your own Parasympathetic Nervous System (PSNS), the rest and recover aspect of your nervous system. Listening to this with earbuds twice a day for 20 minutes will help “rewire” your neurotransmitters so the PSNS will kick into action resulting in relaxation and ease. This allows you to respond with a more reasonable and rational approach.

When we have anxiety for extended periods of time our Sympathetic Nervous System (SNS) can get “stuck” in on. Resulting in our Fight or Flight system to be in overdrive. When this happens, we filter many incoming situations as a “warning” or even “danger”, much like a traffic light that is constantly on yellow or red.

Of course, Kathleen, this is just one of many tools that can help. If you are not under the care of a counselor or a psychiatrist, I would highly recommend it, mostly because no one doesn’t deserve to live like this. Wishing you all the best.