

9 Ways To Combat Fear —by Coach Sandy Wellness with Attitude

Fear gets to the best of us, whether it is fear of failure, fear of success or even fear of fear. All of us have experienced fear at some point in our lives and it can be a real stumbling block that holds us back from being truly successful.

Fear can't hold you back forever, if you don't let it. There are several ways to overcome fear, here are my top 9:

1. SEPARATE REALITY FROM PERCEPTION

Ask yourself what is really going on, locate the facts and place them over your feelings.

2. IDENTIFY THE TRIGGER

Figure out what it is in a situation that triggers you. Learning to identify it will help you learn to combat it.

3. KNOW WHERE FEAR LIVES IN YOUR BODY

A lot of times, fear takes over physically. It affects different people in different ways. Identify if/how it affects your physical body and do the work to take care of your body. Ex: if you hold stress in your back, you can learn stretches, foam rolling, etc. to avoid the pain.

4. PRACTICE GRATITUDE

Everyday, list out 1-3 things you are thankful for. It doesn't matter how big or small it is, gratitude helps shift the mind into a positive light, which overtime, overcomes fear.

5. LISTEN TO YOUR INNER VOICE

Monitor your inner conversations. If you wouldn't say it to a friend, don't say it to yourself. Speak positively to yourself and remind yourself of your strengths.

6. CREATE A NEW ASSOCIATION

Remind yourself that the feeling and the moment will pass. Focus on the positive outcome of the situation, design a crazy story, laugh

Join a supportive group, coaching session, add some distraction and diversions to your week. Plan it, activate it.

If you are looking for a positive minded group consider: <https://www.facebook.com/groups/573730223999647>

Or Consider the next course “Women Navigating Life’s Curves”. Begins via Zoom Jan 18th. \$99 for 6 sessions!

<https://www.youtube.com/watch?v=QAm5ITDKxpo&t=17s> 9 minute video with details.