

## Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the signs and symptoms of **Anxiety** and strategies to overcome them.

### **What is Anxiety?**

There comes a moment in everyone's life when the mind perceives **Stress**. This occurs when we feel that there are too many activities to manage in too little time. Or that these activities that need to be managed are "too expensive", "too difficult", "too embarrassing", "too unfamiliar", and so on. These perceptions of "too hard", "too expensive", "too embarrassing" and so on, trigger the brain to release stress hormones in the body. The most common stress hormone is Cortisol. As this hormone increases in the body, the physical reaction of the body is to feel overwhelmed.

Feeling overwhelmed results in the following symptoms for most people:

- Heart palpitations
- Sweaty palms
- Dry mouth
- Fatigue
- Worry (constant)
- Fear of going outdoors or interaction with people

To name a few.

The natural response to these symptoms is one of two things - **Fight or Flight** - that is, we choose to either fight back or to run away from the situation in order to minimise or eradicate the above symptoms.

The best part about knowing this science about Anxiety and its symptoms is that Anxiety can be controlled with the empowerment of your own mind. Anxiety is more often that not a feeling of "Exaggerated" reality or "Imagined" reality.

**When we over think things and make it seem larger than it actually is in reality, we are "Exaggerating" reality.**

**When we over think things and start adding visuals in our mind of things that we fear may happen but are actually not happening in reality, we are "Imagining" a reality which is completely false at that moment in time.**

## Manage Anxiety

1. Acknowledge and admit that you have feelings of Anxiety. Tell someone you can trust that this is how you have been feeling. Once you acknowledge and admit it to yourself and someone you trust, the next steps of managing anxiety becomes easier.
2. Avoid caffeine and nicotine
3. Drink at least 2 litres of water daily
4. Get at least 8 hours sleep
5. Eat wholesome, fresh food with more protein and less carbohydrates
6. Walk for 30 minutes daily
7. Sit quietly for at least five minutes daily and breathe deeply, staying aware of each breath
8. Tell yourself this positive affirmation: **“Everyday in every way, I am better and better. Thank you Allah.”**

## Thought Switch helps overcome Anxiety

A daily practice of Thought Switch technique helps overcome anxiety. When we suffer from anxiety our thoughts begin to control us to the extent where we begin to believe them to be real. For example, fear of a job interview, fear of new parenthood, fear of a new relationship and so on.

You can control your thoughts.

Here is how to practice Thought Switch to change a fearful thought to a faithful thought.

1. Every time a fearful thought occurs in your mind, become aware of it.
2. Feel the fear. Fear is never a pleasant thought.
3. The moment you are aware of this unpleasantness, immediately start imagining a happy and joyful outcome of your situation in your mind.
4. The mind is not able to differentiate between what is real and what is imagined. It will entertain any thought you plant in it.
5. Consciously choose only happy, positive and joyful mental images and thoughts.
6. Repeat this daily in order to form a habit of only positive thoughts.

In Shaa ALLAH, next week we will explore the signs and symptoms of **Depression** and how to overcome it using your Mind Power.

If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me. If you wish to have a FREE one hour **Finding Clarity** telephone session, contact me on 0451977786



**Princess Lakshman**

Writer, Clarity Coach, Founder and Facilitator of **Healing Words Therapy - Writing for Wellbeing & Muslimah Mind Matters**

E: [info@healingwordstherapy.com](mailto:info@healingwordstherapy.com) / [info@muslimahmindmatters.com](mailto:info@muslimahmindmatters.com) Ph: 0451977786

Website: [www.healingwordstherapy.com](http://www.healingwordstherapy.com) / [www.muslimahmindmatters.com](http://www.muslimahmindmatters.com)