

Anxiety Release

Anxiety a general accepted definition:

> a feeling of fear, worry, nervousness, or unease about a possible future threat or uncertain situation; it becomes a disorder when it is persistent, excessive, and interferes with everyday life

We can say anxiety is a mixture of physical and mental symptoms

And we know that these different symptoms require different solutions

We are offering help at the mental level to help with the emotional level and

both will affect the physical symptoms.

- [1st Week October 20th Recognizing and Understanding Anxiety](#)
- [2nd Week October 27th Learn to reduce and manage anxiety](#)
- [3rd Week - November 3rd - Living confidently not under the control of anxiety](#)

1st Week October 20th

Recognizing and Understanding Anxiety

In this session we need to separate the fact that everyone has at one time or another a degree of fear worry etc but these do not necessarily mean anxiety - anxiety starts when these symptoms begin to affect us deeply and affect the quality of our life and the way we live it.

Start with how the world understands anxiety as a accepted way to recognize anxiety Then to understand anxiety we move to our Buddhist thought. Here we can introduce the following Buddhist concepts that are at the heart of anxiety:

- Uncontrolled mind
- Delusions
- Self-directed anger
- Attachment to the fulfilment of our own wishes
- Self-cherishing

2nd Week October 27th Learn to reduce and manage anxiety

2nd Week - October 27th - Learn to reduce and manage anxiety

Repeat from last week:

- The normal Understanding of anxiety
- The Buddhist way of Understanding anxiety
 - mainly Self-cherishing, Self-directed anger
- Suggesting from our own experience how to reduce these - possible ideas:
 - Patience - purposeful training ourselves to be able to bear peacefully unpleasant states of mind -> this one is so helpful
 - returning to explaining delusions and how reality seen by delusions is not reality -> learning to go against the appearance
 - Love - cherishing others -> as a method to reduce self-cherishing => reduce fear
 - Wisdom - Learning to accept impermanence or emptiness of the self and the situation -> as a method to reduce fear

3rd Week - November 3rd - Living confidently not under the control of anxiety

In this session we try to inspire hope in the mind of the listener. Offering a future vision of life with control over our mind which in effect means life where we are not controlled by our anxiety - because through systematic erosion of the above mentioned delusions we are reducing their presence in our mind => reducing our anxiety