

5 Healthy Ways to Eliminate Anxiety and Compulsive Behaviors

By Gayle North

1. **Stop All Self Criticism.** I realize how difficult this is for most of us. However, my experience with clients that has brought me to a conclusion that self criticism can be the main cause of anxiety states.
2. **RELAX THE BODY.** Use an enhanced breathing technique such as the "Breathe into Bliss" technique or "Take a Breather and Release Your Stress" technique. Deep breathing soothes us physically, mentally, and emotionally. These are easy to learn and you can find them at www.PositiveChangeInstitute.com website or we will send them to you by e-mail or regular mail. Use these techniques daily and notice a big change in your anxiety levels.

Achieve deeper relaxation by listening to CD's for relaxation and stress release. Gayle North has two CD's available. "Peace in the Now" and "Naturally Slender Forever".

3. **EFT (Emotional Freedom Technique)** is indispensable as a tool for anxiety release. You will experience more peace and increase your self acceptance with this method. All PCI clients are introduced to EFT. They use EFT to help them eliminate self criticism. They also use it to deal directly with any sort of anxiety between sessions, to create peace and relaxation in the body, to enjoy better sleep and to stay in a correct psychological state so that they naturally want to eat healthier, get proper exercise, etc. Call PCI and schedule a phone or office session to learn EFT and clear up some issues as you learn.
4. **Double check your nutrition** to make sure you are getting enough B vitamins, vitamin D, omega 3 oils, and iodine. Do a little research on anxiety in a nutritional encyclopedia to learn about the role of nutrition with anxiety. Your research will reveal that just the lack of Vitamin D or one B vitamin or Omega 3 oil can create a state of anxiousness in the body.
5. **Do some research on the effects of cell phone and wireless radiation?** Use a cell phone and wireless technology as little as possible. Check into the latest protection devices at www.mybiopro.com/positivechange . It is being discovered that electro pollution can be a factor with anxiety problems.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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