

5 Tips to Heal Your Fears After Cancer

By Gayle North

1. Schedule sessions a coach or therapist who specializes in clearing PTSD. A coach or counselor who uses techniques that work with the deeper mind can help clear habits of negative thinking and feelings. Support groups can provide you with empathy and understanding, but if you want to be free of the fears and intrusive thoughts and dreams, you will benefit by working with someone who is masterful with technologies such as EFT, (Emotional Freedom Technique), TAT (Tapas Acupuncture Technique, and BSFF (Be Set Free Fast).
2. Find physical activities that you truly enjoy. Make your physical activity number one on your priority list. Don't fall for your own excuses. Find something you can do and schedule it into each day. The physical, emotional, and spiritual benefits of exercise are indisputable.
3. Do your own nutritional research. Make sure that you are getting optimal nourishment. Focus on the natural foods that nature provides for the health of the human body. If you have unhealthy cravings for sweets or junk foods, get help from a coach or therapist who can help you clear the cravings.
4. Establish healthy boundaries that protect your well being. Others may not understand your limitations. If you have resistance to establishing healthy boundaries with family, friends or organizations, get some help to clear your hesitation.
5. Stop all self criticism. Do not engage in "why" questions. You cannot get healthy answers to questions such as "Why did this happen to me?", "Why can't I?" "Why didn't I?" Why questions cannot give you a good answer. Ask instead, "How can I do _____ or make the most of _____ and you will get an answer you can work with.

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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