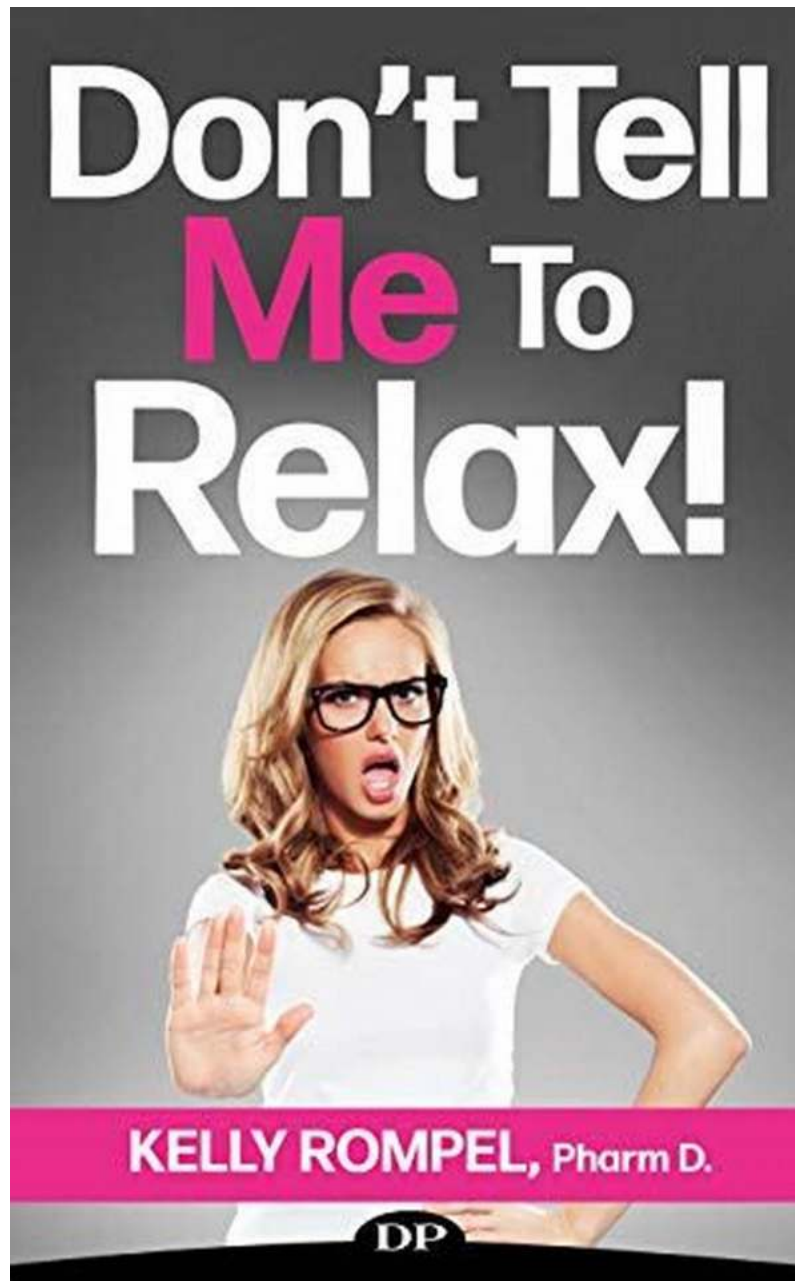
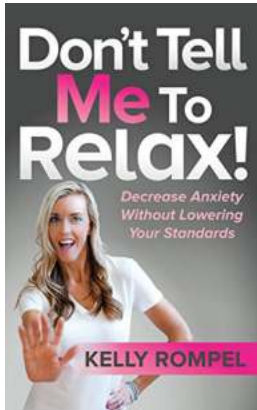


Decrease Anxiety Without Lowering Your Standards



Anxiety is a common condition that affects millions of people worldwide. It is a feeling of unease, worry, and fear that can have a significant impact on our daily lives. While it's natural to experience some level of anxiety, excessive anxiety can be debilitating and hold us back from achieving our goals.

Many individuals believe that in order to decrease anxiety, they need to lower their standards or expectations. However, this couldn't be further from the truth. In fact, maintaining high standards and working towards our goals can be a powerful tool in reducing anxiety.



Don't Tell Me to Relax!: Decrease Anxiety Without Lowering Your Standards

by Angela C. Santomero (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 1067 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 96 pages



The Connection Between Expectations and Anxiety

When it comes to anxiety, our expectations play a crucial role. It's not uncommon for individuals to set impossibly high standards for themselves, which can create a constant sense of pressure and fear of failure. This self-imposed pressure can lead to increased anxiety levels.

However, lowering our standards or giving up on our goals is not the solution. It's about finding a balance between maintaining high standards and managing anxiety effectively. By adjusting our mindset and adopting healthier coping mechanisms, we can decrease anxiety without compromising on our standards.

Identifying Unrealistic Expectations

To effectively manage anxiety, it's important to identify unrealistic expectations that may be contributing to our anxiety levels. Sit down and reflect on your goals, standards, and expectations. Ask yourself if they are realistic and attainable.

Unrealistic expectations might include things like striving for perfection in every aspect of life, expecting constant praise and recognition, or believing that failure is unacceptable. By acknowledging these unrealistic expectations, we can start working towards setting more reasonable and achievable goals.

Healthy Coping Mechanisms

In addition to reassessing our expectations, it's important to develop healthy coping mechanisms to effectively manage anxiety. Here are some strategies that can help:

- **Practice Mindfulness:** Engage in mindfulness or meditation exercises to help bring yourself back to the present moment and reduce anxiety.
- **Exercise Regularly:** Physical activity is known to reduce anxiety levels and improve overall mental well-being.
- **Seek Support:** Reach out to friends, family, or professionals for support and guidance in managing anxiety.
- **Implement Self-Care:** Prioritize self-care activities, such as taking time for hobbies, getting enough sleep, and engaging in activities that bring you joy.
- **Avoid Negative Triggers:** Identify triggers that contribute to your anxiety and strive to minimize exposure to them.

Take Small Steps

When working towards our goals, it's essential to break them down into smaller, more manageable steps. This approach not only helps us make progress but also

reduces anxiety associated with overwhelming expectations.

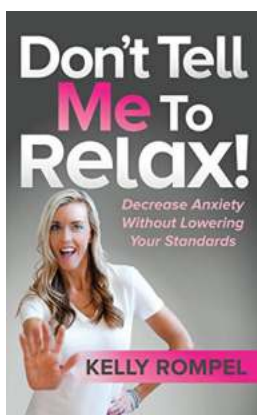
By focusing on one step at a time, we can make steady progress towards our goals, which boosts our confidence and decreases anxiety. Celebrate each milestone achieved along the way, no matter how small, to stay motivated and reinforce positive thinking.

Seeking Professional Help

While implementing the strategies outlined above can be helpful for many individuals, it's important to remember that everyone's journey with anxiety is unique. If anxiety continues to significantly impact your daily life despite your efforts, it may be beneficial to seek professional help.

A mental health professional can provide personalized guidance, support, and additional coping strategies necessary for managing anxiety effectively.

Anxiety doesn't have to control our lives or force us to lower our standards. By reassessing our expectations, developing healthy coping mechanisms, taking small steps towards our goals, and seeking professional help when needed, we can decrease anxiety while maintaining our high standards. Remember, it's not about compromising on our aspirations; it's about finding a balance that promotes both our mental well-being and success.



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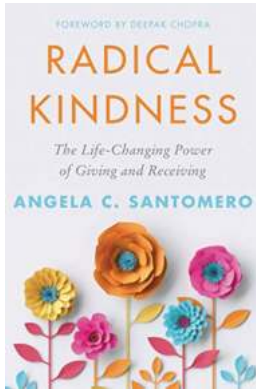


Don't Tell Me to Relax! teaches high achievers who are spread thin, stressed out, and overwhelmed how to live a balance of achievement and enjoyment.

Don't Tell Me to Relax! is for the ambitious soul who loves to be productive but struggles with the stress and anxiety that comes from being a high achiever. Former perfectionist and to-do list junkie, Kelly Rompel, shares her story of how she traded in her seemingly picture-perfect life for one of peace and purpose. As a pharmacist and holistic anxiety coach, she has helped countless high-achievers bounce back from burnout and lower their stress while still maintaining their success.

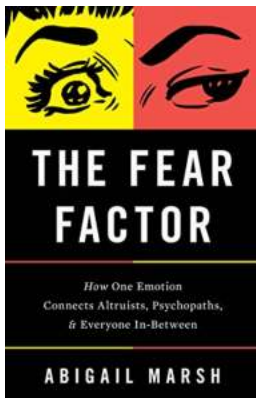
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- Drop the guilt that comes with relaxing
- Learn ways to decrease the irritability that high achievers often experience



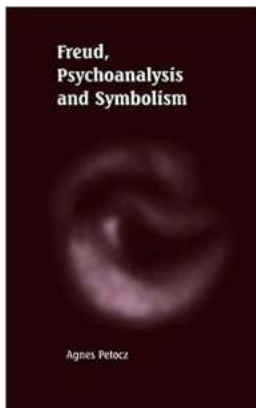
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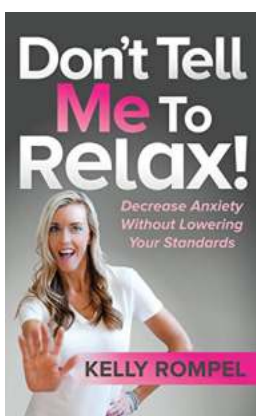
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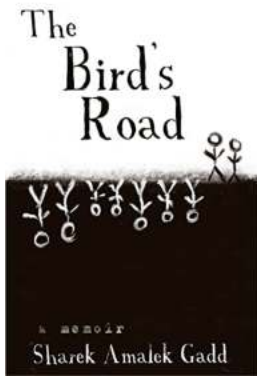
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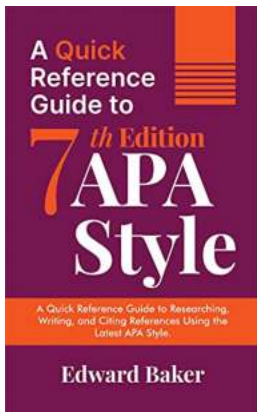
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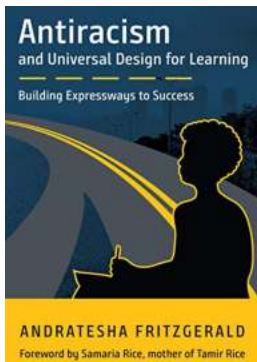
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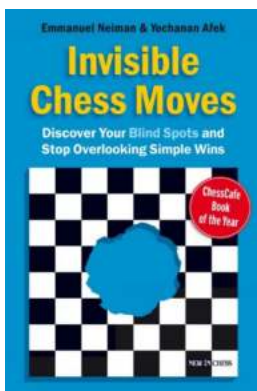
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