

# 6 Tips For Dealing With Fear

## **Routines & Rituals**

Wherever your fear stems from, having rituals can help you feel grounded and prepared to face difficult situations. A ritual doesn't have to be complicated. It could be as simple as a 1-minute meditation before facing fear. Imagine being in a lush green forest or a warm sandy beach. Enjoy the sounds you hear and the comforting smells, and use your senses to explore.

## **Positive Self Talk**

What you say to yourself before, during, and after a fearful situation can have an impact on how you handle fear in the future. If you find yourself saying, "I'm going to fail", acknowledge this but ask yourself, "What if I don't?"

## **Visualisation**

Just for a moment, imagine how you will feel if you get past your fear. Where will you feel it? What will it mean to you? To others? No need to dwell. Make it quick but positive. See it and believe it.



## **Use your breath**

When faced with fear, our body produces a chemical reaction triggering physical reactions such as shallow breathing and a fast heartbeat.

Try 2 rounds of this Box Breathing exercise:

Breathe in the count of 3,

Hold for 3,

Breathe out for 3,

Hold for 3.

## **Smile**

It's very difficult to be scared when you smile. Simple but true.


If you really can't smile, you can trick yourself into thinking you are smiling by holding a stick horizontally in your mouth.

## **Reflection**

Focus on the positives. Did you push a little further? Congratulate yourself on the small steps. It's super important and will help reframe fear in a more positive light, making it a little less scary next time.



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It's important to accept fear; after all, fear is there to keep us safe.

When we let fear hold us back in our day-to-day lives, reduce opportunities or affect relationships, it's important to seek help.

Book a chat to discuss your how we can help you with Overcoming & Managing Fear.

**[Book a Chat](#)**

