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# " 3 Everyday Things To Avoid"

## And How cutting Them Out Of Your Life Can Stop Your Anxiety

First up, a pretty strange one, but hear me out. This is something that I now *live* by.

### #1. Avoid TV News

You might be wondering how that's gonna help with your anxiety, but this is one of the most important changes I've made in my own life, and that's why I'm sharing the idea with you today.

The majority of TV news is *toxic*, it's negative, it's frightening, scary, and it's the same wherever you are in the world. I'd never realised just *how bad* TV news was for our minds and our well-being until I heard someone say that they'd *stopped* watching the news because it was having such a negative impact on their mood.

That made me wonder how much damage it was doing to *me*.

So I gave it a shot, and I stopped watching the news. And I have to say, it really did help decrease my anxiety levels. And the reason I *know* it's helped so much is that, whenever I happen to catch a glimpse of the news *now*, or for some reason I watch for 5 minutes, I *immediately* feel my anxiety start to come back.

It feels almost like a drug I was addicted to in the past, and going back to it, even for a few minutes, brings back all the side-effects I used to have.

And today reminded me of that.

When I knew I'd be making this video for you today, I thought I should do what I normally *never* do anymore, and I watched the news for 30 minutes - on a few of the 24 hour news channels.

Within 5 minutes of watching, I'd seen a story of an 18 month old baby who'd been tortured by his parents so badly that he'd died.

I'd seen a story of another mother who'd stabbed and killed her two young sons.

I'd seen a handful of stories about the financial crisis that's been going on around the world the past couple of months, and how families were losing their homes and had nowhere to go, and how thousands more would suffer the same fate.

I realise by telling you these stories I'm passing on the news that I'm telling you to avoid, and I know these stories aren't nice to hear. But I'm doing it to prove my point, and to show you how *damaging* these news stories can be to us.

Within those first 5 minutes today, I felt my heart racing like it hadn't in a long time. I could literally feel my old anxiety symptoms kicking in, just from watching a few minutes of the news.

These news stories are tragic, and the victims of these situations deserve our sympathy, but it does us no good at all to know about them.

If you watched "*The Anxiety Detox*" video a couple of weeks back, then you'll know we tried to stop ourselves thinking of all those unpleasant things we had no control over.

These news stories are just about the best example of that I can think of. They are truly awful things, but we have no control over them. There's nothing we can do about them. So they just become these detached, random negative thoughts that go around and around in our minds.

For people with severe anxiety, these kinds of news stories are just fuel being poured onto a fire.

Maybe you don't watch the news - I'm sure a lot of people have already turned off, as I have. And if you have then you're one step ahead of so many other people. But if it's still something you do, I really think you'll benefit from removing it from your life.

Give it a shot for a week and see if it makes a difference for you.

## #2. Avoid Downbeat Movies, TV Shows, and Books

It might sound obvious to recommend avoiding these things, but from my own experience in the past, I found that when I was going through a really bad time with my anxiety and depression, I would almost *seek* out these downbeat things on TV and in books and magazines.

They say misery loves company, and I guess you could say that about this.

A couple of years back, when I was as bad as I ever was with my anxiety, I saw a trailer for the movie "My Life," to say it was on TV the next day. Now, I knew what this movie was about because I'd seen it before. I knew it was about a terminally ill man coming to terms that he was dying, and I knew that the previous time I'd watched it, it had left me in pretty bad shape.

What I *should* have done, considering I was already going through a bad time in my life, was to avoid it, not let it interfere with me, and just move on.

That's what I *should* have done, but what I *actually* did was sit there for two hours the next afternoon and watch every second of it.

Looking back, it was a really stupid thing to do. But like I said, when my mood was low like that, I almost *hunted* for this kind of thing to watch. It was almost as if I felt I had to be around things that matched my low mood.

The simple act of watching that movie played a big part in causing the worst couple of weeks of my life.

In that following two weeks I'd been to my doctor 3 times, and to the emergency room once. And I'm sure that watching that movie, when I was already in terrible shape, played a big part in my problems.

Even though I can see how damaging this was to me 2 years ago, at the time I didn't realise I was doing anything wrong.

And that's why I think it's worth us consciously deciding to avoid things like this when we're in a vulnerable state. And perhaps it's even worth us avoiding it at all times, even when we're doing well.

I never watch things like this anymore, or read books on subjects that I know will bring me down.

It's just not worth it.

As with the first section of this video, when I talked about the news, try avoiding these more *general* downbeat things on TV, and in magazines and books. Force yourself to stay away from these things for a week or two, and I think you'll find you do much better without them.

## #3. Avoid Mixing Your Anxiety-Related Problems With Family & Friends

This is a tough subject to talk about, and a tough idea to come to terms with.

Because if we have friends and family who are close to us, then obviously that's the first place we turn when we have a problem or when we need support.

But what I've discovered, in my own case, and in the cases of all the people with anxiety that I've had a chance to talk to these past couple of years - what I've discovered is that eventually, if the anxiety is long-term, taking the problem to friends and family almost always makes the situation worse.

And it's nobody's fault. It's just the nature of anxiety disorders.

When it comes to this kind of thing, the people closest to us are powerless to help, so they get frustrated. And it's also impossible to know what severe anxiety feels like, or even what it is, unless you've experienced it like we have.

So when we keep going to the people we're close to, looking for support and advice, and help, eventually there's a strong chance they'll reach that limit where they just don't want to hear it anymore - they know they can't help us fix the problem, they don't truly understand the problem, and that time comes and they don't want to hear it anymore.

I know I had a couple of people in the past who I'd go to with my anxiety problems, and I guess I just took it too far too many times with them, because eventually they reached their breaking point.

And that's not good for anyone, and it can really damage friendships and relationships.

I called this final section, "Avoid Mixing Anxiety With Family & Friends," and if I'm realistic then I know that's impossible for most of us to do. But what we *can* do is *limit* the number of times we go to the people closest to us.

We can go to them when only they'll be good enough, but at all other times I think it will help us all if we find *other* places to turn.

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