



THE WORLD THROUGH MY EYES
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BREATHE IN BREATHE OUT

MANAGING ANXIETY ONE BREATH AT A TIME

UNIQUELY YOU COUNSELLING & CLINICAL HYPNOTHERAPY
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DEDICATION

This book is dedicated to those who suffer from stress and anxiety.

My clients inspire me every day with their strength, resilience and their willingness to try new things, to conquer anxiety.

I'd like to thank them from the bottom of my heart, for trusting me with their stories and for being so brave.

I would also like to acknowledge a brave and wonderful young man, who is an inspiration to me and to many others.

He has generously donated most of the photos in this ebook and has assisted in giving me feedback and new ideas about the content.

He has been a sufferer of anxiety, depression and PTSD, and has been trying to raise awareness of, and decrease the stigma attached to mental health issues, through his social media pages below.

I wish him all the success in the world and many happy moments in life.

The World Through My Eyes

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FOREWORD

The intention for this book is to share some basic techniques that I use with my clients, to help them manage anxiety. My vision is to have a positive, happy and hopeful feel, however, not to ignore the very real feelings that surround anxiety and its symptoms. This ebook does not go into great detail about what anxiety is and how the brain works, as there are plenty of sites that explain this beautifully. ([See Resources section](#))

My aim was to create something that can be used by anyone, no matter what stage of anxiety they may be in.

For example, when in an acute stage of anxiety, it is very difficult to comprehend too many instructions or too much information, as the brain doesn't seem to function very clearly!

Whereas, in the management stage of anxiety, the brain can digest more complex information and learn new ways of doing things.

Chapter One is more for the acute stage and the remainder of the book is hopefully fairly easy to understand.

This ebook is in no way a substitute for therapy or professional help.

Please seek medical advice from your local GP or psychological support, from a counsellor or therapist, with experience in anxiety.

Alternatively find someone you trust to talk to, if you feel you are not managing on your own.

There are support phone numbers and resources at the back of this book in the Resources section.

This is a tools and tips book to help you when you feel overwhelmed and I hope it helps you in some way.

Use the planning tool in the Resources section.

Try different things until you find what works for you.

Keep working at it and step by step you will get closer to being anxiety free.

It is important to me, to be constantly improving what I do, so please feel free to send me feedback by email to selena@uniquelyyoucounselling.com.au.

THE WORLD THROUGH MY EYES



A WORD FROM THE MAN BEHIND WTME PHOTOGRAPHY

To everyone who suffers with anxiety, depression and any other mental illness, life can be confusing, terrifying and wonderful all within a few seconds.

The hardest part about living with a mental illness, is feeling like you are alone and that no one else understands what you are going through.

Once you start talking about it, you will be surprised at how many people suffer from mental health issues and how their lives have been affected.

It is important to always remember that you can recover and although it may not be easy, it is 100% possible to heal and grow as a person.

If you set your mind to recovering and if really deep down you want to get healthier, you will.

There are a million and one excuses to “do it tomorrow” but why not start today? Start small so you don’t overwhelm yourself.

Every little step you take, gets you closer to conquering your mental illness.

When I first saw Selena I was at rock bottom, but with some hard work I am now able to live a normal life. Yes, I still get anxious about many things, but now I know myself well enough to be able to calm those feelings before they escalate into a full blown anxiety attack. If I am able to recover from where I was, you can too. JH



1

IS THERE A TIGER IN THE JUNGLE?

What is this thing we call *Anxiety*?

What is this thing we call *Anxiety*?

There are many types and causes of anxiety however the general emotion behind all of it is FEAR.

Anxiety is a natural response to a real or perceived danger or threat.

Under normal circumstances we need fear / anxiety to prompt us to protect ourselves from danger.

It sends our bodies into the fight or flight response, so you can prepare for action to either run or fight.

This is the feeling you get when you think perhaps you have an intruder in your house or you almost have an accident in the car or you are in an emergency-situation.

The fight or flight response is activated.

Adrenaline is pumped into the circulation and you are on instant alert.

The blood rushes to all the vital organs in the body such as brain, lungs and muscles.

The heart starts to pump harder and the brain and senses are ready to react.

You fight or run to survive, the danger subsides, the adrenaline is used up, you recover and then you continue on with your life.

We have all experienced this “normal” feeling at some stage in our lives, however mostly it goes away when the danger passes and the physical symptoms disappear.

What happens when there is no real threat and the body and mind go into survival mode anyway?

It's like your mind has hijacked your body, and in a way, it has.

Sufferers of anxiety are in this state consistently and the body forgets to relax when the perceived danger passes.

The mind seems to be in a state of overdrive, constantly worrying about everything and everybody.

Some people experience the worry as more focused, on a particular topic such as health.

The way the body responds to danger is one of the causes of the anxiety symptoms such as sweating, racing heart, being unable to breath, tightness in the chest, feeling like your head is going to explode, and that can be quite frightening.

The adrenal system stays on alert and this can have an adverse affect on your physical and mental health.

What is this thing we call *Anxiety*?

The subconscious mind is responding to something that reminds it of danger. Something has triggered it to think there is a “tiger in the jungle” or something to fear. The subconscious mind cannot distinguish between real and perceived threat.

Stress is the common trigger for both anxiety and panic.

There are two main categories for these triggers, physical and emotional.

Physical triggers:-Insomnia, dehydration, poor diet, unhealthy lifestyle, illness, loud noises, heat, cold, vibration, lack of air.

Emotional triggers:-Uncertainty, overwhelm, anger, fear, sadness, self-esteem, negative thoughts, focused on the future (what hasn't happened yet or what might happen).

Anxiety is very real however it is created in our minds by the way we think, and is often based on core beliefs that we have learned.

Core beliefs can be limiting, self-destructive, irrational and unhelpful.

Some examples of core beliefs:

“I must never make mistakes”

“I should always be happy”

“I am not good enough”

“Life should be just and fair”

Continue to read the other chapters in this book and you will find; some useful ways to interrupt these thought patterns and core beliefs, how to find a more useful focus for you and some techniques to help you when you are feeling anxious.

You can learn new ways to see things, new ways to think and new beliefs.

The mind can create anxiety, so imagine if your mind could create the life you wanted instead!

Stop thinking about what could go wrong and focus on what could go right

~Anon



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2

THERE'S NOTHING CUTE ABOUT ACUTE

Acute anxiety or “panic attack” is a very real and scary thing to deal with.

It's the brain's way of trying to protect you and tell you that there is a perceived danger.

Most of the time there is **no real threat** however your brain and body are telling you otherwise.

It is a **moment-in-time** and it will pass.

Follow the 3 step process and **you will** get through this

Three simple steps to handle acute anxiety

- 1.** Breathe In for a count of 4
Breathe Out for a count of 6

Deeply & slowly

- 2.** Ground yourself

Push your feet into the ground

Do a repetitive movement, like bouncing a ball

Say the alphabet repeatedly

- 3.** Hang on & ride the wave

It will pass and you will be ok

For more detail on managing panic attacks see [Chapter 3](#)



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3

STOP THE WORLD I WANT TO GET OFF

A step by step guide on how to get through a panic attack
(In more detail)

NOTE: If this is a first time experience, please see your local GP so they can rule out any possible physical reason for your symptoms.

(Taken directly from [Lifeline Toolkits/Panic Attacks](#) - see References p.40)

A step by step guide on how to get through a panic attack

Step 1

Try not to fight what you are feeling

It is important to remind yourself that you are experiencing intense anxiety, that is most likely, out of proportion to any actual danger.

Fighting the feelings, pushing them away or trying to distract yourself, can increase your fear of panic and give it more power.

It is important to remind yourself that panic is never permanent and most panic attacks will pass in a few minutes.

Step 2

Relaxation is the key to overcoming panic attacks.

Breathing control can be practiced to help you relax.

An example of breathing control is slow breathing;

- Breathe in slowly counting to yourself: 1...2...3...4
- Hold your breath for a moment
- Breath out slowly counting to yourself: 1...2...3...4...5...6

This is very effective when used at the first signs of a panic attack.

It needs to be continued for around four minutes to allow the balance of oxygen and carbon dioxide to return to normal.

Step 3

Try to **be aware of what you are thinking** and see if you can **challenge these fears**.

Here are some questions you can ask yourself:

“Given what I now know about panic, and a recent medical checkup has ruled out any physical explanations, am I really having a heart attack, stroke, or going crazy or is it the anxiety response?”

“Is what I fear really occurring, or is it more likely these symptoms are part of the anxiety response?”

“What do I know from my experience with panic attacks?”

A step by step guide on how to get through a panic attack

“Have I had these feelings before and did they kill me, or did they turn out to be a panic attack?”

“If someone I know was experiencing these symptoms, what would I say to them to reassure them these are just anxiety symptoms?”

Step 4

Give yourself time

Try not to rush yourself through the panic attack.

Don't try to distract yourself or pretend you are not feeling anxiety; this will often make the anxiety worse.

Acknowledge your symptoms as “just symptoms”.

Remind yourself that you can separate how you feel from what you think or fear is happening.

Some people find it helpful to think of panic as similar to ‘riding a wave’; it builds up, peaks, and then washes up on the beach.

When you are ready, simply go back to what you were doing.





4

TAKE A BREATH

The first thing to learn is to breathe

Click on the link below to access a free 5-minute self-hypnosis called Take a Breath

<http://www.uniquelyyoucounselling.com.au/product/take-a-breath/>

The first thing to learn is to breathe

It is well known that getting more oxygen, by simply changing the way we breathe, can facilitate relief from a number of conditions including chronic pain, anxiety, insomnia, depression and a wide range of stress-related illnesses. Breathing also brings you out of your head and into your body. When you do breathing exercises, you are in the moment. They can change the way you feel very quickly.

“When you come out of the storm, you won’t be the same person who walked in. That’s what this storm is all about”
~Haruki Murakami

Diaphragm Breathing

What it is: Breathing that involves expanding and contracting the belly, which gives the lungs room to take in more oxygen.

How it can help: Calms the nervous system and brings mindful focus to the present.

Doing this on a daily basis will help lower your baseline for stress.

How to start:

1. Lie on your back with your knees bent. Place one hand just below your rib cage and the other on your upper chest.
2. Breathe in slowly through your nose so that your stomach pushes out against your lower hand. Breathe in to the count of 4.
3. As you exhale through pursed lips, tighten your abs and let them fall inward towards the spine. Breathe out to the count of 6.

(Throughout inhalation and exhalation, the hand on your chest should remain as still as possible.)

Do this exercise five times a day for 3 minutes or when feel you need to.

With enough practice, you should begin to breathe this way automatically.

(You can also do this sitting up straight!)



5

THE MOMENT IS NOW

The daily practice of mindfulness is so important to keep yourself in the present moment, grounded, in your body.

Anxiety happens when your mind repeatedly focuses on things that haven't happened yet, things that could go wrong in the future, and often about things you cannot control!

The moment is now to practice mindfulness

When you hear yourself say something like

“What if this happens...then this will happen and then this might happen and then it will all be terrible”

Interrupt these thought patterns with breathing or mindful practices

.

*“Never assume that you’re stuck with the way things are.
Life changes and so can you”
~Ralph Marston*

Types of mindful practices

1. *Relaxation* - using the Smiling Minds App. (or other App.) every day, as often as you can fit it in to your diary. <http://smilingmind.com.au>

There is no right or wrong way to do relaxation; get comfortable, breathe and just be. Every time you do this, it will have a positive affect on your nervous system. Even if sometimes it doesn't feel like its working. Stick with it!

2. *Deep Breathing* - anytime you feel that feeling that comes with anxiety or worry....STOP and do 10 Diaphragm breaths (See Chapter 4)

3. *Mindful daily routine activity* - do one thing in your day like showering, cleaning your teeth, doing the washing up or walking; TOTALLY MINDFULLY Not thinking or doing anything else!

Your mind will wander but just keep bringing it back to the task at hand.

Focus on using all of your senses....what can you feel, see, hear, smell, taste???

Other fun mindful things to do:-knitting, colouring in, drawing.

Note: (Please do not do these exercises while driving a car or doing things that involve full concentration)



6

GIVE YOURSELF A HUG

Self-soothing is so important when you are feeling fragile or vulnerable

Be gentle with yourself, you are doing the best you can.

Some huggable suggestions

Wrap yourself in a blanket

Have a foot massage

Cuddle a soft toy or pillow

Ask someone you love for a hug

Have a warm bath

Play with a dog or cuddle a cat

Have a good cry or laugh

Curl up on the couch with a heat pack

Have a hot chocolate

Walk along the beach

Light some candles

Listen to soothing music

Play a musical instrument

Do some yoga

Read something that inspires you

“A hug is like a bandage to a hurting wound.”

~Author Unknown

Write down some hugs that work for you



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GOING TO GROUND

Grounding is a technique for managing dissociation or feeling spaced out. It is also good to use when feelings of anxiety are spiraling towards overwhelm. Early detection of these feelings and thoughts, is the key to stopping things from becoming out of control and to get you back in the zone.

Notice what happens to you when you have a moment of being spacey or heading down the path of overwhelm. What is going on in your mind and body at the time? If you can identify your first signs, you can stop it from getting worse, by using a grounding technique that works for you.

Getting Grounded

- Push your feet into the ground or backside into the chair
- Deep slow breathing
- Look around the room and name 5 things that begin with B
- Splash your face with cold water
- Have a shower or bath and notice the sensation of the water
- Go for a walk outside and see what you can see, hear, smell, touch
- Focus on an object and identify as many things about it that you can
- Eat or drink something and notice, is it sweet, sour, salty, hot or cold
- Read something out loud
- Sing a favourite song
- Count the number of trees or TV aerials you can see outside your window
- Think of something funny and have a laugh (even its a fake one)
- Move your body; jump up and down, do yoga stretches, dance
- Meditate and visualise your happy place

There are limitless possibilities for grounding.

Try different things until you find the ones that work for you and write them in your plan (**at the back of this book**)

“The journey of a thousand miles begins with one step.”

~Lao Tzu



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GOING IN CIRCLES

Anxiety often occurs when we try to control everyone and everything around us.

We worry about things going on in the world that we can't do much about.

This is an enormous waste of energy and not to mention stressful!

How can we control the weather, the traffic, the global financial crisis, other people's thoughts or behaviour?

Can we control the past or the future? Not possible!

What we CAN do is to focus on the things that we CAN control, like our own actions, behaviour, thoughts, ideas and words.

Practice this each day when you find your thoughts going around and around in your head.

“Can I change or influence this thing that I am worrying about?”

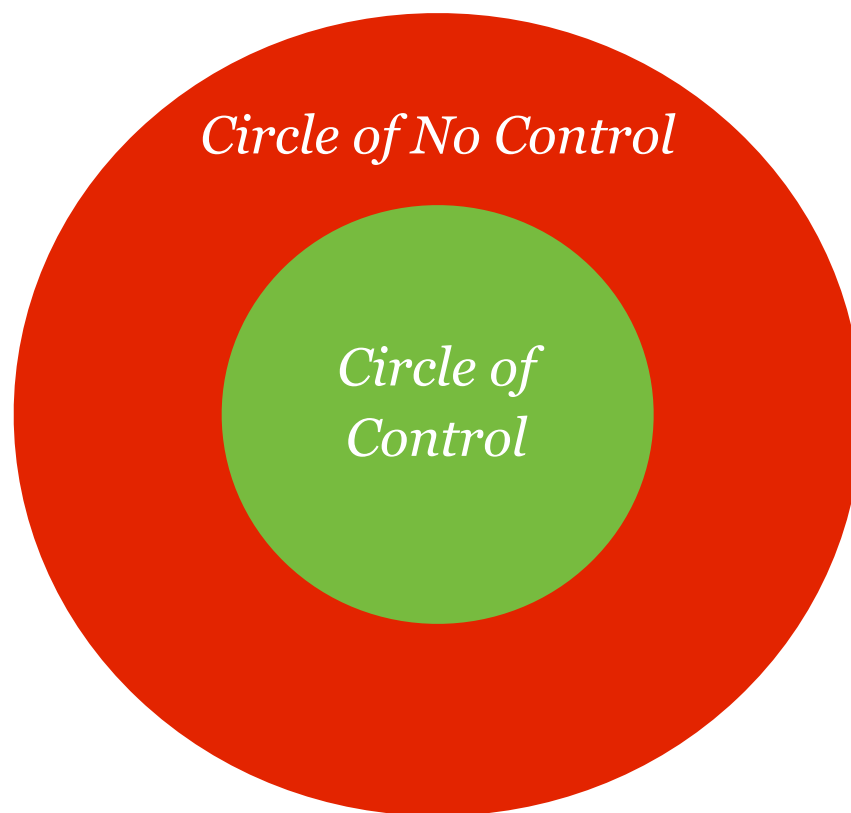
Going in Circles

Circle of No Control

- Weather
- Traffic
- What other people think of you
- Other peoples' feelings
- The past or future

Circle of Control

- The present moment
- What I think about myself
- How I treat others
- My behaviour, actions, thoughts
- My choices, attitude and response
- What can I do now that is useful to me?



“Grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference”

Exercise:

Think of something that is worrying you right now

Ask yourself

"Can I control, influence or change this concern, problem / person / event?"

If the answer is No, then you need to let it go and park it in the circle of no control. Instead ask yourself "What can I do right now that is useful for me?"

If the answer is Yes, then look at your choices, options or solutions for change or how to influence this particular concern.



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9

WHAT YOU FOCUS ON, IS WHAT YOU GET

Do you find yourself worrying about what hasn't happened yet or what might happen?
Is your focus on things in the future that you cannot control?
Does this way of thinking make you feel stressed or anxious?

If you focus on what you don't want, that's exactly what you will get.
Notice what happens when you shift your focus to what it is that YOU want.

Finding your focus

Decide on what YOU want; what is your goal and how are you going to get there?

Make sure what you want is yours and is not about anyone else.

Visualise how you want it to look or happen.

Make sure it is not what you don't want.

Example of a goal that is what I want:

“I am happy, calm and confident in everything I do”

Example of a goal that is what I don't want:

“I don't want to be sad, stressed and feel scared”

**“Obstacles are things a person sees
when he takes his eyes off his goal.”**

~E. Joseph Cossman

When you feel anxious, ask yourself, *“What am I focused on right now?”*

I can guarantee you it won't be on what YOU want.

It will be on all those other things that haven't happened yet or on the things that are out of your circle of control. (See Chapter 8)

Change your focus back to your goal and watch the anxious feeling disappear.

Think about **what you can do right now** to move you closer towards your goal?

Write down on the next page what YOU want in some or all aspects of your life.

What is your focus? What do you want?



10

FACT OR FICTION

Do you make stuff up in your head?

Do you create a scenario in your head (about the future) and obsess about it to the point of making yourself sick, tired and extremely anxious?

Have you often found that the thing you obsessed about did not eventually happen?

This is what I like to call MSU or MAKING STUFF UP!

The process of taking one thought, idea or event and turning it into a series of negative thoughts and ideas until you have created a catastrophe in your mind.

What to do with the MSU?

Time to bring this game into conscious awareness

When you start to get that feeling of anxiety in your body (head, belly, chest or wherever you feel it), ASK yourself *“What am I thinking about right now?”*

Am I creating a scenario or a work of fiction in my head that is making me anxious?

What actual evidence or facts do I have to prove that what I am thinking is correct?

What might be the alternative stories?

“HAVE I MADE THIS WHOLE STORY UP IN MY HEAD?”

If the answer is yes to the above question, here’s what you do.

Close your eyes and imagine that you take your story on a piece of paper, roll it up and visualize a big dumping bin with a lever.

Put it in the bin and pull the lever..... Woosh....all gone!

*You’re off to great places! Today is your day!
You’re mountain is waiting so get on your way!
~Dr Seuss*

Example: A friend doesn’t return a phone call within a couple of days

I think to myself, *“They dont want to speak to me. I must have said something that offended them. What if they hate me or think I’m boring? What if they tell others that I’m boring or rude? Everyone is going to think that I’m awful”*

There is no evidence to support these claims, they have not told me any of those things directly to my face.

The alternatives are more likely to be that they have been sick, busy, away for work or they didn’t get the message or they just forgot. There is often a simple answer and it is nothing like the story I made up in my head.

Time to dump that story!



11

POWERFUL LANGUAGE

The language that we use can have a huge affect on how we feel about what happens to us or around us.

It can either be useful or not so useful. It can be limiting or empowering.

When we use generalized language, it is limiting and can cause a negative reaction or can reinforce a negative belief system.

We mainly use two types of generalized language that I like to call “Absolute” and “Extreme”.

Once you start to challenge these language patterns, you will notice a difference in the way you respond to and feel about events in life.

Absolute language

When we use words such as *“have to, must, mustn't, got to, should, shouldn't, ought to, need to*, we create a sense of necessity and if these things don't happen something terrible will occur.

It is as if an external force has made us do these things and that we have no choice, we are powerless.

How many times have you heard yourself say, *“I **have to** do the house cleaning today”* Or *“I **should** go out with my friends instead of staying home”*?

Ask yourself the following questions

“Have to?” “Should?” “Who said?”

“What would happen if I didn't do the house cleaning?”

“What would happen if I stayed at home and didn't go out?”

“What would happen if I did?”

When you change your language to *“I **CHOOSE** to do the house cleaning”* or *“I **choose** not to do the house cleaning”*, notice the difference in how you feel about it.

You may not want to do it, however when you choose to do it, you are empowering yourself and thus you will do the task with a better attitude than when you felt you were being forced to do it!

The limits of your language are the limits of your world
~Ludwig Wittgenstein

Write down on the **notes page** what absolute language you use and what the alternative language could be.

The language we use influences the way we think
~Steven Pinker

Extreme language

When we use words such as “*all, everything, always, never, no-one, everyone*”, we create an extreme view or a catastrophic scenario in our minds.

A perceived disaster can make a person feel very anxious

How many times have you heard yourself say, “*Everything went wrong today, the whole day was a disaster*”?

Ask yourself “***Everything?***” “***Did everything go wrong?***”

Or was it one or two things only?

What went right today? Was most of the day ok?

Another example; “*They **always** do that*” Always????

“*Oh ok, they sometimes do it and most of the time they don't.*”

Notice the difference in how you feel about the statement after you have corrected it.

Have fun with this and notice when others do it!

Write down on the **notes page** what extreme language you use and what the alternative language could be.

A note page to write your alternative language

Example: I have to do the washing, ironing, cleaning today

Alternative: I choose to the housework today



12

RESOURCES

- **My Plan**
- **Important Phone Numbers**
- **Online Chat**
- **Support Groups**
- **References**
- **Bibliography**
- **About the Author**

My Plan

My strategy if I have a panic attack

My daily breathing plan

My daily mindfulness practice

My hugs

My grounding

My favourite exercise to do when stressed out

My things to do that bring me joy

My focus? What do I want?

My people to call

Important Phone Numbers

If you are in need of help and unable to access any of the information services in these lists, please call Emergency **000** or your local hospital for assistance.

ORGANISATION	CONTACT NUMBER	SERVICE/SUPPORT
Lifeline	13 11 14	24/7
Kid's Helpline	1800 55 1800	24/7
Blue Knot Foundation	1300 65 73 80	Monday - Sunday 9am-5pm - AEST Supporting adult survivors of childhood trauma and abuse, their partners, family and friends, health professionals and anyone in the workplace working with people who have experienced childhood trauma and abuse.
Beyond Blue	1300 22 46 36	24/7
MensLine Australia	1300 78 99 78	24/7
Suicide Callback Service	1300 65 94 67	24/7
SuicideLine Australia	1300 65 12 51	24/7
SANE Helpline	1800 18 72 63	9am till 5pm - Monday to Friday. Mental health information and referral service.
Family Drug Support Australia	1300 368 186	24/7 Information and referral.
Parentline Australia	1300 30 1300	9am-9pm Monday to Friday
Aged Information Line	1800 200 422	8am - 8pm - Monday to Friday 10am - 2pm Saturday
Family Relationship Advice Line	1800 050 321	8 am to 8 pm, Monday to Friday, and 10 am to 4 pm on Saturday (local time), except national public holidays

Online Chat

This is an excellent option for when you don't want to talk on the phone

eheadspace - for 12-25 year olds / 9am -1am AEST / 7 days a week

<https://www.eheadspace.org.au/get-help/help-for-me/>

Beyond blue - 3pm -12am AEST / 7 days a week

<https://www.beyondblue.org.au/get-support/get-immediate-support>

Lifeline crisis chat - 7pm - 4am / 7 days a week

<https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

Counselling online - live, one-to-one counselling service over the internet for anyone with an alcohol or drug concern. 24/7

<https://www.counsellingonline.org.au/counselling/>

Sane - provides the information, guidance, and referral you need to manage mental health concerns. Chat online with a mental health professional (weekdays 9am-5pm AEST).<https://www.sane.org/get-help>



Support Groups

Anxiety Treatment Australia. <http://www.anxietyaustralia.com.au>

Beyondblue - Depression and anxiety support <https://www.beyondblue.org.au>

Black Dog Institute - is a not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder <http://www.blackdoginstitute.org.au>

Carers Australia - Carer supports services -1800 242 636
<http://www.carersaustralia.com.au/>

Carer Helpline - 1300 554 660

COPMI - Children of parents with a mental illness - <http://www.copmi.net.au/>

Drug and Alcohol Info Line - 1300 85 85 84

E-couch - e-couch is a self-help interactive program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.
<https://ecouch.anu.edu.au/welcome>

Grief

<http://grieflink.org.au>

<http://www.nalag.org.au>

<http://www.childhoodgrief.org.au>

Griefline - 1300 845 745 - Australia's only dedicated grief helpline service that provides counselling support services free of charge to individuals and families
<http://griefline.org.au/get-support/>

Headspace - National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds <http://headspace.org.au>

LIFE - Living Is For Everyone (LIFE) is a world-class suicide and self-harm prevention resource <http://www.livingisforeveryone.com.au>

Lifeline - 13 11 14 -<https://www.lifeline.org.au/>

Mind Australia - supporting mental health recovery - 1300 286 463

<https://www.mindaustralia.org.au>

Young Carers - Young carers are children or young people up to 25 years of age, who help care in families where someone has an illness, a disability, a mental health issue or who has an alcohol or other drug problem. <http://www.youngcarers.net.au>



References

Chapter 1

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“This Tool Kit has been produced by the Lifeline Information Service as a public service.

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“At the center of your being you have the answer;
you know who you are and you know what you want.”
~Lao Tzu

About the Author



Selena Pirie is a qualified and registered Counsellor and Clinical Hypnotherapist in Ocean Grove, Victoria, Australia. She has over 30 years of experience in nursing and the healthcare industry. Four years ago she started in private practice in Ocean Grove and mainly specializes in anxiety, depression, grief, chronic pain and infertility.

Selena is passionate about working holistically with her clients and gives them the space and time they need to heal. She uses a combination of counselling and hypnotherapy to align both the conscious and subconscious mind of the client. She is known for going the extra mile for her clients and helping them to reach their therapeutic goals. This is her first ebook.

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Testimonial

“Selena was a fantastic support in a time where many things in my life were beginning to unravel. I had some massive things happening in my life including dealing with a massive life change and the death of a close family member. I felt that I was unable to stop overthinking things and was overwhelmed with emotion. I loved her calming and open approach and instantly felt at ease when walking into her practice. It was great to just have her listen to what it was I needed to get off my chest and to provide me with strategies I needed to help me find perspective and learn to calm my mind through hypnosis and meditation. I am forever thankful for Selena’s help and highly recommend her to anyone who needs help to clear their mind and deal with life's ever changing experiences.” Joanne