

# Fighting Fear

LIVE 4 YOU COACHING'S  
SELF-CARE FOR THE SOUL

Think about a  
time in your  
life when your  
worst fears came  
true. . . .

Did they really?

How possible is  
this?

How do you think  
you will feel when  
you face your  
fears?

**“ WHEN YOU FACE YOUR FEARS  
YOU’LL REALIZE THAT THEY  
ARE NOT REALLY FEARS AT  
ALL, JUST BELIEFS FORMED  
THAT ONCE CHALLENGED,  
BECOME UNTRUE ”**

As I sit here writing this month’s newsletter, I’m smiling!! Not only do I love the month of October for its beautiful fall colors and cool breezes, but I just love Halloween! My apartment is filled with decorations that remind me of the fun I had as a child, dressing up for Halloween and receiving goodies from others. You see, this is the one time when kids and adults ( you know you are out there!) give themselves permission to be silly and free. I’d like to ask you to connect with the kid inside of you this Halloween and have some fun. We are never too old to enjoy our lives!

When I go to the stores now, I am immediately drawn to the Halloween sections. Again, this is simply because I enjoy expressing myself and decorating.

This definitely helps me bring my creativity to life! Luckily for me, I am able to see the FUN in all of this, but what happens when all you see is fear and negativity? What is considered a holiday for many, takes on a whole new meaning.....a meaning that must be faced “head-on” to get back to the fun and enjoyment in life.



We all have fears and anxiety in our lives. Whether it's fear of losing a loved one, fear of commitment, fear of losing a job, fear of failure, fear of dying, fear of not living, or fear of not being able to pay your bills, it is scary as hell! This may sound odd, but some of you may even have a fear of sleeping. I could go on and on but you get the picture! It may seem like we spend most of our time living in *FEAR*, but the truth is.....we don't have to.



**“FEAR IS  
THE  
BODIES  
WAY OF  
TELLING  
YOU TO  
FIGHT FOR  
WHAT YOU  
REALLY  
WANT”**

I've been thru many struggles in my life and each and every time I've made it thru all of them. I've learned that all of my fears are manifested by my mind and my own negative thought patterns. When you think about what really holds you back in life, it is your own self, telling you what is or isn't true or what you can or cannot achieve. The only thing you need to conquer your fears is the simple belief that **YOU CAN** and **YOU WILL!!**



I've learned many ways to counteract fear (trial and error) because of my own personal experiences. I'd like to share some of these techniques with you. Keep in mind that there are no “quick” fixes. Be patient with yourself and know that you are never alone.....**LOVE** will lead the way.



### Visualization

This is a very powerful technique used to reinforce positive thinking but can also be used to counteract negative visions. Visions that continue to appear are detrimental to one's physical and mental well-being. Replace negative visions with what you would like to see (over and over again). In time, this new vision will overpower the old ones.

### Reframing

Life coaches use a term called "gremlins." These gremlins are the voices inside your head that continue to tell you negative/critical things about yourself. When it comes to fear, it can sound as if these voices are not yours. Now on occasion this is possible and they may even sound like they are coming from someone else. You must continue to counteract these voices for them to disappear. Saying something as simple as, "*I can't hear you; I can't hear you*", works with persistence.

### Deep Breathing

When fear kicks in the bodies "fight or flight response begins. The body quickly moves to panic mode, making it difficult to remain calm and rational under intense circumstances. We must calm our bodies down before we can effectively cope with anxiety and fear. Deep breathing (whether sitting, standing, or lying down) enables us to naturally calm ourselves down. From here, we can re-focus and tap into reality once again.



### Movement

The gift of movement.....we are not meant to stand still nor stay in one place for any length of time. If you are anything like me- my fears, anxieties, and stress levels increase the more I "sit" with them. It is imperative, when this occurs, to take the focus off of what IS scaring you and put all of this energy into things that you enjoy and make you smile.

*What more can I say. ....Have a Nice Day!!!!*