**Why Distraction Helps Ease Anxiety**

In order to quickly move away from generalized anxiety you need to throw yourself 100% into life.

What is needed is to engage regularly in an activity that stimulates you, and holds your complete attention, something in which you can become completely absorbed.

Something that distracts you is a very valuable tool in taking your attention away from the uncomfortable sensation of anxiety that may be lingering in your body.

You see almost everyone with anxiety finds themselves getting a bit obsessed about how they feel at any given moment. The less preoccupied the person is, the more time there is to obsess over anxious sensations.

I am sure you have noticed that when you are doing something you enjoy or that really holds your attention, the less you ‘check in’ to measure your anxiety level.

Quite simply, the more you engage with life the less stagnant and anxious you will feel.

**Some of the possible activities that interest you could be:**

Gardening, playing a musical instrument, sport, or simply having a good conversation with a friend. The idea here is to find something that you can repeat on a regular basis that you enjoy doing or that at very least holds your attention.

If you find you have too much time on your hands and are having problems coming up with something you could do then I recommend you volunteer in a local voluntary scheme. It could be anything from helping the elderly, looking after animals or environmental conservation.

If you can spare even one or two hours a week for such work, not only will you feel your self-esteem improve, but it will help shake off any lingering feelings of isolation or loneliness which are so often accompanied by anxiety.

One thing you can be certain of is that there is some organization near you crying out for a volunteer just like you to assist them with their work.

The art of distraction has always been used to help people refocus and avoid concentrating on whatever physical or emotional discomfort the person is going through. It may just be the caring friend who invites their recently heart broken roommate out on the town to have some fun.

Dentists and doctors use distraction techniques frequently to distract the patient from a physical discomfort they may be experiencing, by giving them something else to focus on (usually the bill).

The purpose of using distraction, for people who want to live anxiety free, is to have new experiences that take the person’s mind off the anxious feelings they have been experiencing.

If you imagine that all the fearful anxious thoughts that go through your mind are like a roll of film being run through a film projector (your mind) and out into your life. Concentrating on some activity immediately cuts the film and brings you directly into the here and now.

When you are fully engaged with life there is no room for any anxiety disorder. This mental space you create enables both your body and mind time to become less sensitized to the anxiety.

By doing something you enjoy and feel you are good at, helps build new competencies. You are saying to yourself that the anxiety path is not one you want to travel down anymore and that you will put your focus elsewhere.

The more time you give to following these rewarding pursuits, the easier it is for your body to relax and return to a natural state of peace.

Combine this with my ONE MOVE technique and people often look back weeks later and wonder if it was really them who was so anxious all the time. Note, it normally takes a few weeks to reduce feelings of general anxiety. That is the standard amount of time to come back to feeling more yourself.

Let me remind you that I am here to work with you if you want to learn more about my course and the One Move technique which has turned so many peoples lives around.

I’m so confident that my program will help you conquer your anxiety, that I offer a 8 week trial. If you do not benefit from the course you can have your money refunded immediately.

My course Panic Away has proved highly successful with both long and short term sufferers of panic attacks.

[Click here to learn more about Panic Away](http://www.panicaway.com/)

**Here is an example of how the course has helped others.**

Hi there. Just a quick note to say thank-you. I’ve struggled with panic attacks for the past 31 years. I’m very happy that I kept looking! More than happy actually – my life is changing daily as it all comes back together again.

Thanks again, R Edington

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“Thank you, I just read this book and already I feel more confident. I’ve read and bought other panic solutions and this one finally taught me how to accept the anxiety and panic in a way I could understand. I wish I’d known about this when I was a teen-ager. Anyway I feel better just knowing about this technique. Thank you again for caring about people.

P.S. I can’t believe this valuable information costs so little, I bought one program for almost $300.00  
R. J – .Woodbridge, Suffolk.

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…I encourage you to take a chance with this course. As a former sufferer I would not pretend to have a solution if I did not honestly believe it could be of great benefit to you.

**Together we can get you truly panic free.**

P.S. Additional bonus- I am currently offering an opportunity to people who purchase the program this month, to have free one to one sessions with me so that I can ensure you get the results you need. All I ask is that should you feel the course has been of tremendous benefit to you that I add you to a database I am currently updating of success stories.

I hope this information has been helpful to you.

Barry McDonagh

[Panic Away](http://www.panicaway.com/)

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