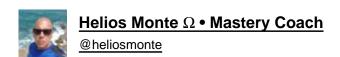
## Twitter Thread by Helios Monte Ω • Mastery Coach





## 5 habits to get rid of anxiety + overthinking:

1. Meditation

Meditation will:

- Clear your mind
- Give you balance
- Give you a sense of peace

You can also use it to relax and cope with stress by refocusing your attention on something calming.

Steps to meditate:

- Find a calm spot to sit
- Set a time limit (10-20 mins)
- Focus on taking deep breaths
- Relax your whole body and let go
- 2. Practice Mindfulness

Mindfulness will help you:

- Relieve stress
- Get rid of anxiety
- Have a better sleep
- Lower blood pressure

Mindfulness also allows us to become more aware of the stream of thoughts and feelings that we experience.

Steps to practice mindfulness:

- Find a place to sit that feels calm and quiet to you.
- Follow the sensation of your breath as it goes out and as it goes in.

- Notice when your mind has wandered.
- Focus on enjoying the present moment.
3. Embrace your fears
Embracing your fears will help you:
Develop wisdom
Develop courage
Develop resilience
Develop self-confidence
By embracing your fears, you are making the decision to take care of yourself and that you are worthy of taking a risk.
Steps to embrace your fears:
- Identify your fears.
- Embrace your fears; fear feeds your fear.
- Separate yourself from your fears; they aren't you
- Understand your worst-case scenario.
- Have a fearless focus.
4. Practice self-compassion
If you're beating yourself up over something you did last week, try refocusing on self-compassion.
Here are some ways to get you started:
Take note of a stressful thought.
Pay attention to the emotions and bodily responses that arise.
Acknowledge that your feelings are true for you at the moment.
• Repeat positive affirmations, Eg:
"I am enough"
"I am capable"
"I am beautiful"

Realize what makes you overthink, and feel anxious.
Steps to manage these triggers:
Confront them (Go to the trigger until it's no longer a trigger)
Avoid them (Stay away from these triggers at all times)
Thanks for reading!
If you enjoyed this thread, retweet the first tweet and follow me @heliosmonte
This account exists to help you:
<ul><li>Conquer life</li><li>Become disciplined</li><li>Become your best self</li></ul>
Have a blessed day! <a href="https://t.co/n6Uhc9zsck">https://t.co/n6Uhc9zsck</a>

— Helios Monte \u03a9 \u2022 Mastery Coach (@heliosmonte) August 28, 2022

5 habits to get rid of anxiety + overthinking:

5. Understand your triggers

Whether it's;

A certain personA certain situationA certain location