# Twitter Thread by Helios Monte Ω • Mastery Coach



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## 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"

5. Understand your triggers

Whether it's;

• A certain person
• A certain situation
• A certain location

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!

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This account exists to help you:

• Conquer life
• Become disciplined
• Become your best self

Have a blessed day!
https://t.co/n6Uhc9zsck

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