



Discover the secrets to Be Anxiety Free... Now! >>> BeAnxietyFreeNow.com

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My Story

Hello there!

Since you are reading this eBook, chances are that you are one of the almost 300 million of people worldwide who are suffering from a very common yet terrible condition: General Anxiety Disorder and/or Severe Anxiety.



Since the late part of the 20th century, anxiety has increased among the world's population so much, that I consider it to be an epidemic in regards to mental and emotional health. Its estimated that over 300 million people worldwide were affected by anxiety disorders by 2020.

Even worse, rates of anxiety climbed globally by more than 25% in 2020, a devastating effect of the Covid-19 pandemic that has particularly affected women and young people. That's tens of millions more cases of anxiety, in addition to the hundreds of millions already occurring around the world.

Too many people every year commit suicide because they are suffering from anxiety disorders. A recent study showed that among individuals reporting a lifetime history of suicide attempt, over 70% had an anxiety disorder.

My name is Wayne Kelly. If anyone knows what trying to live with an anxiety disorder is like, its me. I actually started to develop my anxiety as a kid due to situations related to my father and school. As a kid, I didn't know what anxiety was, I just knew that the way that I felt all of the time was not good and wondered why most of the other kids didn't seem to feel the same way that I did.

Around the time of junior high school, my anxiety was already in full swing and I started to deal with bouts of depression. I still didn't really know what I was dealing with, and I just thought I was weird. I never talked to my friends about it for fear of being made fun of, and I didn't feel comfortable saying anything to my family about it, especially my father, who was one of the reasons why I developed and suffered from anxiety in the first place.

Because of my anxiety I became more and more introverted and as a result I started being bullied. This continued and got worse when I went to high school. I kept thinking that when I graduated high school things would get better, but they didn't.

There were new stressful situations that caused even more anxiety and depression.

I learned to cover it all up and act like nothing was bothering me. I'm sure you know what that's like... you are dying inside but you need to put a normal face on while being out there in the world. Nobody is trying to help you, because they don't know that you need help. And so I would just deal with it each and every day, for many years.

Fast forward a number of years to when I was 37 and I experienced my first full-blown panic attack, while on a plane packed full of people. If you've ever experienced a real panic attack you know how terrifying they can be. Having one in a flying metal tube packed with people makes it even worse. I thought I was going to die. It was this panic attack that made me finally look for some professional help.

When I finally got help, it was both a blessing and a curse. I was put on medication that dulled the anxiety, but it also dulled everything else. I felt like a zombie and just wanted to sleep all of the time. I knew that I couldn't live like this forever. I didn't want to just cope with my anxiety, I really just wanted to have my anxiety go away. And so it was around this time that I started doing a lot of research on the subject of anxiety.

At that time there wasn't a whole lot of information available about anxiety and how to manage it, there certainly wasn't any information about how to get rid of it. But I was determined to find out how to do both.

For years I read every book that I could find about anxiety, and read every research paper that was published regarding anxiety. Over the years more and more information started becoming available and I just kept saving all of the information.

As I was coming across all of this information I was also trying most of the things that I was learning about, finding out which things actually worked to help with the anxiety and which things didn't. I tried more remedies and practices than I can count. But, over the years I found many things that really do work.

Keep in mind that there are many reasons for why a person might have anxiety. There could be many reasons why YOU have anxiety. And there are answers and remedies for every one of them.

The e-book that you are reading right now consists of my top tips that anybody can do, which will help if they are suffering from anxiety.

A handwritten signature in black ink that reads "Wayne Kelly". The signature is written in a cursive, flowing style.

5 Simple Tips to Help with Anxiety

Tip #1: Improve Your Posture

So, this first one might sound like a joke to you. It did the first time heard this, but trust me, it helps.

Are you experiencing your anxiety right now? Take a moment to notice how you are sitting or standing.

Chances are you are doing one or more of the following:



- Are you slouching over in your chair or as you stand?
- Are your shoulders hunched forward and inwards?
- Are your eyes usually pointing downward?

Believe it or not, your posture has a lot to do with the way that you feel. The first time I heard this I thought the person was joking. How could my posture be affecting how I feel?

But they were right, they proved it to me then and I will prove it to you now.

It doesn't matter whether you are sitting or standing. Straighten your spine and sit or stand nice and straight. Now, bring your shoulders back almost as if you are slightly pushing out your chest. Hold your head up by bringing your chin up, and look straight ahead... like you are looking toward your future.

Just hold this position for a minute. Make sure that this is not overly uncomfortable for you. If you've been hunched over for a long time, straightening up may be slightly uncomfortable, but hang in there for a minute.

Now, notice if you feel a little better. Most people will admit that doing this makes them feel a little better, a little more positive. The more you can remember to "straighten up" throughout your day the more you will increase this positive feeling.

I have read in several medical studies that that people who have good posture tend to experience less headaches, as well as less joint and back pain. So the benefits are both emotional and physical.

Tip #2: Talk to Somebody

When I was still suffering with anxiety, one of the most harmful things I did to myself was to try and escape from the world and shut myself away from people, including my friends.



This had a terrible effect on my all of my relationships. It affected my romantic relationships, my friendships and it even affected my family.

What I think most people don't realize is that talking to somebody about their issues actually helps more than they can imagine.

I can look back now and see how trying to deal with my anxiety by myself was causing more harm than good. I know from experience, that when you are experiencing anxiety you don't really feel like you can talk to anybody about your problems. But that's the exact opposite of the truth.

Had I opened up to someone that I knew and trusted, that would have helped so much, simply by sharing what I was feeling and allowing someone to listen. Believe it or not, whoever you open up to doesn't even have to try to give you suggestions to help. Just unloading some of the anxiety baggage can act as a sort of pressure release valve and provide you with some mental relief.

If you find that you are having trouble opening up to someone you know, you can always see a therapist. Their job is to listen to you.

Remember, anxiety isn't the taboo subject that it was even just 30 years ago. You shouldn't feel embarrassed or ashamed to talk about it with someone that you trust. You might even find that the person you are confiding in has similar issues themselves and they will be glad that you opened up to them.

Tip #3: Try Sniffing This!

Something that I recently discovered I was pretty shocked to learn. I'm sure that you have heard of aromatherapy. Well, it turns out that a lot of essential oils really do work for many things, including anxiety.

Several recent studies showed that certain essential oils used for aromatherapy have shown reduced levels of anxiety in participants of the studies. The participants were all individuals who had been diagnosed with General Anxiety Disorder (GAD).



Essential oils can stimulate the smell receptors in your nose, which then sends messages to your nervous system. Some researchers believe that essential oils can have subtle effects on the body's chemical and energy systems.

Although the use of essential oils and aromatherapy won't cure your anxiety, it certainly can reduce the symptoms and make you

feel much better. Here are some of the top essential oils that you can use to help reduce anxiety:

- Valerian or Jatamansi
- Lavender
- Rose
- Ylang Ylang
- Frankincense
- Clary Sage
- Lemon Balm

In addition to essential oils from herbs or flowers, more recent studies have shown that terpenes can also greatly reduce feelings of anxiety. Terpenes are naturally occurring chemical compounds found in plants and are responsible for the aromas, flavors, and even colors associated with various types of plants. They are integral parts of the herbal and floral essential oils listed above. You can buy terpenes the same way you would the essential oils. Just make sure to buy pure terpenes, as the synthetic versions are not as effective. Here are the most effective terpenes for anxiety:

- Limonene
- Linalool
- Beta-caryophyllene
- Alpha-pinene

Tip #4: Limit Negative Influences

Now that we're in the 21st century we have access to virtually everything at our fingertips. Hundreds of television channels available through cable, satellite and more recently internet streaming services.



The internet itself has opened up the entire world to us, giving us access to anything we might want to know, watch or listen to. We've never had more access to information and entertainment than we do today.

This is both a blessing and a curse.

It's so easy to start watching the news or read an article about what is happening around the world. But more often than not, this news is very negative.

When was the last time that you watched a news program that wasn't filled with negative news stories? Maybe you recently started reading an article on a social media site and that led to another article and another, and they all started getting more and more negative.

Have you thought about some of the TV shows or movies that you have been watching? Chances are you have been watching a lot of stuff that is quite negatively themed.

According to recent studies, consuming the news on a consistent or extreme basis can be detrimental to one's health. Not only can it add to your feelings of anxiety, it can make it worse long term by triggering existing emotional and mental health diagnosis such as anxiety, depression and PTSD.

The same goes for watching highly negative shows and movies.

Don't get me wrong, its good to stay informed but you don't want to inundate yourself with negative news. Try weaning yourself off the news a bit so that you get to the point where you skim the headlines once a day and focus mostly on positive things.

Tip #5: Get A Good Night of Sleep!

Sleep is an essential part of maintaining a healthy physical body as well as a healthy mind. When both do not get the rest that they need, many complications can arise... including anxiety and depression.



If you are not getting enough quality sleep you have a situation that creates an imbalance in hormone levels, which cause anxiety levels to increase. Lack of sleep can increase your adrenaline levels, which you already know causes feelings of anxiety and even more stress.

A 2019 study conducted to find out the effects of deep sleep on anxiety showed direct links between anxiety levels and deep

sleep. Evidence showed that deep sleep restores the parts of the brain that regulates emotions, which helps to prevent escalation of anxiety. It was stated that a new function of deep sleep had been discovered, one that reduces anxiety during sleep by reorganizing connections in the brain, and therefore seems to be a natural anxiety inhibitor.

Of course, if you suffer from anxiety you probably would love to get a good night of deep sleep, but you often can't. I understand this because when I suffered from severe anxiety, not only would I have trouble falling asleep, but I would wake up after 3 or 4 hours of sleep and wouldn't be able to go back to sleep.

There are a few things that are simple to do that can help you get a good night of deep sleep.

Take Valerian Root before bed. Valerian root has been known to have both a sedative and anti-anxiety effect going all the way back to the 3rd century BC. All forms will provide some level of calmness and can help with promoting sleep. However, tinctures tend to be more effective, especially ones that use fresh valerian instead of dried.

Take Melatonin before bed. Melatonin is a hormone, primarily released by the pineal gland, which regulates your sleep-wake cycle. It signals your body and brain when it's time to sleep. Your

body produces it naturally but the melatonin production cycle can get interrupted. Having lots of lights on after it gets dark outside will affect the production of melatonin. But even more so is the effect that blue light has on melatonin production. This blue light is the most troublesome of the light spectrum because it does not get blocked easily by our eyes, and interferes more with the production of melatonin. Blue light is produced by many of our modern electrical devices that we are so used to using these days such as our computer monitors, smart phones and tablets, televisions, and even fluorescent and LED lights.

Try to not use any of your electronic devices at least an hour before you need to go to bed. Using any of your blue light emitting devices just before you try to go sleep will keep you awake for a while. Get rid of the TV in your bedroom... the last thing that watching TV in bed is going to do is help you to fall asleep.

So, whats next? ...

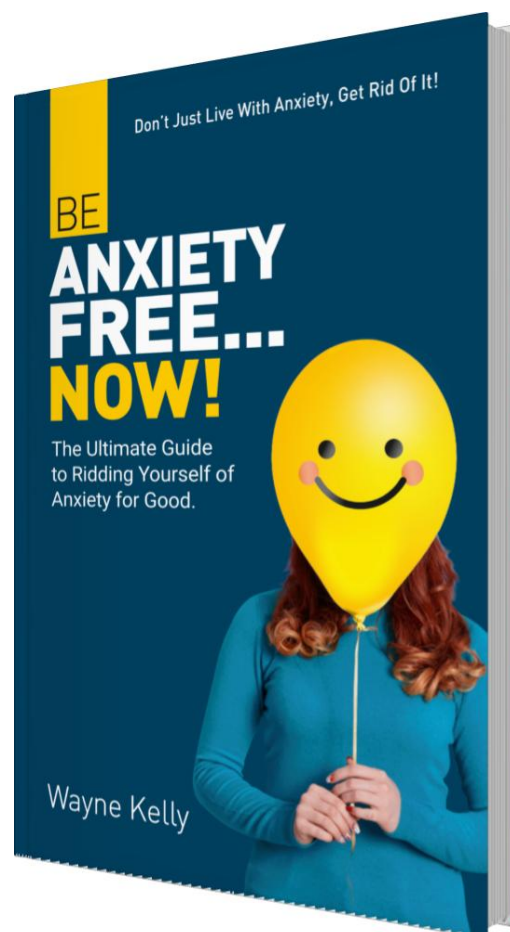
The Next Steps: Get Rid of Anxiety **FOREVER!**

If you use the 5 tips mentioned in this e-book in your life on a daily basis, you should notice a big improvement in your mood, and any anxiety in your life should start to fade.

Anxiety can be cyclical though, in a lot of people it comes and goes in cycles, and frequently creeps up on them without any warning.

To make sure you do everything you can to rid yourself of anxiety forever, it is important that you know exactly what anxiety is, and everything that you can do every day to help you to live a happier, healthier and anxiety-free life.

This is where the Be Anxiety Free... Now! program will help.



The program builds upon the 5 tips that you have learned here and provides you with the powerful knowledge required to break free from the clutches of anxiety for good, which leads to a happier, healthier life that you are in control of.

You'll learn that the way out of a life dominated by anxiety is not to treat the symptoms of it, but to get at the root causes of it head- on.

The Be Anxiety Free... Now! program will also teach you how to create a future that inspires you, which will then inspire others to become the happy, positive and passionate person you will have become.

You will discover the reasons why you have anxiety and the specific ways to get rid of your anxiety, not just how to cope with anxiety. You'll discover that most of the remedies are actually simple, yet quite powerful. Easily allowing you to take back control of your life

So what are you waiting for?

Take the next step and order your copy of The Be Anxiety Free... Now!TM program today, and begin your journey to a life of happiness and emotional freedom.



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