



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Episode #13 Transcript: How to Overcome Anxiety and Fear

JANE SHINE:

Hi got a question for you - Do anxiety and fear have a way of just taking over your? Taking over your thought process? Your daily actions? Your life? Are you trying to figure out how to overcome anxiety and fear and hence the stress that goes along with it all?

Do you just wish those fears would go away? That you could just live your life in a joyful manner without dragging that all around with you. I bet you do..and in this episode of the Positively Jane Podcast I am going to chat about how to overcome your fear, anxiety and stress. And, if you haven't listened to podcast 12 yet please do - It is called 'Are You Letting Fear Lead Your Life.' I have linked it in the show notes

INTRO:

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women of all ages to rise above those circumstances that kick them in the butt and choose a life filled with joy. Topics - you name it. From relationships, anger and irritation, embracing the aging process, how to retire with wealth, and so much more! I can't wait to dive in!

Today's episode is brought to you by Well Watered Women. Well Watered Women's mission is to equip women to be deeply rooted in God's word by teaching and showing us how to fix our minds on God's truth and applying God's truth to everyday life. Many of my mornings begin with a Bible Study or a journal from Well Watered Women. They have so many articles that cover all sorts of topics. From eating disorders, to why me and not them to finding yourself in your quiet time. And fear.

Check out Well Watered Women. Your spiritual self will thank you. Link is in the show notes.

JANE:

Ok - back to the show.

First up I want to mention a few fears because believe it or not, some fears are good for you.



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There is the fear of getting hit by a car when crossing on a green light which encourages you to wait for the red. There is the fear of a fire which encourages you to get a smoke alarm, keep new batteries installed, and turn off all of the burners. There is the fear of failing an exam which encourages you to study more and get help if you need it.

Then there are the fears that are non-emergency and non-threatening situations. Like going on a 1st date, giving a speech, taking an exam, going to a party or starting a new job. Those fears are not life threatening but fearful nonetheless.

And then there are the anxiety ridden fears. These fears can become so overwhelming that you might want to avoid all situations that might make you anxious. Hence, you are afraid to go anywhere or do anything. Which prevents you from living your life.

When Covid hit, the fears of everyone were at an all time high. We didn't want to leave the house. And when we did leave everyone was our enemy. One cough and that person got hate stares. We were so afraid of getting sick and maybe dying that we totally forgot how to live. I spent 3 years in my house working on my business and talking to no one. Which has shaped me as I am today. I love people, don't get me wrong, but I love staying home even more.

During the pandemic I wrote 2 posts trying to address the fear issue and hopefully soothe a few aching hearts. One is 'Bible Verses for Fear, Worry and Anxiety' and the other is 'Prayers to Overcome Fear, Anxiety and Stress.' I will link both of those in the show notes. You might like them both.

I will admit upfront that anxiety is not something that I completely understand. But, just because I don't understand it does not mean that I don't empathize with those who have it.

My sister suffers from severe anxiety. I watch her engage with others and then something happens. For no apparent reason she becomes a puddle of anxiety. Her mind is overcome with fears. Fears that she really can't even put a name too. She says it is just 'fear of everything.' She also says that she has no idea why they happen.



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It is heartbreaking for me to see. I don't know what to do. I really can't help. So, I hold her hand, rub her back, and let her know that she is not alone.

Are you wondering what fear and anxiety look like? I have created a list for you. And some, or all, of the following might happen.

- You begin to hyper-ventilate and breathe very fast.
- Your heart beat seems to feel irregular.
- Your muscles feel weak.
- Your stomach churns or your bowels feel loose.
- You find it hard to concentrate on anything but the current moment.
- You feel dizzy.
- You can't seem to move.
- You can't eat.
- You have hot and cold sweats. Your skin feels clammy.
- You get a dry mouth.
- You can't talk.
- Tears overcome you.
- Your whole body tenses up.

Now, I am not going into the psychology of fear and anxiety. I will leave that to the experts, for sure. What I do know is this:

- ALL fears that are hidden will have a stronghold on your heart. They need to be brought into the open. Once exposed they lose their strength and power.
- 99% of the things that you worry about will not happen.
- It is impossible to dot all the 'i's' and cross all the 't's' in life. Some things, many things, are not planned and are totally unexpected.
- Fear and anxiety will rob you of your life. They will prevent you from living your best life.
- Anxiety will always be hanging around in the corner of your mind. You know it is there and wonder when it will rear its ugly head again.
- ALL fears come under 2 categories. 1) Things that are in your control. 2) Things that are out of your control.



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If you suffer from fear and/or anxiety don't despair. There are ways to remove fear from your mind and heart.

Now, you might need to get professional help. Find someone you can talk to who can draw out your fears. Figure out all of those anxiety ridden thoughts. Thoughts you may not even know that you have.

But, in the meantime. I would like to offer an exercise that might help you. I suggest it to everyone who sends me a prayer request and most have said it is very helpful. This will only be beneficial to you if you are truthful and honest with yourself.

Here is an example:

Let's say you are living with someone. That relationship was perfect at first. But, through the years he or she has changed and is not the right person for you anymore.

But, because you are afraid of being alone, you choose to put up with all of the bad behavior and not say anything to let them know that you are unhappy. And sometimes the reality of this thought process is that you aren't even aware that this is how you feel. You cover up the bad behavior with reasonable excuses. You say things like 'Oh, he's just tired.' or 'Work was rough today.' And you live as if all is fine and good - when in reality it is not.

Now, this in itself may or may not cause fear and anxiety in you. It could be just one drop in your glass of anxiety. But, in the meantime, you are afraid to mention the bad behavior...because what if they leave?! And since you are afraid of being alone you get anxious and fearful...and round and round the hamster wheel you go!

If you are ready to begin overcoming your anxiety and fears this is what you can do.

Keep in mind that there are many different types of fears. Anxiety is just one of them. First up - Grab 3 sheets of paper. On the 1st one put a heading 'ALL my fears'. And make a list of all your fears - big ones and small ones. Even silly ones.



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Now, look at that list and separate into the 2 categories. On the 2nd sheet of paper write 'Things in my control' and on the 3rd write 'Things out of my control'.

And transfer each fear to the corresponding control pages. Here are some examples:

1. Afraid of failing an exam? In your control. Study more. Get a tutor. Find help.
2. Afraid of public speaking? In your control. Practice in front of others.
3. Afraid your baby will get sick? Out of your control. Avoid situations that might carry germs and viruses if you can. Do your best. That is all you can do.
4. Afraid of getting Covid? Out of your control. Avoid crowds. Wear a mask. Get a vaccine. Wash your hands and sanitize. That is all you can do.
5. Afraid your spouse or significant other will leave you? Your part is in your control. Open up lines of communication. Discuss your fears. Let him or her know why you think what you think. Give examples.. Find out what your partner thinks and feels. Work hard to save the relationship. If, after all of the effort that you put into your relationship, they leave anyway...It is out of your control. You can only do your best.
6. Afraid your party will be a flop? In your control. Invite fun people. Plan food and cook or order in. Cue the music and drinks.
7. Afraid you might get cancer? Out of your control. You can eat healthy. Eat organic if you can. Avoid processed food, preservatives and other cancer causing products (sunscreen, skin care and food). But you still might get cancer.
8. Afraid you might get in a car crash? Out of your control. As long as you are driving safely and obeying the traffic laws...that is all you can do.
9. Afraid the plane will crash? Out of your control. Choose a reputable airline. Find out why planes have bumps and dips so that when they do happen you understand it and are not afraid.
10. Afraid it will rain on your wedding day? Out of your control. Check the weather. Have an indoor venue on stand-by. Order tons of umbrellas.
11. Afraid to leave the house? Once you name and address all of your other fears this particular fear can hopefully be overcome

So, once you have your 2 lists take a look at them.



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Look at the things in your control.

Those are all things you have control over. Or, part control. Do the work necessary to control what you can control. Write down the actions that YOU need to take. Once you do, hopefully you will realize that you have NO reason for fear because you are in control, right?

Example - afraid you will fail an exam...set aside study time and diligently put in the time.

Now look at the things that are not in your control.

Those are the things that you have NO control over. Those are the things that you let go of. I give them to God. Because I know that He will determine the outcome...not me. Take a deep breath and know that He has your back. Because if God is for you, who can be against you.

And in the middle of the things that are not in your control might be areas that you can control.

Example: You and your husband fight a lot. You can't control what your husband says or does...but you can control your actions in the middle of an argument. Do you lead with zingers that will make him mad? I have learned to step back and not engage. I can control myself.

If you are like me, and like pretty lists, go on and grab the FREE 'Anxiety and Fear' PDFs. There are 2 documents - just for you! I have also created prayer cards for fear, anxiety and stress. The link for both are in the show notes.a heading 'Things out of my control'.

On your 'ALL my fears' paper make a list of everything that you are afraid of. Think deep. Search your mind and your heart. Be honest. Lay it all out there. Hide your sheets of paper if you need to. Don't let the fear of someone finding your list become an anxiety.

To wrap up this episode of the podcast...take a truthful look inside of you. Don't



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let the fear of looking hold you back. Because once those fears are brought into the light they lose so much of the hold on you. And then make your lists. Focus on the fears that are in your control. Spend time and effort there. Create an action plan. Create a goal. And work towards that goal.

As for the fears that are out of your control...let go and let God.

And as always, I would like to encourage you not to let the circumstances of life kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life....everyday.

If you haven't already go on and grab my FREE 'Joyful Living Quickstart Guide' - this guide will help you eliminate stress, AND kick anger and irritation to the curb forever - so you can enjoy all that life has to offer.

Thanks for listening. If you like what you hear please subscribe and share with your friends. I have linked everything I talked about in the show notes. Go on and grab them. Until next time - let's continue to navigate life's highway... together.

Links mentioned in this episode:

- [Anxiety and Fear PDF's](#)
- [Joyful Living Quickstart Guide](#)
- [Aging Gracefully Newsletter](#)
- [Well Watered Women](#)
- [Podcast #12: Are You Letting Fear Lead Your Life?](#)
- [Prayer Cards for Fear](#)
- [Blog Post: Bible Verses for Fear, Worry, and Anxiety](#)



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- [Blog Post: Prayers to Overcome Fear, Anxiety and Stress](#)

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