



How meditation helps you cope better with Anxiety and Depression



Meditation as a Coping Mechanism.

You've heard meditation can be a good way to calm your mind, release built up tension and find more joy and peace in your life.

But you're a bit sceptical...will sitting still and breathing deeply **really** help you achieve all that?

The short answer is, "*yes it will*", because meditation gives your mind something calming to focus on.

I understand the idea of meditation can be strange territory, making it difficult to know where to start.

If this is how you feel, let me demystify it for you. Then you'll be more informed, and able to decide if it's a technique you want to try.



How Meditation works for Anxiety.

Anxiety is a symptom of a stressed out, wound-up energy that's a bit wild and out of control. It shows up as:

- Feeling tense and nervous, restless or on edge.
- Thoughts on a loop, going round and round, repeating themselves.
- You can't 'just calm down' or 'let it go' - no matter what you tell yourself.

Meditation takes a 'back-door' approach.

Instead of trying to tackle this 'wild energy' head-on, meditation takes a more subtle approach. It redirects attention *away* from the turmoil, to *focus on something else* that is still, calming and stabilising.

- When your thoughts are no longer being stirred up, relaxing and unwinding is possible.
- The stress hormones (cortisol and adrenaline) switch off.
- A calmer, 'I feel alright' feeling has an opportunity to slip into place.

A practical example of how meditation works.

Imagine focusing on the feeling of your breath as it flows through your nostrils. After a few moments, distractions roll up and your mind starts thinking about something else.

To be distracted is totally normal. All that is needed is to refocus on your breath.

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Each time you do this refocusing, your thoughts slow down a bit more – a bit like gently applying the brakes as you approach a junction in your car.

This is how meditation works to calm anxiety. With a mind that is calmer, it is easier to let go negative thoughts allowing you to think more clearly.

How meditation works for Depression.

If anxiety is an over-active state, depression is its polar opposite.

A good parallel would be stagnant pond!

Its murky, cloudy water, is a metaphor for the brain-fog and the heavy, black, no energy, no interest feeling.

Meditation is like the arrival of fresh water clearing out the murk 😊

Focusing on your breath shifts your attention – as it does with anxiety. In this case, away from feeling low and flat, on to the movement and sensation of your breathing.

It is in this shifting of attention that your mind has an opportunity; to step away from the darkness and instead, time to see different perspectives.

Anxious or Depressed, how you're feeling now is not set in stone.

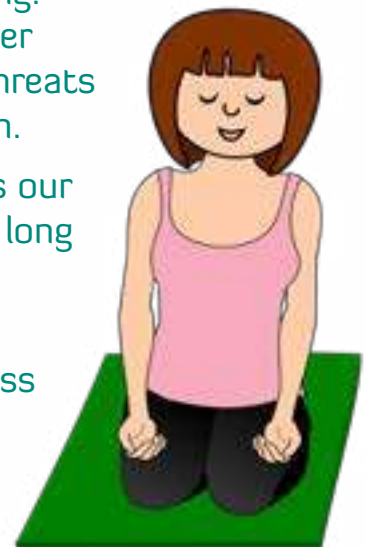
Negatively biased thoughts aren't necessarily a bad thing. They're part of how our human brains have developed over thousands of years. It's a deep instinct to look out for threats and remove yourself from what feels like a risky situation.

The trouble arises with how often and how many things our body and mind consciously perceive as threats, and how long the associated feeling of stress lasts.

When we're in fight or flight mode and things seem threatening, this can lead to a consistent pattern of stress that becomes very repetitive. It gets reinforced every time we're in a troublesome situation.

When you rarely escape that way of feeling, you can feel like you're stuck and like there's no way out.

But it's not true – you can change how your mind looks at and experiences the world.



What meditation means for you, long term.

By making meditation part of your routine, you will be better able to call upon the benefits of a calmer and clearer mind. This gives you the tools to relax that 'knot in your gut' or ease that sense of dread.

The Next Step.

Now you've done a bit of reading up on how it works, the next step is to take a peek at what a meditation 'looks' like and maybe, follow along to get a sense of how it feels.

Watch my [Nine Breaths Meditation Demonstration Video](#) so you can get an idea if meditation is something you'd like to discover more about.



NOTE : This PDF is **not** a substitute for professional medical advice. Please consult a medical professional or healthcare provider if you are seeking medical advice, diagnosis or treatment.

*Best wishes
Annya xx*