

A woman with long brown hair, wearing a light-colored trench coat, a red and white striped skirt, and black boots, is walking on a sandy beach. She is walking from left to right, looking out at the ocean. The ocean has white foam from waves breaking. The sky is a mix of orange, pink, and grey, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

5 Steps That Will Make Your Recovery Journey Less Long and Less Hard

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A HEALTHY PUSH

Hi, my friend!

Tell me, have you asked yourself any of these questions...

- *When the heck am I going to recover?*
- *How long is this going to take?*
- *When am I going to stop struggling with anxiety?*
- *I've been struggling for years! Is recovery even possible for me?*

If you have, I'm so glad you're here!

So, the truth is, I can't tell you how long it's going to take you to recover, BUT (and it's a good but), I can, and will, help to make your journey less long and less hard!

For YEARS, I put my focus in alllll the wrong areas. I spent countless dollars, time, and desperation, trying to "figure it out."

In this guide, I'm going to walk you through 5 incredibly helpful tips that will help you to push past the anxious thoughts, symptoms, panic, and fears without it taking so long and without it being so hard!

Let's dive in!

Shannon

1

Acknowledge that you don't "overcome" anxiety.

Yes, this one is more of a clarifier and mindset shift, but it's a *really* important one!

There is no cure for anxiety.

Anxiety is an emotion and it isn't going anywhere. But don't let this make you feel discouraged or defeated.

I know that right now anxiety is probably popping up way more than it should be, but you can change your relationship with anxiety so that the anxious thoughts, symptoms, panic, and fears aren't popping up unnecessarily.

So if you're currently finding yourself thinking things like (especially while facing the hard stuff)...

- *I have to stop feeling anxious.*
- *I have to make it go away.*
- *I can't or shouldn't feel anxious.*

I want you to acknowledge this really important truth... **Fighting anxiety and trying to make it go away is a huge reason why the anxious thoughts, symptoms, panic, and fears keep showing up.**

So if your current goal or wish is to overcome anxiety and get rid of it for good, instead change this to...

I will create a healthy relationship with anxiety.

2

Put your focus on taking healthy action rather than focusing on the when.

The more you focus on the time it's going to take you to create a healthy relationship with anxiety and overcome panic disorder and agoraphobia, the longer and harder the journey is going to feel and be.

And stop looking for THE solution. Because the truth is, there isn't one solution for creating a healthy relationship with anxiety.

Here are a few healthy actions:

01. Carve out 10 minutes of your day to face something that you've been avoiding, or to do something that scares you. And when you're facing the hard stuff, acknowledge that feelings of discomfort do not equal danger.

I'm going to face:

02. Celebrate your wins! It's so easy to get caught up in what's not going well and the hard stuff, but you have to choose to acknowledge what's going well so that you actually recognize that you are in fact making progress.

Ask yourself... *What's something that has gone well this week?*
Write it down, say it out loud, and celebrate it!



My win:

03. Do one thing you enjoy every day. This is so important! Just because you're working to recover doesn't mean that you should stop living. Recovery happens *while* you're living.

What I'm going to do today:

3

Acknowledge and accept that recovery is a journey and it's not some destination that you arrive at.

Creating a healthy relationship with anxiety is something that happens gradually and not abruptly.

When you stop treating your recovery like it's some place that you'll suddenly arrive to, you'll become less resistant to the challenges and you'll also allow yourself to just be human.

Take a moment to acknowledge these truths:

- **Life is full of healing, learning, and growing.** It's full of ups and downs. It's full of gentle reminders that help to keep you on track. It's not about getting it "right," but it's about learning and continuing to take healthy action.
- **You are human.** And you are struggling with something that is really tough. The recovery journey will be hard at times. Let the journey be hard without it meaning anything about you, your abilities, or your future.
- **It's okay to feel anxious.** When you feel anxious, work on allowing yourself to feel it without judgement. Anxiety is an emotion and it doesn't have to mean a darn thing (especially not about your or your capabilities)!
- **Being diagnosed with panic disorder and/or agoraphobia isn't a life sentence.** And you aren't just an anxious person. What has caused, or is causing the anxiety, are things that you can heal from.
- **Just because right now you can't imagine that you CAN overcome anxiety, panic disorder, and agoraphobia, doesn't mean that it's not possible!**

4

Avoid playing the comparison game!

I know that it's incredibly hard not to do this, but comparing yourself to the "old you," meaning the you who before you began struggling, isn't going to help you any! And neither is comparing yourself to others!

Take a moment to acknowledge these truths:

- **The person you want to be, the person who doesn't struggle with anxiety, is the person who is helping you to heal and overcome.** Sure, you'll change and grow throughout your recovery journey, but you'll still be the same amazing person who has been looking back at you every day in the mirror.
- **You are not broken. You don't need fixing. There is nothing wrong with you.** It's not *you* that needs fixing, it's your relationship with anxiety that needs fixing. Your current relationship with anxiety doesn't define you, and it doesn't say anything about who you are as a person.
- **The things you used to be able to do and what your life looked like before anxiety and fear jumped into the driver's seat, you are capable of doing all of those things and then some.** Your reality is that you were once capable, which means you are capable of doing them all again!
- **Anxiety, panic disorder, or agoraphobia hasn't and can't take away all of the amazing parts of you.** Your adventurous spirit, your creativity, your intelligence, your braveness, your dreams, your future. All of the amazing parts of you are in there! You just gotta keep taking healthy action to reignite all of those amazing parts of you and create the life you want and deserve to live.

5

Really commit to you and your mental health!

Do you often say you'd do ANYTHING to recover? I know I used to alllll the time!

Are you ready for this? Once I actually committed to me and my mental health, it took me MONTHS to recover rather than the 15 years I struggled. Yup, I'm serious!

Below are some questions that I want you to ask yourself to see if you're actually committing to you and your mental health. These questions can help you to make some healthy shifts that will lead to healing.

Some helpful questions to ask yourself:

- *Am I fighting my anxious thoughts and feelings or am I practicing allowing?*
- *Am I making sleep a priority?*
- *Am I facing or am I avoiding?*
- *Am I reaching for unhealthy coping mechanisms?*
- *Do I have healthy boundaries with myself and with others?*
- *Am I being kind to myself?*
- *Am I making healthy lifestyle choices?*
- *Are the relationships in my life healthy?*
- *Am I asking for support when I need it?*

You are capable.

The next time you find yourself wondering how long it's going to take you to recover, I want you to come back here and give yourself some helpful reminders.

Because how long your recovery takes is hugely up to you. But don't let this overwhelm you because you are oh so capable!

And the next time you're looking outward for a solution, I want you to pause and go inward instead.

Because you hold so much wisdom and power within yourself.

Sending you lots of love.

Shannon