

The scientific discovery that changed our perception of anxiety

For many years I have suffered with a very severe form of OCD (*Obsessive Compulsive Disorder*), anxiety, and clinical depression. I had no idea what was going on and I felt so incredibly lost. I didn't know where to turn and didn't even know that there was help available.

I grew up in the 90s and this was well before the age of the internet. I could not google symptoms and practically no one in my community had any idea what OCD even was.

I can remember my very first symptom of OCD. I was twelve years old. I was trying to fall asleep one night and I noticed that one of my dresser drawers was sticking out an inch or two more than the rest. This has never bothered me before, however, this night was different. It started to irritate me to the point where I had to stand up, walk over, and push the drawer in all the way. Like magic, that irritation went away.

These strange feelings started to become worse. I started to tap on things, rearrange everything so that it was on a thirty degree angle, and practically repeat everything I did.

I would get these crystal clear images in my mind of someone I loved dying and in order to eliminate that image in my mind I would have to repeat what I was doing with a clear mind. This was practically impossible so I would repeat what I was doing over and over and over again.

I was doing up to four to six hours of these rituals a day in my worse years. I lost almost forty pounds in about a month and I had no idea what to do.

Anxiety started to overcome my life.

Then everything changed when I started to study the mind and one of the biggest discoveries I came upon is the scientific discovery I describe below.

To make a long story short, I no longer suffer with OCD, anxiety, or depression. I love life, am full of vibrant energy, and travel the world helping people just like you overcome what they thought they could not.

The scientific discovery that changed our perception of anxiety

Before getting into the scientific discovery that helped me eliminate anxiety we need to understand a massive myth of anxiety that keeps millions a prisoner of their own minds. That myth is, 'anxiety is bad'. Anxiety is not bad. Now, don't get me wrong, I am not saying anxiety feels good. It feels horrible. Remember, I spent many years suffering with crippling anxiety, OCD, and depression.

What you have to understand is this: **Anxiety is actually a defence mechanism that is created by the brain to keep you alive.**

You see, anxiety is only supposed to occur when you are in some kind of **danger**. However, most of the time anxiety occurs when you are completely safe. I'll talk about that below and I'll show you why it happens when you're safe.

When you're in danger your brain sends a signal to your adrenal glands to secrete **adrenaline** and **cortisol** (stress hormones). This is what gives you what is known as the '**fight or flight**' response. Basically it's an extra burst of energy to either fight the alligator (or whatever the dangerous thing is) or to run away from it. Without this extra burst of energy you wouldn't have the tools to fight the alligator or to run really, really fast. So the fight or flight response is there to **protect you!**

So, why does the fight or flight response happen when you're safe? Well...

The scientific discovery that changed the paradigm of psychology is this: **The brain does not know the difference between something real and a thought.**

So whatever you're thinking about might as well be happening because your brain reacts in the same way as if that thought were to be actually taking place in reality.

Let me prove it to you.

Think about someone you really love getting into a car accident. That person can be two feet in front of you, completely safe. However, if you think about them getting into a car accident a place in your brain called your *hypothalamus* will trigger the release of adrenaline and cortisol (the stress hormones) from your adrenal glands in your kidneys and give you that "**fight or flight**" response.

However, the only time you should experience the fight or flight response is when you are actually in danger. The fight or flight response is designed to protect you and give you this extra burst of energy to either fight the alligator (or what ever is causing you danger) or to run away from it.

With this extra burst of energy comes unpleasant side effects that we call **anxiety**.

Your heart beats super fast, your blood pressure goes through the roof, you sweat, shake, and can even get stomach sick, among many other unpleasant effects. However, you don't even notice these side effects of the fight or flight response when you're in danger because all your attention is on the dangerous thing (alligator, etc.). The last thing you're going to think when a bear is chasing you is, "*why is my heart beating faster?*" or "*why am I sweating so much?*". Of course you're not going to notice the side effects (anxiety) of the fight or flight response because all your attention is on staying alive and either fighting the alligator or running away from it.

Or, let's say you are scared of spiders and you actually held a spider in your hand. What would happen? Of course, you would start to feel the effects of anxiety. However, let's say you are scared of spiders and only **thought** about holding a spider. What would happen? You would start to experience the same effects of anxiety! Maybe not as severe, but, you would still experience them. You would start to sweat a little, maybe feel a lump in the pit of your stomach, etc.

Researchers tell us that we have on average approximately **60 000 thoughts** every single day and for those who experience a lot of stress, anxiety, OCD, or depression most of these thoughts are not only the same thoughts they had yesterday, they are actually dwelling on bad things in the past (negative thoughts) or fearing something that could happen in the future (negative thoughts).

And remember, the brain does not know the difference between something real and a thought. So how does the brain react? It reacts by triggering the release of adrenaline and cortisol (the stress hormones) that will inevitably give you the fight or flight response and will also make you experience anxiety.

Our brains are so incredibly powerful, however, the one limitation is that it does not know the difference between something real and a thought.

When you discover how to calm your mind you stop triggering the release of adrenaline and cortisol when you don't need it.

Great news! I am delivering my 2 hour transformational presentation (back by popular demand!) in St. John's, NL, October 11, 7pm - 9pm at the Comfort Inn.

Note* I also have a presentation in St. John's on September 25. This presentation is completely sold out and tickets for my new October 11

presentation are going fast! Don't wait to get tickets because this presentation is almost sold out too!

Secure your tickets for October 11 right now by visiting www.jeremybennett.ca.

I show my audiences how to stop the release of adrenaline and cortisol when it's not needed in this LIVE presentation.

If you are sick and tired of the stress or anxiety you are suffering with I highly urge you to visit **www.jeremybennett.ca** and secure your tickets ASAP before this event inevitably sells out just like the other one!

In this live transformational presentation you will discover:

- How to stop racing thoughts dead in their tracks
- How to stop taking things personally (game-changer!)
- How to fall asleep faster
- How to reduce stress & anxiety dramatically
- The top 10 behaviours that cause adrenaline and cortisol to be released (shocking!)
- The top 10 simple techniques that will help you calm your mind
- How to help your child suffering with stress & anxiety
- How to finally take control of your mind
- And much more!

Stop wasting another second suffering with something you don't have to be suffering with.

Join the thousands who have discovered how to take control of their minds with this live presentation.

Visit **www.jeremybennett.ca** right now to discover how to finally calm your mind or help a loved one who is suffering with stress, anxiety or depression.

Do NOT wait until the last minute to get tickets because this event is ALMOST SOLD OUT! And if you have ever tried getting tickets to one of these transformational presentations you know EVERY single event sells out very quickly!

Secure your tickets today by visiting **www.jeremybennett.ca**.