



DON'T PANIC!

Suffering with anxiety? The Linden Method could help

■ In anxiety conditions such as panic attacks or post traumatic stress disorder, environmental data collected by the senses is fed back to the 'anxiety control centre' in the brain in order to assess any real risk present.

■ Once this information is received, the brain sends out risk assessments to the sensory organs to assess risk or threat within the person's environment in order to decide how to respond; this risk assessment is perceived by the subject as 'what if' thoughts. Eg, what if I pass out? What if I have a panic attack? What if I hurt someone?

■ In high anxiety conditions there is no real threat, so after the risk assessment has looked externally and has found nothing it then searches internally and finds the anxiety symptoms such as a racing heart, stomach issues, shaking, breathing issues or tension and interprets those as the threat!

■ To break that anxious cycle and to return the anxiety back down to 'normal' all that has to be done is to send the brain safety messages through the five senses (eyes, ears, mouth, nose and skin). When it receives these safety messages, the anxiety response is switched off. This is what the Linden Method does. **To find out more, visit charles-linden.com**

Inspirations

Holistic tips to boost your mind, body and soul

THE HUMAN POTENTIAL CLINIC

NATURAL CONFIDENCE

Lack of natural confidence really is quite common. What's more, many so-called confident people aren't

naturally confident – they are just good at projecting what I call 'artificial' confidence. They aren't the same. Natural confidence is what effortlessly flows out of us when we are relaxed, present and authentic, being our true self. It is the consequence of loving and accepting our self just as we are. Artificial confidence in contrast is effortful. It comes from trying to be someone who we are not. Here are two suggestions to get you started on the path to natural confidence.

Embrace the confident self

Our personality is made up of hundreds of selves. These include the perfectionist, the inner critic, the spiritual self and so on. We tend to identify with a handful and deny the rest. The



with Dr Mark Atkinson

process I teach involves welcoming and embracing them all, including the confident self. Take a look at the Voice Dialogue section of my website for more information on how to do that (drmarkatkinson.com)

Welcome and work with your emotions

Next time you feel uncomfortable, shy or less than relaxed, notice where those emotions feel strongest in your body and say to them silently, "I'm really pleased you are here." Allow yourself to feel whatever you are feeling with the same care and sensitivity that you would extend to a small baby or child. Do this for at least 90 seconds. Nine out of 10 times the emotion will release and you will feel so much better and naturally much more confident.

Dr Mark Atkinson is an integrative medical doctor, author of *True Happiness* (£14.99, Piatkus, due for publication in April) and founder of the Academy of Human Potential. His website is drmarkatkinson.com

CAREERS Counsellor



This month we speak to Suzanne Yates on how to train as a shiatsu practitioner

What sort of training is required?

A minimum of three years training is required, consisting of at least 500 hours of tuition with a minimum of three teachers. Sixty hours must include anatomy, physiology and pathology. Most schools offer training one weekend a month during term time.

How much is it likely to cost?

Costs vary a lot – anywhere from £500 to £1,500 per year on average.

What does the training involve?

This varies from school to school, but all will include some theoretical work, a large degree of practical work on other students and clients and also a degree of personal development work such as breathing, healing exercises and dietary and lifestyle explorations.