



Anxiety isn't just "worrying too much"—it's the nervous system on high alert, constantly scanning for threats both real and imagined. Eddie Reece and Bill Courtright break down how the sympathetic and parasympathetic systems shape our experience of fear, stress, and calm. From everyday triggers like a messy dishwasher to overwhelming rumination that feels like "drawing ghosts," listeners learn how the body's survival instinct drives anxious thoughts and behaviors. Eddie and Bill explore practical nervous system regulation techniques—like conscious breathing, sound exhalation, and muscle relaxation—that help restore balance, quiet the mind, and shift the body into safety. They also unpack misconceptions about anxiety, discuss the limits of medication, and highlight how curiosity, therapy, and unlearning self-defeating patterns can lead to lasting relief.

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## Anxiety Explained: Fight, Flight, Freeze—And How To Reset Your System

**We have a very interesting conversation in store for you. As Eddie and I were just looking back at the episodes that we've recorded and some that we've produced, we're getting up there. We're close to 50 total recordings and we've got somewhere around 21 published or in process of being published. It's quite a bit of content online.**

**As we were discussing relevant topics or compelling ideas of what we might wax poetic now, we realized that neither our recordings or our published episodes have we focused on what I would believe would be top two or three most common questions or topics or concerns right up there with what I believe Eddie is going to describe as some maybe misinformed, preconceived notions about what this is.**

**Our episode is going to be right up there with the most interesting, in my opinion. The episode focuses on anxiety. Anxiety is something that I know, speaking from experience, touches close to home here. I don't think I knew my wife for more than an hour or two and realized due to her dating confession that this was an anxious individual. Someone who by her own admission struggled or was challenged by anxiety as she perceived it.**

### Unpacking Anxiety: The Nervous System's Role in Threat Response

**I never consider myself an anxious person or having anxiety but then again, I may not know what anxiety is. I certainly feel nervousness at times. I feel excited at times. I'm quick to emotional response and in some cases, I will admit that I lack the control associated with that emotional response, which I'm giving an effort. I will start as I do, most of our episodes for the subject matter and expert thought leader extraordinaire Eddie Reece with a simple question. Eddie, what don't I know about anxiety?**

Probably a lot. As is often the case, my worldview of something is pretty different from the general psychological worldview of things. Anxiety is generally the term people use. I know when clients come in and that's their presenting issue, that's what they call it having anxiety issues or I have an anxiety disorder. Everything that we're going to talk about now and pretty much in a lot of our episodes, is how you're nervous system works and what it does that we call anxiety, fear and all sorts of names but I'm going to give it one name and explain to you why that's the best way to think about it.

To start off, we have a nervous system and I like to get people to think of their nervous system as just wiring because it's what it is. There was an exhibit a number of years ago called bodies. I loved it because I love human anatomy and all that stuff. They had different body parts, organs and things like that spread out, if you could see it. They had one of the human nervous systems, so it was just the wiring and you

see at the top all the wiring in the head and it all comes down and the spinal cord and then sprays out all out to the fingers and toes.

It helps to have that image in your head as to what's going on in your body. Now, that system of wiring is carrying electricity. That's easy to see when you go to the doctor and they do an EEG or an EKG. They're measuring brain waves and what your heart's doing. They're measuring electrical impulses because that's what's running through your body, it's electricity. We are electrical appliances and we worked very much like electrical appliances.

We have this nervous system that is separated to simplify into these different sections. One says, "Let's keep us alive. Keep the heartbeat and we'll keep breathing." We'll go, "We're hungry. We're not hungry," and keep things rolling along so you don't have to consciously try to figure out how to do that. There's another part that plays into our subject that is purely about survival, don't die. That part of us operates 24/7. Even as you and I are sitting here, Billy, that part of us is scanning the environment looking for threats.

You can't turn it off, so to speak. You wouldn't want to anyway because something might show up that wants to eat you, so you need to know about that. This is the part that plays the role of when we feel what we call scared, anxious, nervous, and uneasy. This is what's telling us that. Now, I want you to forget all of those terms of anxiety and be scared of it. Forget all that. Call it feeling threatened and we feel threatened to degrees. It's not an on-off switch. That threat could be just a little bit and that might be that we're mildly irritated.

If you go back to our anger rage episode, I talked about how any time you're even mildly irritated to flat out just ballistic. What has happened is something that you and maybe every ounce of you says, "Should not be." The only time we're put off by anything is because we see ourselves as supreme rulers of the universe and this thing going on over here is not approved by me. Therefore, I'm not happy about it. That triggers this part of our survival instinct because if things are not going as planned then that could be threatening.

**Tweets:** We are only put off by anything when we see ourselves as supreme rulers of the universe, and it is not approved by us.

## Fight, Flight, Flock, And Freeze: Understanding Our Ancient Responses

If I'm just walking along and I hear something in the bushes, I wasn't planning on hearing something in the bushes that's different from what I expected. That could be a threat. This survival part is going to work up and go, "What's that?" That's feeling slightly threatened. If you look over there and you can't see anything and it's continuing. Maybe it's getting louder and it sounds like it's getting closer. Your threat level is going to continue. Now, you're feeling more and more threatened. There's a couple of main things that go on here that are important.

We also have two primary nervous systems. We have a sympathetic nervous system and a parasympathetic nervous system. The names are confusing as to what I'm going to tell you about. In this instance, the noise in the leaves is getting a little louder. What's happening is the sympathetic nervous system is getting more activated. That goes along with this increase in threat Level. The parasympathetic nervous system works in tandem. If this goes up, this comes down. If this goes down, this goes up. If we're all sympathetic and not parasympathetic, that means our threat level is maxed out.

If we're all parasympathetic and not sympathetic, that means we are just completely relaxed. This is supposed to take care of just basic stuff. If you're just doing little chores around the house, she needed a little bit of this. You don't need to rest there. If you eat a big meal, this needs to kick in so you'll digest. This is always going up and down. That's one thing that's happening. Back to our threat level going on, sympathetic going up here and parasympathetics coming down. All of the things that are parasympathetic helps you with like digestion, rest, relaxation, and sleep. That's going to start shutting down.

As you get higher and higher on the threat level, people would stay more anxious or more afraid or more nervous or scared. You're more threatened. The other thing that happens besides this is blood flow begins to be reduced to your frontal lobe. This is where logic, reasoning and those sorts of things come from because you're getting ready now. As this goes up, you're going to hit a threshold to where this is gone and you will not think straight.

You're down to what I picked four options. Some people throw five in there but I mixed two of them and made it four. I want things simple, fight and flight, most of us know. There's also flock and freeze. Fight is easy enough. I'm going to jump into the bushes and fight or whatever's in there and try to kill it. Flight is I'm going to determine this is a big threat and I'm just going to take off. Freeze is if I don't move, maybe it won't see me. When you think about it, that's pretty silly. Except a lot of predators don't see prey if it's not moving.

I learned this and I went immediately to like the squirrels, chipmunks and stuff. You walk up on one and they do this, because they're thinking, "He doesn't see me." I've seen hawks come down in our backyard. The most dramatic time was when I landed inches from a woodpecker and that woodpecker turned into a statue and I hog never saw it. It looked right at him several times, but did not see him. Long after the hawk left, the woodpecker didn't move until finally he did. That's our most ancient response to threat, if you just freeze.

We got fight, flight, and flock. Flock is, "I got to get back in the herd. I'm the lone zebra. My threat level is high. I got to get back in the herd." From a human perspective, I'm what I think is anxious. The, "I don't know what's going on because I can't think straight and I need to get in the herd." That could be, you're going to call somebody and tell them what's going on like, "I just had a fight with so and so. They did this and they did that. They're being so mean to me." Your friend goes, "They're mean. You shouldn't put up with that." Now, you're in the herd again and you feel safer.

Any of those four things can happen. When the threat level is so high, those are the only four things that are going to happen. This is gone. That will explain why two people will scream, yell, throw and break things over how a dishwasher is loaded. I made that up one day as an example. My couple sitting there went, "What did you do with that?" I come to find out, there's a lot of couples that fight over the dishwasher and how it's loaded.

Any fight that you get into with somebody that you care about, when it gets that big it's because this is gone. You don't even see the other person is anybody you even care about because now it's fight, flight, flock and freeze. I'm ready to overpower you. I'm ready to shut you down as hard as I can and I don't care what methods it might take. You'll say the nastiest things.

## Beyond The Dishwasher: The Real Roots Of Conflict

**That's because based on what you're saying, my way of being and my way of thinking. My beliefs are being questioned, which either, for interpret as a threat.**

You interpret that as a threat and it's a threat that is big enough to get to this threat level. You say, "How could that possibly be?" A couple come in and go, "We have arguments and stuff, but it's always over something little." No one's ever argued over something a little, never. You only argue over things that are big. We'll stay with the dishwasher. What in the world is so threatening? What is threatening is a belief that is generally pretty unconscious that I have to stand my ground about how the dishwashers are loaded, first of all, because I know I'm right. I am the ruler of the universe. This other person didn't get the memo.

I know that this dish goes in here this way, so first of all, I'm right. If it doesn't go in there that way, it won't get clean. If the dishes don't get clean, germs, bacteria will be there. Now we're throwing food on there and we're going to eat that. We'll all be dead pretty soon. That's a threat, but what the deeper threat is that has set people off is I feel overpowered in this relationship in general. I feel like I can't be who I am. I feel like I don't have a voice in this or I don't have a say or I don't feel respected. You can go on and on about how people are going to frame that but it's that I feel overpowered.

I'm going to use this battleground to not be overpowered no matter what I've had enough of. That comes out. That's what you're fighting about. I'll take couples from the dishwasher to how you feel in terms of feeling like you have a say in the decisions in the relationship and how you guys divide that up. You're always going to hear generally from both of them. They both feel exactly the same way that I can't ever say what we're going to do or how we're going to behave or what we're going to buy or not buy without a bunch of crap from the other person.

You feel beaten down and off to where you go, "Here's the line. This dish is going in here this way. It won't go in there this way. I'll just break it." That's how this threat level works. If you look at what you're doing from this perspective, now you have all kinds of ways to change it. It's not about them overpowering me.

It's not about them being mean to me or trying to control things. It's about this situation that has jacked up my sympathetic nervous system and shut down the parasympathetic. I'm losing control of my frontal lobe. I feel extremely threatened. If you could say that somewhere along the way, you go, "I can feel this going on." You might be able to catch yourself before this is completely shut down and go, "I'm feeling that threatened thing again."

At that point, it's the other big piece that goes with learning about anxiety. Now that's all about threat is nervous system regulation. That's my term for it, which is a combination of relaxation, meditation, breathing and all those sorts of things that will activate your parasympathetic. We've got to get your parasympathetic activated. You don't so much being sympathetic down as you do push some parasympathetic up.

One quick way to begin to do this is to exhale with sound. Push air out of your body and make sound with it. Keep pushing because you have stale air in your lungs all the time. None of us exhale like that. That helps but you still got a lot of stale air in there. Stale air in your lungs is like stale water. It turns putrid. You got to get that out because that in itself raises your threat level a little bit. I can't get enough oxygen. My lungs were supposed to pretty much fully clean out and take a lot of clean air in, but if the tanks are partially full, it's not going to take in as much. Do that.

What you're doing is you're giving your position away. This threat level isn't looking at what's going on and going, "We're fighting about the dishwasher," because this part of your nervous system doesn't have language in the way I see it. It says, "There is an imminent threat to my life," which means something is either out to kill me or eat me. That's pretty much it. That's all that there is out there in the wilderness. Kill or be killed. Eat or be eaten. You're food for somebody. My wife and I are taking a trip to Tanzania and we were reading about it.

It was one of the places we were going to stay and it said, "If you want to go out of your tent after dark. Please let one of the guys know and they'll accompany you." I don't want to get eaten. It's like, "Alright, good idea." My threat level would still probably be up because what if it's three on two. It's not two because I'm not useful. I'm just going to scream. It seems that the threat is imminent deaths. If you exhale with sound, you've given your position away.

Now, in a real situation you wouldn't do that if your life was truly in danger. If one of those lions staring me down and licking his chops. I'm not going to go because I've made noise. The lion can hear where I am and I've exhaled and an awful lot of predators work more off of smell than they do sight or sound. They can find me from either one of those. If I do that, what I've done is I have directly, without any words, because your nervous system doesn't understand language, said, "I'm safe." Which will kick this up but only a tiny bit.

What's going to happen since we're all fairly anxious people and if you're jacked up and they're struggling what was up. You have a long way to calm down, so I'm safe. Your nervous system is like, "You're not now." Do it again. You may not have to. You don't need to push as hard every time but drop your shoulders. A tense muscle that doesn't need to be tensed is a direct message that I'm under a threat.

There's no other reason my shoulders would be up other than I feel threatened because if that lion is looking at me, he might take that big paw and just try to whack an arm off if he slaps at me. If I can make myself smaller and I tensed up his muscle and it does. Maybe I can slow the bleeding enough. I go, "It's just a fresh wound," for those of you who watched the movie Python. Shoulders drop. If you're not talking now and you're listening to us, I'll bet your tongue is on the roof of your mouth. Guilty there, there?

### **As charged.**

We just do that. Why do we do that? Most of the time, where you'd feel at least slightly under threat and if you put your tongue on the roof of your mouth, you're tensing a muscle and restricting airflow. You can't breathe at all through your mouth. We're also taught in our culture to keep our mouths closed for some bizarre reason. You're going to get your tongue up there. You're going to close your mouth, which closes the muscles and they are now flexed. The threat levels are going up. Most of us probably have a deviated septum to some degree and we don't get full airflow through our nose anyway.

We're not getting enough oxygen. Again, the threat levels go up just by doing what we normally do. If no one's around, it's like a cartoon. Let it go. It's funny, if you've got time do that and just see. First of all, if you'll even notice when you close your mouth, chances are you won't even notice you did it. You'll close it pretty quickly and it will force it open.

Now you're doing the same thing in the opposite direction. Let it fall. Let your tongue fall. If you get relaxed enough, you'll discover. If you don't already know, your tongue is longer than your jaw. Let that

relax, then you can let these go and then just teach people relaxation here till you can get all of your muscles that you're not using.

That's how you talk to your nervous system. Techniques that are someone telling you to relax or someone telling you to take a deep breath. First of all, they go take a deep breath. That's the last thing you need to do because you can't because your lungs have air already in it. Exhale should be the very first thing then you can take a deep breath. Push the air out as hard as you can.

If you do that, you can stop the recording for a moment and push and push and you'll just feel like you can't get any more out but keep pushing. When you relax and that air comes into your lungs, you're going to feel different because it may have been forever since you've had a full set of lungs with fresh air in it. Your nervous system goes like that. We wouldn't have done that if we were under a threat. There are some basics.

## Nervous System Regulation: Practical Steps To Calm

**You're sharing some wisdom, some sage advice for how to temper that nervous system reaction, which you call nervous system regulation, which I feel like I'm going to practice when I'm not on camera.**

Do it all the time. This is what I teach and this is one of the hardest things to get my clients to truly adopt. I tell them, "I've taught you breathing, relaxation, meditation, and the whole big. Your practice and now you're getting good at it. I want you to do this all the time." I mean that. While I'm doing this episode, I'm practicing it. I'm checking in. I'm letting go. I noticed, "That's doing this. Let it go." I'm breathing a little bit more into my belly. I'm getting that involved all the time.

Now nobody's ever going to do it all the time but you can train yourself to remind yourself to do it. In the beginning, what you will learn more than nervous system regulation is kindness because what happens is somebody goes, "I'm going to learn to do this all the time." They'll come back and I'll say, "How did it go? Did you remember?" "The first day, I didn't even think about it until I went to bed." I was like, "When you did think about it, tell me what went on inside your head."

They were like, "I didn't even do it." "Any part of that? What is wrong? You beat yourself up." That's not nervous system regulation. Now, you're jacking your threat level because your nervous system hears this. That raises your threat level. I didn't even remember all day. How about that? That's kindness. That is as big a lesson as nervous system regulation. Stop beating yourself up.

## The Ghostly Nature Of Worry: Why We Suffer Most From What Never Happens

**Eddie, you haven't discussed it but I'm curious. My preconceived notion, which we've already established is most likely misinformed or inadequately informed, which I just learned a ton listening to you talk for twenty minutes. My impression of anxiety was always and this is just a paraphrasing of something I had in my mind, which is worrying about tomorrow's imaginary challenges now. Which is this idea that what might happen or what could happen. I can't see the future. I don't know what tomorrow or next week or next month or next year has in store but to the degree, I can't get my mind off a potential threat.**

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**Anxiety is worrying about tomorrow's  
imaginary challenges now.**



# THE COUCH TRIP

with  
**Eddie Reece**  
MS, LPC, BC-TMH

It's a threat. Your nervous system doesn't feel the threat as much as it feels what the nervous system does as you have these particular thoughts, which start going up, coming down, going up and shutting off. You wind up ruminating because you've lost the ability and your frontal lobe to think rationally. Now, you're off to the races. This road level is maxed out and you're going to have a hard time going to sleep.

**Is it a similar nervous system regulation practice if I can't stop thinking about next week's presentation or that exam or that bill or whatever?**

There's been several quotes but they are all saying the same thing. This was attributed to Mark Twain. I don't know if he said it or not, but it goes, "The worst thing that's ever happened to me has never happened." The things that we suffer most are the things that we believe might happen that never happened. That's way more suffering than the actual things that happened to us that bother us. I call that you're beating yourself off because you're not thinking about next week or what it's going to happen tomorrow as, "That's going to be so impossible. I can't wait. I'm so excited."

**Tweet:** The things that we suffer most are the things that we believe might happen that never happened.

You don't ruminate over those things. You don't sit there and go over and over. You're always imagining horror. You're doing everything you can to scare yourself. The Buddhist talked about this and said, "If you drew a picture of a ghost and you looked at the ghost, then you started seeing that ghost as being real and you were afraid of it." That's what you just described you're doing.

You're just drawing these ghosts then they become real and they're like Pac-Man. They're following you all over the place and scaring you to death. You drew them. First of all, they're not real. Second of all, you can undraw them. You could have drawn anything in the world. You could have drawn a picture of a happy puppy but no. That's not what we do. We're trying to prepare ourselves, but it's not going to work very well.

**I've got a question for you. If I'm feeling anxious, worried, stressed, or overwhelmed or I can't get it out of my head. The practice of audible exhale, meditation, I'm doing what I can when I can, but I'm constantly finding myself in a tense heightened state of alert. I can't get my mind off of this imaginary crime and I'm speaking from experience.**

**I dealt with some things in the last few years. They were dates like legal. It's like depositions on this date, trial on this date and judgment on that date. It was just all about what might happen or how might this go. It's paralyzing at times. I look back on those few years and the biggest thing I feel is regret regardless of what transpired or what outcome inevitably came to be. I sacrificed years, months, weeks, and hours at times not being in the moment.**

The saying is, "Life is what happens while you're making plans while you're worrying." An example when you say, "I can't get my mind off." There's your ghost because yes, you can.

**Tweets:** "Life is what happens while you're making plans and worrying."

**That's the limiting belief. That's the issue.**

You tell yourself you can't while you can. You can but here's where everybody struggles and this, in my mind, goes back to kindness and the piece of kindness that is about patience. Somebody will come in and after, I'll talk to them about breathing and regulating the nervous system regardless. They go, "The first day or so, I was doing that. I did feel a little better but then it didn't work that well." I go, "How many times a day did you exhale? How many times a day did you remember to breathe and let go of your muscles. As a day goes on, maybe once or twice.

That's why it didn't work because if you fully exhale, let's say your stress level was maxed. You feel fully threatened and you fully exhale. You might move this up and down half a degree. You're not going to feel

any significant difference. This is where your problem lies in your mind and this is true for so many people I've talked to about anything. Something didn't work because it wasn't instant, perfect and permanent. I have a friend who's got some back problems. He finally went and got a massage. He's had massages before.

We got a massage and I said, "How was the massage?" "It helped," he said and I said, "That's temporary." Meaning it didn't help because my back's going to hurt again. I'm like, of course, it's temporary. It's like flossing. You floss your teeth. Did it clean your teeth out? Pretty good but that's temporary. If you're going to keep using your back, you're going to have to keep getting massages.

### **That's how I feel about the artwork.**

It's temporary. You cut the grass, it's temporary. You have to cut it again. You've got to begin to notice how brutal you are to yourself with these sorts of things like it didn't work. That's one part of you telling the part who decided to do the breathing thing. You told them, "It didn't work. Don't even mess with any more. You suck." The threat levels are going back up. There's no way of knowing the numbers, but I would bet that if you took the raw data from somebody's wife who felt anxious. Ninety percent of what they're anxious about or ghosts.

It's stuff that they're doing to themselves. They're either making up scenarios that scare them or beating the crap out of themselves and they don't even know it. A golfer hits a shot he doesn't like, or you come home and the house doesn't look like what you wanted to or your kids say something you don't want or the driver cuts you off. Any of that.

You wind up like, "I'm the ruler of the universe and this is not the way I said it was going to be. All of this must change instantly, perfectly and permanently or you will stand my wrath forever." We're doing that to ourselves because the inanimate object in the wrong place doesn't care. The other driver doesn't even know you exist. That's why they cut you off, kindness.

## **Medication Vs. Regulation: Seeking Lasting Solutions**

**I have another question for you. This episode would be incomplete if we didn't at least discuss it. I love that you spent some time. You articulated what was going on in the nervous system, in the mind, and the body, what's going on in the brain and then that nervous system combined with Millennia of evolution.**

**It puts us in this heightened state, which we perceive as anxiety. That all makes logical sense. You gave some great examples and some practical application of how people can essentially get out of that fight or flight stage or get the sympathetic comparison or sympathetic scales to a little bit more towards equilibrium.**

**That seemed to be amazing but the reality is, at least how I perceive it based on the people I know. A lot of folks were thrown a prescription when they claim to have anxiety. I have no reason to believe they were not given some practical application exercise meditations, but they were giving a script. First of all, any opinions you've got on that as the solution would be interesting. More importantly chemically, what's going on? Why is it easier to prescribe than to solve?**

In general, it's easier to give somebody a pill and we're taught that the pill will cure it. The pill will be instant pronoun perfect. In terms of should I take medication for it? Maybe, but let's try all of these

things. I'm going to teach you first and see what happens because even if you took a medication that did lower your sympathetic and raise your parasympathetic to some degree. You're going to continue to beat the crap out of yourself. You're going to continue to obsess over worrying, drawing ghosts and scaring yourself. That will continue.

We tend to want to feel normal. What we don't understand is, if you're a highly anxious person, you're normally highly anxious. It will sound odd but if we said, "Take a milligram of Ativan." You take it and you go, "I feel a little more relaxed." That's not going to feel normal to you. If something isn't normal, then it means we have turned and gone down another path that we're not familiar with.

An example I use when I'm talking about all this is we're very routine based people. We walked down this path. We found food. We didn't see any predators. We came home. We lived and we're going down that path again and now you're telling me to go down this path. That's why we don't routinely change because now we're down a different path and I don't know what's down this path.

If I'm feeling better because I got some Ativan in me, I'm also going to be going, "Something is not right." I'm going to have to create that just again. What do we do? This is a lot more complicated than I'm laying it out but not complicated. There's more to it than just what I'm talking about. There's a lot more to it and there's a lot more you can do but these are the basics. Start with the basics. The solution to anxiety and threat is nervous system regulation. Let's change this and then kindness. Quit drawing ghosts. Stop.

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**The solution to anxiety and threat  
is nervous system regulation.**



What I find completely brilliant and captivating is the fact that we've identified through your wisdom that a lot of what's going on is instinctual or instinctive. I'm not sure how to say that exactly. You discussed the difference between sympathetic and parasympathetic, the parts of the body that still think there's a will to beast or a saber tooth tiger around the corner. Not the world of the beast.

You don't need to be faster than the saber tooth tiger. You just need to be faster than your friend. The kindness for me starts with we're pre-wired for this. It's not exactly a choice that was made. We likely got down a rabbit hole where it became a mechanism to cope or to survive, but now it's probably a little more counterproductive than if we had to dodge the bear or the tiger or the lion.

Our nervous system is the reason we're here. The survival mechanism that we're talking about is the reason we're here. We survived as a species. Again, you're not going to turn it off but overall, the vast majority of us and certainly me. I'm a lot safer than my ancestors and ancestors before that and before that, but I have the same nervous system. It doesn't make sense to me that I have nothing to worry about.

The most dangerous thing I do is drive. Other than that, except I'm getting older, so don't fall going up and down stairs. Be careful. Nothing is trying to come eat me. There's nobody trying to kill me but my nervous system has not had enough generations of that. And I have not learned well enough to stop drawing so many ghosts to where they should be.

## When To Seek Professional Help: Dropping The Stigma

**Again, this has been a captivating and compelling line of conversation. We could probably talk for another episode or more on it. It's important that I let you echo the sentiments that we've echoed in the past. We're not here to judge or to inform anyone based on their current state of how they feel anxious or if they're dealing with anxiety, either in their opinion or the opinion of their therapist or doctor. The reality is, if some of our readers are reading this episode or watching us on YouTube and thinking, "This is something that I've been tolerating and would like to be free of."**

**Eddie's not suggesting, I don't believe, that you try to handle this all on your own. We love for you to seek some counsel from someone nearby. Eddie could certainly finish this statement, but let's just make sure that our readers and viewers know that if they're suffering from or challenged by a heightened state of anxiety, is how you perceive it or worries or angst or fear or uncertainty. All those things. What's your advice to those people that are thinking now, either driving or walking down the street?**

You can get started. You can do that. You have plenty of places to learn about relaxation meditation, but you're going to need the counseling to help do a dive into your belief system, how you beat yourself up, how you scare yourself and how it comes about. You don't want to just work on reducing this because as I said, that wouldn't be normal if you succeeded pretty well. Now, you're going to scare yourself even more. It's this part too that you've got to get some help with and you're not going to be able to do that on your own. You've got to get somebody who knows the neighborhood and walk you through it.

**This has been another outstanding episode of Couch Trip therapy for everyday life. If this episode or any of our episodes was intriguing or compelling or appealed to in any way, please come back. We'd also love for you to reach out privately to ask us a question or see if we can help ourselves. Ultimately, if one person after reading or viewing decides to drop the stigma and go seek some professional help for enlightened mental and emotional well-being. That would be outstanding at least, in my opinion. We appreciate you. We'll keep coming back with therapy that we believe makes sense. Eddie, I'll let you have the final word.**

Thanks, Billy. Keep breathing, folks.

**There you go. The message of the day, keep breathing. Breathe in and out. Make some noise. That's a good one. Give away your position and watch your peace restore itself. This has been fun. That is [Eddie Reece](#) and I'm [Billy Courtright](#). This has been another episode of Couch Trip. Bye for now.**

**Tweets:** Keep breathing. Breathe in and out. Make some noise.

Thanks, folks.

## Important Links

- [Eddie Reece on LinkedIn](#)
- [Bill Courtright on LinkedIn](#)
- [The Couch Trip on Apple Podcasts](#)