

7 PROVEN STRATEGIES TO KICK TRADING ANXIETY FOREVER



SIMONE MILLER AND LOUISE BEDFORD

Congratulations on receiving this Special Report. You're about to learn 7 proven strategies to kick trading anxiety forever. I'll bet you can't wait!



Louise Bedford here. I just wanted to hi-jack this Special Report temporarily so I can tell you a little more about what you can expect and how you derive the most benefit from it.

Before you sink your teeth into these specific techniques that are capable of totally altering the way you view trading, I want you to take a deep breath and realise what you have in your hands.

This Special Report might just turn the key that unlocks your full trading potential. If you treat this Report with the respect it deserves, and you commit to implementing these concepts, this could well be the start of a new relationship... a relationship with the markets where you are in control and where you call the shots.

You're now in a unique position. You can either read the report, absorb the mindset secrets that will push your trading to the next level

... or you can ignore it.

It's your choice.

My good friend, Clinical Psychologist, Simone Miller has helped me put this report together. You'll find her wisdom and insights to be scarily accurate. Not only has she helped me overcome some of my twitchy, irritating remnants of anxiety, and I'm sure she'll work her magic with you too.

Contained in the next few pages is information that I have never released publically before. I've only ever shared this with our inner circle of elite traders from our Mentor Program. I want you to experience the principles that I teach our Mentorees, before you even get into the Mentor Program.

As you're probably aware, the Mentor Program is the most hard-hitting trading education on the planet, crammed into six thought-provoking months. It will provide you with the ability to turn your trading around, and give you everything you need to be a superb trader, across every time frame, and with every instrument.

Now you have a chance to gain an insight into how these traders think, act, and behave. By reading this Special Report, cover to cover, **you'll be one step closer to attaining the mindset you need to trade like a machine.**

Make no mistake. This Report will change the way you view investing, the markets, and the way you view your own physiology. You must be prepared for this and realise that these changes may initially rattle you.

- Are you ready for this?
- Are you ready to start your journey so that you can trade like a professional?

I thought so... So let's dive right in.

When the trades hit the fan!

For a while there, everything was going fine. I was trading smoothly, and feeling in control. Then... with a jolt, it hit. I felt a wave of doubt and skin-crawling fear. Often it hit when I was about to take a trade, but frankly, sometimes in the wee small hours of the morning, I'd find myself drenched in sweat with my heart racing. Have you been there?

If you ignore the symptoms of anxiety, you could be speeding towards being burned out.



I know that people toss the word 'burnout' around very casually, but what I mean it to be is a complete meltdown, often physically, but definitely emotionally where no light or joy can seep through the cracks.

I'm telling you this so that if you're beginning to suffer from it, you can stop its relentless move forward. When you're in the middle of it, it's hard to recognise. Yes, we can tolerate a certain amount of stress as a trader, but when it's extreme, we definitely can't handle it over the long term.

Evolution didn't prepare us for the sort of stress that isn't fight or flight. We're not built like that.

Simone Miller tells me that "Anxiety can be understood to be an unpleasant emotional state consisting of physical symptoms caused by our thoughts and feelings which are responses to anticipation of imagined or non-existent threats or danger. **Anxiety is the body's natural response to danger, an automatic alarm that goes off when you feel threatened, under pressure, or are facing a stressful situation.**"

It sounds so boring, doesn't it. However, to the traders who have tasted it's white-knuckle effects, it's anything but clinical.

In moderation, anxiety isn't always a bad thing. In fact, anxiety can help you stay alert and focused, spur you to action and motivate you to solve problems.

But when anxiety is constant or overwhelming, when it interferes with your relationships and activities, it stops being functional. That's when you need to try out some of the strategies Simone and I have in store for you. The good news is that by understanding your symptoms and trialing some self-help strategies you can empower yourself to significantly reduce your anxiety and reclaim a positive and healthier experience of life.

Have you got it?



One of the first things to consider is whether you are actually experiencing anxiety. You see, everyone goes through ups and downs in the markets. However, **anxiety has its own unique brand of horror.**

Have a look through these lists and be honest with yourself. If you recognise yourself in these lists, it's more than possible that you're suffering from anxiety.

Symptoms or signs of anxiety can be divided into two categories; either emotional or physical.

Emotional symptoms include:

- Feelings of apprehension or dread
- Trouble concentrating
- Feeling tense and jumpy
- Anticipating the worst
- Irritability
- Restlessness
- Watching for signs of danger
- Feeling like your mind's gone blank

Physical symptoms include:

- Pounding heart
- Sweating
- Stomach upset or dizziness
- Frequent urination or diarrhea
- Shortness of breath
- Tremors and twitches
- Muscle tension
- Headaches
- Fatigue
- Insomnia

I'm now going to hand this Special Report over to Simone. She's a specialist in this area and she'll take you through the seven proven strategies for loosening the grip of anxiety in your life. You're going to love them.

Simone Miller's Views



Well, if you've been reading this report so far, my guess is that you recognise some or all of these symptoms.

The good news is there's a lot you can do to overcome anxiety, and I'm going to show you how.

I'm about to distil my seventeen years as a Clinical Psychologist specializing in this area because I really want you to kick anxiety once and for all.

The first thing I would encourage you to do is to **evaluate your lifestyle**. Don't ignore this step. A bit of introspection now will save you heartache later...

Some questions you need to ask yourself are:

- Do I make time each day for relaxation and fun?
- Am I getting the emotional support I need?
- Am I taking care of my body?
- Am I overloaded with responsibilities?
- Do I ask for help when I need it?

Consider this: If your stress levels are through the roof, think about how you can bring your life back into balance. There may be responsibilities you can give up, turn down, or delegate to others. If you're feeling isolated or unsupported, find someone you trust to confide in. Just talking about your worries can make them seem less frightening.

Practical strategies are often very effective in dulling down or even eliminating some of the symptoms we discussed earlier. Like anything in life, the more you practice and the better you get at them, the more effective they will be.

For many of us, **anxiety is a common condition**. That's one of the reasons why I chose to specialise in this area. I'm not sure if you know, but anxiety is actually on the rise in today's high pressure society.

As a trader, when you take the positive initiative of changing your life with either large or small goals associated, anxiety is a normal, even expected experience. Even where change may not be happening, anxiety can be a part of everyday life and the pressures that come with this. Keep on reading and I'm going to give you my top seven proven strategies so you can overcome anxiety, and **trade with calm clarity and precision**. There are a few surprises in here, so keep an open mind.

Strategy 1: Challenge negative thoughts



The first step in your recovery is to recognise when you're having negative thoughts and to challenge them. I've distilled an action plan for you to follow.

You're probably closer than you think to alleviating your anxiety once and for all... as soon as you make these steps a habit.

1. **Write down your worries.** Keep a pad and pencil on you, or type on a laptop, smartphone, or tablet. When you experience anxiety, write down your worries. Writing down is harder work than simply thinking them, so your negative thoughts are likely to disappear earlier.

2. **Create an anxiety worry period.** Choose one or two 10 minute “worry periods” each day, time you can devote to anxiety. During your worry period, focus only on negative, anxious thoughts without trying to correct them. The rest of the day, however, is to be designated free of anxiety to allow you to get on with becoming a master trader. When anxious thoughts come into your head during the day, write them down and “postpone” them to your worry period.
3. **Accept uncertainty.** Unfortunately, worrying about all the things that could go wrong doesn’t make life any more predictable—it only keeps you from enjoying the good things happening in the present. Learn to accept uncertainty and not require immediate solutions to life’s problems.

To get you started, I want you to begin straight away. Set the stop watch on your phone for two minutes, and use the space I’ve set aside here to write down the main things that are worrying you. I’m sure you’ll find this a liberating process. Start writing... now...

Strategy 2: Practice relaxation techniques



Your mindset has to be seeded with things that enliven you, and you must make a purposeful effort to move away things that deplete you.

Most of the time, you’re not even conscious that you’re being depleted, and it happens on a subconscious level, and until you tune into it, you could be in an energy drain situation.

You have to seed your mind every day with things that inspire you and get your juices flowing.

When practiced regularly, relaxation techniques such as mindfulness meditation, progressive muscle relaxation, and deep breathing can reduce anxiety symptoms and increase feelings of relaxation and emotional well-being. The most common type is relaxation therapy which psychologists teach and may be familiar to you.

It involves mentally going around the muscle groups in your body, first tensing then relaxing each one. It's as simple as that. With practice, it becomes easier to spot when you are becoming anxious and the muscles are becoming tense. The next stage is to cut out the tensing phase and move straight to relaxing each muscle. Next, you learn to associate a certain cue, say thinking 'be calm' with a relaxed state. You then learn to relax really quickly. Finally you practise your relaxation technique in real-world anxiety-provoking situations.

One of the methods that I know Louise Bedford uses is to say the word 'Release' as a type of mantra, over and over again, just before she's about to do something she's going to find taxing. This can be a lovely way to centre yourself and focus on your breathing. With a clear head, your trading will improve and you'll begin to make lateral leaps that you never thought possible.

Strategy 3: Adopt healthy eating habits



Is the food you eat fuel, or is it a band-aid that raises your blood sugar, covers up some 3.00pm energy issues, but then you crash.

Start the day right with breakfast and continue with frequent small meals throughout the day.

Going too long without eating leads to low blood sugar, which can make you feel more anxious.

I know that Louise keeps a bag of cut up carrots and a bag of cashew nuts at her trading desk so she doesn't submit to her addiction to Lindor Balls... too often.

Planning ahead can keep you on the cutting edge with this.

Strategy 4: Exercise regularly



Without my health I have nothing. All you need is one little health crisis, and it can bring you to your knees. And you've got to maintain your body, so you can truly do your best in the markets.

Exercise is usually the last thing that people consider. When they become time poor, they dump exercise.

Apparently, Mick Jagger runs five miles a day because he says if he doesn't do that, he doesn't have the energy to carry through with a great performance. He's in his 70s. Pretty impressive, hey?

We need to realise that our physical energy ties into our financial success, and our happiness. When I get physically depleted, I end up sad, and insular. It's hard for us workaholics because we push ourselves and drive ourselves, and ignore the signals of our body.

Rather than strategising where we spend our physical energy, a lot of us just push harder.

When YOU break down, your trading decisions will become flawed. Your ability to pull the trigger will be affected. You'll find yourself wavering back and forth, feeling confused, and you'll lack focus. The mind-body connection is so essential.

When you run out of energy, you'll run out of logical decisions. The more fatigued you are, the more mistakes you'll actually make.

Exercise is a natural stress buster and anxiety reliever. To achieve the maximum benefit, aim for at least thirty minutes of aerobic exercise on most days.

Strategy 5: Get enough sleep

One of the unfortunate parts about being a human is that you've got to test boundaries. What level of stress can you handle? What level of anxiety can you take?



You won't know the answers to these questions until you're tested yourself. When you're going through stress, you get sucked into its own world, until you can barely recognise what's important to you.

I personally don't work well if I don't have some time to reflect and ask myself some deep questions like "What in the hell do you think you're doing?" or "Is this really worth the outcome?"

Unfortunately, a lack of sleep can exacerbate anxious thoughts and feelings, so try to get seven to nine hours of quality sleep a night. Additionally, creating a regular routine where you go to bed and rise at the same time each day will help promote healthy sleep.

Strategy 6: Accept what can't be changed



Sometimes, though, trying to find the upside of a stressful situation can be hard.

Some situations are what they are and there are no ways to fool yourself into thinking about them differently. In that case it's better just to accept the situation, rather than fighting it.

Acceptance doesn't mean it's right, that you're happy about it or that you ignore it, it also doesn't mean that you give up.

Rather it's acceptance that something can't be changed and it is wasted effort trying to work out how it can be changed, or how it could have been different.

Strategy 7: Keep busy, but not too busy

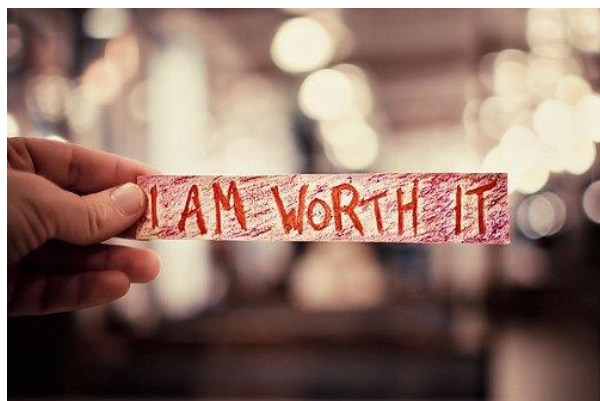
Traders focus primarily on productivity, and results. There has been a lack of consciousness about the importance of mindset. If you're not looking at life from a very clear mindset of clear, concise thinking, when your thinking becomes clouded and jaded, and unproductive, it will show up in your bank account.

The problem with feeling anxious and stressed is that it makes you feel less motivated to engage with distracting activities such as trading. When unoccupied, the mind tends to wander, often to anxieties.

One answer is to have a list of activities that you find enjoyable ready in advance. When anxiety hits at an inactive moment, you can go off and do something to occupy your mind. Try to have things on your list that you know you will enjoy and are easy to get started on.

(A word of caution: being too busy is not a good idea, you want to be occupied, but not creating even more stress for yourself.)

Allow yourself to feel worthy



Louise tells me that she had a lady approach her a short while ago. This lady had done Chris and Louise's Mentor Program about five years before. She was a full-time trader and she said, "You know, something is missing. I just don't feel like I'm achieving."

Now, if you knew this lady, you would find that to be absolutely laughable. Her accomplishments are amazing. She's a single full-time mum, earning the income of many top executives. She's supporting her

lifestyle with the profits she takes from the markets. It's just incredible what she's achieved in the trading arena, and in all areas of her life.

But all of a sudden, things had started to lack lustre for her. Maybe you relate. Maybe you've achieved a goal, but then once you got there, the view wasn't quite as grand as you were hoping for.

What I suggested to this lady is that she should write down all of her accomplishments over the past five years. Do it year by year. You can do the same. Use a photo album, or even Google Calendar if you use that, or your diary.

I suggest you do the same. Go through and make a list of all of the things that you've achieved. Give yourself a pat on the back where a pat on the back is due.

You see, **the way we approach one thing is the way we approach everything**. If we fail to create a feedback loop where we're adding positive reinforcement, unfortunately all that good behaviour stops because your psyche stops creating opportunities for you and you stop recognising opportunities.

You may end up saying, "That's all there is to life." In actual fact, if you just gave yourself a pat on the back and praise for your own accomplishments, you could achieve so much more. Your psyche would purposefully seek out opportunities where you can excel. Exceptional traders pay attention to their own feedback loops.

If you look at the people who are incredibly successful in this world, **they have the same 24 hours a day** that you do to achieve.

Give yourself a pat on the back.

Do it today. Make sure you feel like you've already accomplished great things. Make sure you feel worthy of success, because once you achieve more success, you'll seek out even more.

"But can't I just ignore anxiety?"



Well, the sad truth of the matter is that either you're going to shut down the stress, or your body will shut it down for you.

I believe that everyone has a 'stress tank'. It's a different size for each person. You must self select so that you choose the occupation you can handle.

You can always handle things if you know they're going to end, but trading isn't like that. It's ambiguous, and a grind. That's why we have to be super careful about how much stress we allow into our lives through the trader screen.

If you don't get the balance right, you'll keep chasing the dollars and forget to spend time with your children, or with those you love. All of the top traders I know are not money motivated past the point of looking after their family plus some creature comforts. Something else is driving them to achieve. If it's just money – it's a hollow victory.

You don't need to freak out over anxiety. Hopefully this Special Report has better equipped you to be aware of and detect the signs of anxiety early.

And if you've tried everything in this Special Report, and you're still fighting with anxiety... maybe that's trying to tell you something. If you're continually anxious about your job, perhaps it's your subconscious telling you that that role isn't for you and it's time for a change. If you're facing worries about your family, and those nagging fears just won't leave you alone – maybe it's suggesting that there are some deeper issues you need to address. Our own levels of comfort or distress are often a good guide to working out which parts in your life need to change.

Start Early

Not only is early detection now in your artillery, but top strategies are at your fingertips. These will assist you achieve not only an enriched and healthier life but will support you to overcome trading anxiety and be the best trader you can be.

If you would like some specific coaching or support on implementing these strategies or you do not achieve the relief you are seeking there are many helpful forms of therapy you can consider. If you are interested I can be contacted and potentially guide and support you through a therapeutic process or connect you with the life skills to overcome these experiences.

If you need any further inspiration to grab anxiety by the horns and wrestle it to the ground, get a load of this. Belinda came to me in the grips of powerful and immobilising daily anxiety. It stood in her way of happiness and success. Read on for Belinda's account of her experiences:



Belinda says:

"We have to teach ourselves to change our reaction to anxiety. We have to teach ourselves to have a different reaction WHILE we are feeling these feelings. When we change our reaction to the issues we are dealing with, over time, we learn to respond to them differently, and over time we take the power away."

In my personal road to recovery, every time I felt anxiety, fear or panic, I would almost be happy about it. Here is my chance to change this cycle, RIGHT NOW!! I am going to sit back and let them come, and let them make me feel however I feel. The longer the feelings stayed with me, the longer I had the opportunity to teach myself that these are not a threat and I don't have to feel threatened. Over time, I taught my mind to react to these feelings this way, rather than "oh my God, I'm so scared. What is wrong with me? I'm never going to get out of this. I must fix it" Of course you feel uncomfortable still, but it's almost like you learn to feel comfortable with being uncomfortable...

It truly is a process. You have to train your mind to think differently and in time it will react differently to these feelings, rather than with fear and frustration, the very things that keep them coming.

It makes so much sense looking back. Before, I viewed anxiety and everything that came with it as the thickest terror of the world and when it had its hold on me I just felt helpless. Now, through tackling it head on, I look at it as almost a teacher who is on my side and wants me to succeed, as whenever it's around, that is when I have the opportunity to grow.

So remember "Anxiety is not a disease, therefore it needs no cure".

Belinda's testimony tells us so many things. It highlights the importance of awareness. You have the ability to recognise the discomfort and experience the empowerment that comes with the knowledge that YOU can do something about it. Don't wait.... This Special Report contains many gifts. Use these gifts to live and trade fearlessly.

I'd like to leave you with some inspiration from Louise Bedford:

Never forget that you're a complex creature, who has very simple needs.



Eat on purpose - You require good fuel to really excel - so avoid that greasy cheese burger and grab a salad.

Exercise on purpose - without treating your body well, you'll lack the energy to continue pursuing your goals. Attend to your issues of wear and tear, and listen to your body. You might be surprised what it says to you.

Relax on purpose - give yourself some time to just ponder the world, away from the hustle bustle - so you can live with gusto.

Sleep on purpose - without great sleep, you'll become psychotic (I'm not making that up!). Get to bed at a reasonable hour so you're not wrecked by the next day.

Play on purpose - don't just plonk down on the couch and watch TV. Pursue activities that get your blood pumping, where you feel a little shivery thrill of excitement just by thinking about it. Dump just one of your favourite TV shows a night - buy back an hour, and do something incredible with it.

Pursue your ambitions on purpose - Run after them, arms flailing, hair flying, ready to knock down any wall in your way. You owe it to yourself.

Do this for one day and you'll feel great.

Do it for one week and you'll have more spring in your step re-discover your enthusiasm.

Do it for a lifetime and you'll really have lived a purposeful life.



A final word from Louise...

Okay... that's it for now.

I urge you to get serious about overcoming anxiety. Gravitate towards the things that enliven you and rejuvenate you, and take serious steps to minimise the things that deplete you. It's only by harnessing enough energy that you'll be able to stick it out as a trader, and focus for the necessary amount of time required to excel.

I've found that when you dabble and you don't commit - you end up bleeding money. When you get to the point where you bank on yourself, money will flow to you as naturally as a waterfall flows downstream.

I'm sure you will have received a heap of great ideas from Simone Miller's words and techniques. Now, the key for you is to practice these methods. You'll gain so much insight into your own mindset by trying them out... and you've got absolutely nothing to lose.

Most people have two speeds today – fast as hell and collapsed. If that's the only two speeds you know, you're not being productive. If you're on the brink of suffering from anxiety, recognise it and pull back. Implement some of Simone's techniques, before it's too late.

Look after the little building blocks and some of the issues that you perceive as big will dissolve. Give it a whirl. You've got nothing to lose.

If you've got any feedback, I'd love to hear from you. Just drop me an email at:
[***louisebedford@tradinggame.com.au***](mailto:louisebedford@tradinggame.com.au)

*And if you'd like to read more top information on trading, mindset and focus, get on over to Chris Tate's blog at [***www.tradinggame.com.au***](http://www.tradinggame.com.au).*

Glad you could join us. You deserve the very best.

Cheers,

*Louise Bedford - Director – [***www.tradinggame.com.au***](http://www.tradinggame.com.au).*



More about Simone Miller

Simone Miller is the Managing Director of Optum Outcomes (optumoutcomes.com.au).

She is a Psychologist, Life Coach and Consultant who supports businesses, individuals, couples and families to enrich personal and professional outcomes.

With over seventeen years industry experience she is committed to supporting companies and individuals in professional coaching, change management, leadership capacity, team development and human resourcing.

Life coaching and therapeutic services are also provided based on specialised qualifications and experience and address a broad range of emotional and personal needs.

Want more help from Simone?

Simone thrives on working with go-getters, traders and high achievers. She equips people with life tools and strategies to fuel high quality living. Never underestimate the role of your thoughts and feelings (psychology) in your life success. Plus, because you've read this Special Report, Simone is giving you her personal email address.

Reach out to her with any of your questions, or if you'd like specialist support in kicking anxiety forever.

You can contact Simone by email: simone.miller@outlook.com to discuss your requirements.



Your Next Step

I hope we have given you a buzz with some of our views in this Special Report. You've shown that by reading this report, you're willing to grow, develop, and challenge your own mindset. For that, we applaud you!

The Mentor Program



Chris and Louise run a six-month Mentor Program. Since the year 2000 this program has continuously booked out every time it opened for bookings. Mentorees love that they can repeat the course as many times as they like for free. Have a look at www.tradinggame.com.au for more information and make sure you register for Priority Notification.

If you're the type of trader who wants to learn how to trade every instrument over every timeframe, safely and confidently, by using your own bulletproof trading plan, then the Mentor Program is just what you've been looking for.

Your free trading pack

If you're new to the Trading Game trading community, and you haven't got your free pack yet, you're missing out. Make the best decision of your life. Register now for your trading pack at www.tradinggame.com.au ... and best of all it's FREE. Here's what you'll get:

- an incredibly valuable **trading plan template**
- a free monthly **email newsletter**
- a **five-part e-course** valued at \$99.00 called 'The Sharemarket - Your Unfair Advantage'
- a free month of access to the **Trading Game Forum**
- the chance to win a **home study course**.

Why is Louise giving you this pack for free?

I'll tell you why. So she can begin a relationship with you.

Louise says:

'I'm hoping that after you've used my free resources, one day you'll come to one of my advanced seminars. I love helping people who want to take control of their sharemarket returns. It's my goal to put money into share traders' pockets and make it stick, even if they only have thirty minutes a day available and limited knowledge about trading'.

**Excellent traders are action takers. Don't delay.
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FREE trading pack right now.**