

Simone Janson (ed.)



Dealing with Fear

Understand fears panic attacks & depressions, recognize & overcome anxiety disorders, master crises & use opportunities with the right strategy



Best of HR - Berufebilder.de®

Dealing with fear

Understand fears panic attacks & depressions, recognize & overcome anxiety disorders, master crises & use opportunities with the right strategy

Simone Janson (ed.)

Published by Best of HR - Berufebilder.de®

Table of Contents

Imprint

Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback
Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Information as desired with Membership Discounts, eCourses, Workbooks,
and custom, individual eBooks

Successfully use the AI Extension to the Book for your Goals and to make Money

Experience Success and Inspiration: Discover your Way and support Sustainability

Ruminating makes you unproductive: against pessimism and catastrophic anxiety //
By Simone Janson

Motivation and Mindset of Generation Y: Do not be afraid! // By Christoph Teege
Good decisions vs. Pessimism: You can not think of depression! // By Winfried Neun

Stress Loneliness Anxiety Depression: 10 tips from the psychiatrist to get you started // By Simone Janson

Internal critics solve blockages and fears: what label do you have? // By Claudia Hupprich

Success with the right attitude: accepting fear, unfolding potential // By Marc M. Galal

Loneliness: fear of losing friends and family // By Simone Janson

Doctoral studies means failure: fears - how do you deal with them? // By Atilla Vuran, Prof. Dr. Gunnar Seide

Small Talk - dialogue for success: overcome fear of embarrassment // By Dr. Cornelia Topf

Negative thinking and reducing fears in 3 steps [+ checklist] // By Simone Janson

3 rules for bosses and employees: fears are normal // By Mike Fischer

Resolving fears and conflicts using transaction analysis: 5 methodological tips // By Laura Burckhardt

Sleep disorders what to do? 2 x 8 first aid tips // By Simone Janson

Anxiety, stress and panic: how to control your thoughts // By Patrick McKeown

Understanding and Overcoming Fears: Psychology of Fear // By Marie-France & Emmanuel Ballet de Coquereaumont

Conclusion: How to expand your Knowledge and Experience with interactive AI and discounted Add-on offers for free.

Authors Overview

Christoph Teege

Winfried Neun

Claudia Hupprich

Mark M. Galal

Atilla Vuran

[Prof. Dr. Gunnar Seide](#)

[Dr. Cornelia Topf](#)

[Mike Fischer](#)

[Laura Burckhardt](#)

[Patrick McKeown](#)

[Marie-France & Emmanuel Ballet de Coquereaumont](#)

[Simone Janson](#)

[Profound Expert Knowledge, Quality Assurance and AI: The Concept of Publisher of the Year Best of HR - Berufebilder.de®](#)

[Appendix: Tips and Prompts for using the AI Extensions](#)

[8 Advantages: The Idea of AI Extended Books and how you can use them for your Goals](#)

[9 Steps: How to use the interactive AI Advisor for your Goals - with 100 Prompts](#)

[7 Reasons: This is what the interactive eTutor brings to your Learning - with 100 Prompts](#)

[6 Cases: How to use the Travel Planner correctly - with 100 Prompts](#)

Imprint

The German National Library lists this publication in the Deutsche Nationalbibliografie; Detailed bibliographic data are available on the Internet at <https://dnb.dnb.de>.

ISBN of the German eBook edition: 9783965962026

ISBN of the English eBook edition: 9783965962033

German website of the publisher: <https://berufebilder.de>

English website of the publisher: <https://best-of-hr.com>

Dealing with fear

4th completely revised and extended edition, 10.01.2024

©2024 by Best of HR - Berufebilder.de®, a brand of Janson Pressgroup Print & Online

Published by Simone Janson

Duesseldorf, Germany

Concept, editing, graphic design & layout: Simone Janson

Cover design with Canva

eMail: publisher@best-of-hr.com

For your [successful, fulfilling life](#), the information you truly need: State-funded publisher, awarded the Global Business Award as [Publisher of the Year: Books, magazines, eCourses, data-driven AI services](#). Print and online publications, along with the latest technology, go hand in hand - with over 20 years of experience, partners such as the [Federal Ministry of Education](#), customers like [Samsung, DELL, Telekom](#), or universities. Behind it all is [Simone Janson](#), a German [Top10 blogger](#), referenced in [ARD, FAZ, ZEIT, WELT, Wikipedia](#).

All books are published in German and English. We take our responsibility to deliver well-researched and reliable information very seriously. Therefore, the publisher follows a dedicated concept for quality assurance and compliance, where the expertise of renowned experts goes hand in hand with the latest AI technology for information analysis and text optimization. If you have any further questions, you can read the corresponding chapter at the end of the book.

All works of the publishing house Best of HR - Berufebilder.de®, including their parts, are protected by copyright. Any use outside the narrow limits of the copyright law is not permitted without the consent of the publisher and the author. This applies in particular to the electronic or other reproduction, translation, distribution and making publicly available.

Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

All readers who are looking for individual solutions also have the opportunity to use the AI extensions and consulting tools free of charge within the framework of AI Extended Books, for which we usually charge a monthly subscription fee. Our interactive success advisors and other AI-supported tools are at your disposal to provide you with tailored advice and recommendations that are tailored to your individual needs. Use these tools to drive your success and achieve your personal goals.

In addition to this wealth of inspiration, we want you to experience and enjoy your success: As a reader of this book, you will have access to a variety of exclusive services that will help you live well and successfully according to your wishes: from inspiring reader trips, where you have the opportunity to discover new places and exchange ideas with like-minded people, to lifestyle products that are

specifically tailored to your needs, we want to ensure that you make the most of this reading experience.

Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because not only sudden changes and crises make people afraid: Many people also suffer from anxiety disorders and depression in everyday life. It is therefore crucial not only to get panicked in unusual and seemingly dangerous situations, but rather to know the causes of your own often exaggerated fears and to do something about it step by step. Resilience exercises, meditation and breathing techniques can help to realistically assess dangers and risks, to assess situations objectively and to react appropriately.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

Information as desired with Membership Discounts, eCourses, Workbooks, and custom, individual eBooks

Under the motto *Information as desired*, we also provide you with exactly the information you have been looking for. The book also includes an e-course with a worksheet for you to work through, which you can receive for free as a reader in our Academy at <https://best-of-hr.com/academy/>. You can find out how to access it in the book's conclusion.

Our Academy offers you the opportunity to continuously expand your knowledge and skills and engage with like-minded individuals. By participating in our online courses and interacting with experts and other learners, you can achieve your professional goals and advance your personal success. We believe that inspiring experiences and continuous learning are the keys to long-term success. Therefore, we invite you to explore our Academy and benefit from the diverse learning opportunities.

In addition, the Workbook Success Planner is the perfect complement to the guidebooks. This workbook helps you successfully implement the inspirations and tips from our books, step by step and day by day, whether it's about career goals, decision management, or financial planning. You can either print the Success Planner yourself or order it as a bound book. Each workbook comes with a free eBook.

Do you want a personalized eBook topic or an e-course on a specific subject? You can also find that in our publishing house at <https://best-of-hr.com/publisher/>. We will create your personalized eBook on a topic of your choice upon request. In the Academy of Best of HR - Berufebilder.de®, you will also find email courses with individual assignments, personal support, and certification.

As a book reader, you not only have the advantage of gaining information and new insights but also enjoy financial benefits that come with purchasing our books. As a [newsletter subscriber](#) or [registered member](#), you will receive a 50% discount on all e-courses and a 20% discount on all other books as a member edition. You can find the books at <https://best-of-hr.com/shop/books/>. The coupon code is sent weekly via the [newsletter](#). Additionally, there is the Premium Membership, a paid flat rate for one year, which includes all learning materials, downloads, and premium articles.

Successfully use the AI Extension to the Book for your Goals and to make Money

For those seeking further individual guidance and services, our concept of *AI Extended Books* offers the potential to analyze information, gain valuable insights, and show paths to achieving your individual goals. By utilizing AI in your work or personal life, you can gain many benefits and work much more efficiently. Through our AI solutions, you will discover new ways to explore your horizons in innovative ways. And the best part is that this service is free for you as a book buyer. In the appendix of the book, you will find a detailed explanation and numerous application examples to facilitate your successful handling of AI.

Our interactive [AI-assisted consultant](#) is there to assist you with any questions regarding success, career, and personal development. Our [AI-eTutor](#) supports the learning experiences from our academy with individual exercises. And the interactive [travel planner](#) helps you plan individual moments of success.

One of the greatest strengths of AI is its ability to process large amounts of data and recognize patterns. By using machine learning algorithms, AI can learn from this data and make predictions. This enables you to make informed decisions, optimize your strategies, and even solve complex problems. Whether it's your personal career management, optimizing communication processes, or improving work efficiency - AI can help you achieve your goals more effectively.

With the AI tools from Best of HR - Berufebilder.de®, you can even earn money. This is done through an affiliate program, a marketing strategy where companies collaborate with affiliates to promote and sell products or services. Affiliates are individuals or companies that act as partners and receive a commission for every sale or action they generate. To participate in our affiliate program, please register [for our partner program](#).

Experience Success and Inspiration: Discover your Way and support Sustainability

But that's not all! We want to offer you a very special opportunity that will make your journey to personal growth and success even more unforgettable. Because we know that it's not just about reading, but also about experiencing and applying what you've learned. That's why we want to offer you exclusive vouchers for suitable trips and other items that perfectly match your chosen guide. To achieve this, we work with numerous network partners in accordance with our compliance guidelines.

So imagine putting the inspiring wisdom of your book into action while creating unforgettable memories at the same time. Whether it's a relaxing break at a wellness resort, an adventurous trip into nature, or a workshop that further develops your skills - with our specially selected vouchers, you can put what you've learned into practice directly and enjoy unforgettable experiences at the same time.

Let yourself be inspired by our guides and discover the possibilities that await you. Because we believe that true change doesn't just happen in the mind, but also in the heart and in action. So get ready to elevate your life to a new level with individual moments of success and make your dreams come true. By the way, 5 percent of your purchase goes to non-profit organizations that are dedicated to projects such as reforestation and climate protection.

So you see: from cost savings to access to knowledge and education, to the opportunity to experience and live your own successes, to inspiration for entrepreneurial activities, and the possibility to earn money with our publishing house - reading our books can provide you with financial benefits in various ways.

Ruminating makes you unproductive: against pessimism and catastrophic anxiety

// By Simone Janson

Thinking is generally something very positive, because you can come up with new ideas and solve problems. But you can not just talk things over but also think things over - and do not stop pondering. How to turn this off, you will learn here.

Checklist: Do you ponder your problems?

A small checklist to start with. Are you also trying to break up and ponder your problems? This little checklist will help you:

- "What if ...", "Couldn't have ...", "Could I ..." - do many of your thoughts start with such sentences?
- Rolling a thought from right to left for hours, not being able to stop is not that strange to you?
- And do you tend to worry excessively about things but not change anything?

Then you might be a thinkaholic. Is that bad? Theoretically no. But in practice you should read on.

Healthy Thinking or Thinkaholism?

Before misunderstandings arise: Thinking is not a bad thing. On the contrary, in many cases it helps perfectionists to take a deep breath and to hold on. If this thinking leads to a result or is completed at some point, there is nothing to be said. Also, that you occasionally worry and worry about important things is normal and certainly familiar to you: will the project be finished in time? Will the important meeting lead to the result? Is my job safe despite the economic crisis?

It is crucial that the thinking follows a targeted action. If you are concerned that you will not be able to finish a project on time, you should consider whether you have really done everything to successfully complete it. If you are afraid that you will not be able to convince your colleagues or employees of your idea in the meeting, you should review your arguments again. And even if you think you can't change the current economic situation: instead of crawling around in your office and working fearfully and stubbornly in the typical perfectionist manner, you could work just as well to ensure that you work with your outstanding ones Skills in the company are perceived even more clearly and thus secure your job.

Be careful when aiming in circles

However, if you are not thinking productively, but are pondering around aimlessly without acting, if you are constantly worried about something that you cannot change anyway, then thinking becomes an end in itself. They just can't stop pondering and in extreme cases they even become completely unable to act. Thinkaholism emerges - and a real vicious cycle begins, from which they can no longer get out so easily.

"I understand that too" you might say. Because you have probably already noticed yourself that you think about something too long. And you feel that it's pretty irrational behavior. Your friends or colleagues may have already drawn your attention to this tick. Or simply to say, exasperated: "Stop the pondering!" You probably know that it would certainly be better to think optimistically than to worry constantly. Unfortunately, it is not that easy to stop the brooding. Because the basic problem lies somewhat deeper and is based on the perfectionist desire to have life and the world under control.

Thinking: for love of detail?

Because many perfectionists want to control a situation by being aware of it as consciously as possible. So you're trying to gather as much information as possible and to shed light on all facets of a problem. In doing so, they approach minor aspects of a problem themselves, as if they were important things where it is worth knowing every detail. They want to understand everything thoroughly and remember everything later. Therefore, they scan their surroundings for every little bit of information that might be useful to them now or at some point. Yes, some perfectionists are superstitiously convinced that the cosmic accountant spares them unpleasant surprises if they only deal with a problem and all its details for long enough.

However, a problem arises from this love of detail: at some point the brain stops participating. This is shown by psychological studies. Too much thinking creates a feeling of losing control. Pay attention to what happens the next time you find yourself pondering: At the beginning you may still have clear thoughts and your opinion is relatively certain. Then you have first doubts that lead you to look at the matter from a different perspective. Because the longer you think about what you could do differently in this or that situation, the more you move your thoughts back and forth, the more your brain has to exert itself. Therefore, the longer you think about the problem, the more complicated you feel about it. And you find it increasingly difficult to come to a result. This increases the impression that the situation is not under control. Your self-confidence wanes, you become more insecure.

Stop thinking or ponder a problem?

So even if you can't ponder a solution to a problem straight away, leave it at that. If necessary, think about the topic again at another time. Because if you continue to ponder, you will have more and more doubts, which in extreme cases you can no