Can Anxiety Be Helped With an Affirmation Bracelet? Raising Awareness for National Stress Day

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Fear is one of our guides, it allows us to take a check on our path and make sure we are still in tune with who we are and what works for us. It can be seen as a positive thing. However fear is also powerful to our health when we allow it to become more than a fleeting thought and many people live their lives coming from a place of fear all the time. Fear of being judged, fear of being rejected and sometimes simply fear of doing something that will make our lives more difficult than it already is.

For some life appears to be a struggle on a daily basis. This fear is leading to many of the anxiety and stress based symptoms we are now seeing in society and one of LoveuSoul's passions is to help people find their own boundaries and learn to manage their way through stress and anxiety when it comes into their lives.

One such way that has proved successful is with our Affirmation bracelets a product that is being embraced by projects such as Time to Change.

Anxiety is on the increase and more and more people are developing symptoms of anxiety in a number of forms. Our minds are key to helping ourselves deal with our anxieties and facing our own fears is sometimes the biggest hurdle.

As Lucy Batham-Read, well-being specialist and founder of health and wellbeing site, Loveursoul, explains: "Positive affirmations not only affects the subconscious mind but also boosts your energy levels and even muscle strength. Positive thinking can help you to overcome physical and mental illnesses and enable you to begin to achieve your goals and live life to the full. These stunning affirmation bracelets have been designed to help women of all ages, feel valued, loved and empowered most importantly by themselves. These simple emotions can be instrumental in overcoming any difficulty and to live a life full of health and vitality.

Whilst there is never one answer to any problem - these bracelets are a daily reminder that we are worth it and we are loved no matter what and they have recently been used by part of the Time to Change team and this is what some of the young people on their programme had to say :

"These wrist bands are a constant reminder that I'm safe and ok - having had problems with anxiety I find a lot of comfort in the reassuring words on the bracelet around my wrist at all times."

" I really like the wrist bands - I like that each one is individual with a different set of words on making them personal. It was cool being able to choose which words you felt summed you up, and being able to choose a colour to suit you. Really pretty :)"

Available in a number of gorgeous summery colours they are the perfect gift for someone you are thinking of, to remind yourself how great you are or for your daughter to wear at the festivals this summer. We all have our vulnerable moments it's just knowing where to look when we have them.

The bracelets are available in a 3 different empowering word designs, all available in fabulous colours - . They look great mixed and matched, wearing three at a time. The words for the bracelets are:

I am Wise - grounded - fearless- accepting- strong- a dreamer- love- boundary aware- kindness- living-lovemysoul

I am daring and mighty - a creator - authentic- conscious- unconditional love- spirit- grateful - my best- connected- free- joyful- safe

I am self belief- nourished-loved-life-grateful-amazing-vitality-movement-health-me-discovery-balanced-happy-faith
The bracelets can also be made with unique personalised wording.

All bracelets have been made with recycled leather in the UK with a unique '8' fastening, representing the circle of life and are available fromwww.loveursoul.co.uk for £10.00 each or buy 2 of any design and get one free (inc free p&p and affirmation).

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