How To Stop Blushing

Blushing is a common problem affecting millions of people. Blushing can be caused by any number of things including social phobia, anxiety, or even a fear of blushing itself. There are a few techniques you can try to overcome blushing problems. Below are a few useful tips to put a stop to your blushing problem.

Relaxation Works

Even if you don’t really feel relaxed you can trick your body into responding positively to relaxation cues. You can release the tension in your body by dropping your shoulders, relaxing your muscles, breathing deeply and pushing your stomach out slightly.

With practice this can become an effective control method for anxiety responses such as blushing.

Don’t Try & Hide It

It can be hard but the best thing to do to combat blushing is to stop trying to hide it. The tenser you become trying to hide something that you can’t control, the worse it gets. Accept it as a current part of who you are, but then relax in the knowledge that it can be changed.

Don’t Assume The Worst

When we can’t see our face and we feel the familiar heat of the blush we tend to assume it must be bad. The unknown aspect makes us blush even more. We also assume that other people will be as fixated on it as we are and that they must think we are silly, weak or embarrassed. This is rarely the case as most people won’t think much of it.

Reframe Your Mind

Practise relaxation, positivity and goodwill towards yourself and others. In a relaxed state, run through the situations that commonly make you blush. Practise feeling calm and accepting yourself.

Practise controlling your anxiety as you feel yourself starting to blush. Picture how you might feel towards someone else if you saw them blushing and project those positive feelings onto yourself from outside.

If you find your struggling with blushing and feel that you need help, hypnotherapy is an effective form of therapy which works. I can help you find the root cause of why you blush and help you overcome the issue.

If you are interested in a complimentary consultation or would like to book an appointment, then please email me on info@alixinneedham.com or call me direct on 020 7935 1965.