

# Overcoming fear

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Over the last few weeks, one theme has emerged—fear—health, financial, the future of our country, the uncertainty shrouding the world. There’s no shame in being scared, but fear becomes problematic when it paralyzes us. To help us all overcome fear, please consider the following tips:

## Learn from it

Some amount of fear and stress is beneficial. It can instruct us to better prepare for an uncertain future.



Learn the lessons of fear, make appropriate adjustments, and then move on.

## Make it meaningful



Making hardship meaningful is a time-tested way to transform suffering into something more palatable.

Support local businesses or write a letter to medical professionals on the front lines—turn fear on its head.

## Face it



90% of those with specific phobias are cured by **FACING THEIR FEARS**

To overcome fear, you must confront it. Avoiding fear gives it more power.

## Connect

Oxytocin is released when we connect with those we love and has been shown to reduce fear.



It is important to maintain strong relational ties. Find creative ways to connect with loved ones.

## Fake it

We assume behaviors are a result of our thoughts, but actions drive feelings more than we think.



Exercise, get dressed, take a shower, and go about your normal routine, no matter how difficult it feels.

## Take care of yourself



The connection between body and mind is powerful and underappreciated.

Caffeine and alcohol can amplify fear responses, whereas exercise and adequate sleep combat stressful reactions.

Mental wellness is every bit as important as washing your hands and maintaining appropriate social distance. We at Brinker Capital, hope the tips above will help you manage whatever comes next.