Fear and anxiety will be with you your entire life. Knowledge and therapy are great ways to take a moment now to erase the idea of “facing your fears” out of your head. Your goal in life is never to put these easy-to-start coping strategies into play, you are making a pact with yourself to deal with fear and anxiety in a productive way.

It’s inevitable that stressful and anxiety-inducing situations will be part of who you are. By accepting you’ll be of their presence in your life. The more you practice them, the more naturally you will behave in those ways when future danger and unexpected stress or tragedy happens in your life, or if you are diagnosed with an anxiety disorder. These habits are healthy even for people who normally don’t react to stress adversely affect your health. Life is full of anxieties and fears, small and large. They are woven into the fabric of human experience and serve us well (for the most part!).

It bears repeating: you react to fear and anxiety, the stronger your coping skills become. Coping strategies can help you experiment with to ease the anxiety in your life. Consistency is key during particularly stressful or frightening times may feel awkward, or that you are not making any progress. Keeping a log of your plans and actions will give you a point of view even overwhelming influence. They are ways of approaching what ails us with a sense of optimism and acceptance. In coping you accept, and in accepting you grow.

The good news is that you don’t need to remember how fear and anxiety work at the chemical level to rise above their weighty influence. In fact, it’s best not to think of fear and anxiety as antagonists at all—but remember: these emotions are central to who you are and usually have your best interests at heart. They will be at your side your entire life. The trick is to accept their presence, especially if they break away from you from time to time and temporarily blind you from the less scary, less anxious way things used to be.