



How to Ease Your Anxiety

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

It's no secret that depression and anxiety go hand-in-hand. In fact, many chronic illnesses are linked with anxiety due to the stress of dealing with these conditions.

Anxiety and depression create a vicious cycle. It's crucial you break the cycle and take control over your anxiety, before it takes control of your wellbeing.

Generalized anxiety disorder, social anxiety disorder, panic disorder, phobias, agoraphobia, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD) are all common anxiety disorders, as reported by the Anxiety and Depression Association of America.

You can see how any of these conditions would make depression worse, and vice-versa.

Just like your depression treatment, anxiety treatment needs to involve some homework. Utilize these methods at home to ease your anxiety before it becomes a full-blown attack.



Ways to Ease ANXIETY

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WHAT IS ANXIETY?

Anxiety is a normal feeling of uneasiness, worry and apprehension that everyone experiences from time to time. If anxiety gets in the way of your day-to-day life, it becomes a disorder.

Anxiety Disorders Include:ⁱ

- ❖ Generalized Anxiety Disorder
- ❖ Social Anxiety Disorder
- ❖ Panic Disorder
- ❖ Phobias
- ❖ Agoraphobia
- ❖ Obsessive-Compulsive Disorder (OCD)
- ❖ Post-Traumatic Stress Disorder (PTSD)



PRACTICE DEEP BREATHING

Deep breathing techniques will soothe your body and help ease feelings of anxiety in a few short minutes.ⁱⁱ

LAUGH

Laughter feels good and calms the mind, but it also increases the amount of oxygen we take in (much like deep breathing).ⁱⁱⁱ



TRY SOME NATURAL REMEDIES

Chamomile, lemon balm, lavender, passionflower and valerian may be helpful for anxiety.^{iv}

MEDITATE

Meditation can help quiet the mind of racing thoughts that accompany anxiety. With more practice, it can be a great tool to help manage other symptoms, too.^v



EXERCISE

On top of the countless physical and mental benefits of exercise, the endorphins released during physical activity can reduce stress greatly.^{vi}

YOGA

Many kinds of yoga have been shown to help with anxiety and depression by modifying your body's stress response.^{vii}



Next time you feel your anxiety creeping up,
remember to take back control and work to ease your symptoms.
Your body and mind will thank you!

RESOURCES

- i <http://www.wadaa.org/understanding-anxiety>
- ii <http://www.calmclinic.com/anxiety/treatment/breathing-exercises>
- iii <http://www.healthypiece.com/blogs/anxiety-schmanxiety/2014/12/laughter-can-chase-away-anxiety/>
- iv <http://www.yogajournal.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/herbal-treatment-for-anxiety/faq-2006/7945>
- v <http://www.chopra.com/cc/how-meditation-can-help-anxiety>
- vi <http://www.wadaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>
- vii <http://www.health.harvard.edu/mind-and-mood/yoga-for-anxiety-and-depression>



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