How to Ease Your Anxiety Right Now

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

Many people who suffer with chronic pain experience anxiety. It could be a pre-existing condition but in many cases is due to the stress of their chronic pain.

It can become a vicious cycle as the fear of symptom relapse causes anxiety which can then trigger a symptom relapse and cause pain, which then produces more fear of pain and future attacks.

Anxiety can appear in many forms and affects each sufferer differently: generalized anxiety disorder, social anxiety disorder, panic disorder, phobias, agoraphobia, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD).

When dealing with any of these disorders in conjunction with chronic pain, it’s important to learn how to manage and control your anxiety so it doesn’t overwhelm you.

There are many simple methods that you can do at home to stop anxiety before it becomes a full-blown attack. The key is to remember to relax, breath, and stop those racing thoughts.

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.adaa.org/understanding-anxiety

ii http://www.calmclinic.com/anxiety/treatment/breathing-exercises

iii http://www.healthyplace.com/blogs/anxiety-schmanxiety/2014/12/laughter-can-chase-away-anxiety/

iv http://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/herbal-treatment-for-anxiety/faq-20057945

v http://www.chopra.com/cc/how-meditation-can-help-anxiety

vi http://www.adaa.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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