



Popular and Effective Anxiety Treatments

by NEWLIFEOUTLOOK TEAM

39 Treatments Rated on Popularity and Effectiveness

You will notice that there are a number of effective treatments for anxiety that aren't drug-related. Even CBT doesn't directly involve medications. Don't think that the medications that you are prescribed are the only thing that can help you. Exercise is incredibly helpful and all it involves is just going out for a walk at the minimum. For yoga, you don't even have to leave your home. There are quite a few yoga instructors who have posted YouTube videos of various positions and can get you started with yoga. Think about it like a medication. You usually have to take a pill once a day and if you aren't already doing that, you have to get used to that routine. Similarly, you have to get used to doing yoga, meditation, deep breathing, and/or relaxation.

