



# How to Ease Anxiety Right Now

by NEWLIFEOUTLOOK TEAM

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## Tips for Easing Anxiety

Many people experience anxiety. Some are able to manage it well while some struggle with taking control.

It's a vicious cycle: fear of anxiety or panic causes you to feel anxious, which then causes a panic attack, which produces fear of having one again. So, how can you break this cycle and stop your anxiety in its tracks?

Anxiety comes in many forms and affects everyone differently. According to the Anxiety and Depression Association of America, anxiety disorders include: 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 it is important to get control over your anxiety so it can't overwhelm you. The infographic below details some ways you can help ease your symptoms.



# Ways to Ease ANXIETY

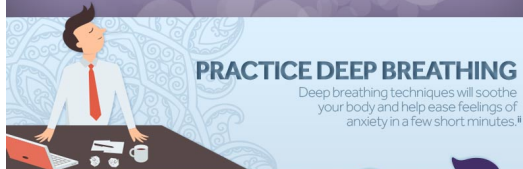
a newlifeoutlook infographic

## 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.

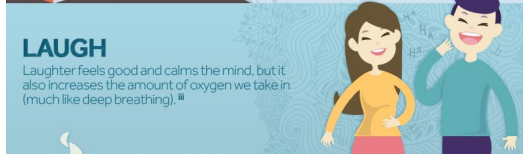
### Anxiety Disorders Include:<sup>i</sup>

- 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.<sup>ii</sup>



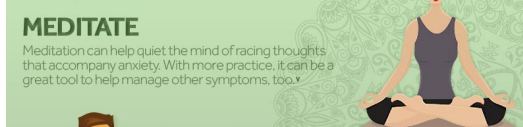
## LAUGH

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



## TRY SOME NATURAL REMEDIES

Chamomile, lemon balm, lavender, passionflower and valerian may be helpful for anxiety.<sup>iv</sup>



## 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.<sup>v</sup>



## EXERCISE

On top of the countless physical and mental benefits of exercise, the endorphins released during physical activity can reduce stress greatly.<sup>vi</sup>



## YOGA

Many kinds of yoga have been shown to help with anxiety and depression by modifying your body's stress response.<sup>vii</sup>

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.cajmdclinic.com/anxiety/treatment/breathing-exercises>
- iii <http://www.healthyplace.com/blogs/anxiety-schmanxiety/2014/12/laughter-can-chase-away-anxiety/>
- iv <http://www.yogiclinic.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.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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