# Top 10 NLO|Anxiety Articles of 2015

by NEWLIFEOUTLOOK TEAM

**10. Hypnosis for Anxiety**

Many people are wary of trying hypnosis, largely due to the many myths surrounding it — but hypnosis for anxiety can be very helpful.

**9. How are Anxiety and Depression Linked?**

People with anxiety disorders often develop depression as well, which can make diagnosis and choosing an appropriate treatment more difficult.

**8. How to Recognize Anxiety in Children**

Although anxiety disorders are more likely to appear in adults, research shows that almost 7% of children and teenagers also suffer from anxiety.

**7. The Benefits of Laughter for Anxiety**

I’m sure you have heard the phrase, “Laughter is the best medicine,” but have you ever wondered about the wisdom behind the words? Is there any evidential truth based in the popular saying?
Many experts would answer that question with a resounding, “YES!”

**6. Anxiety and Chest Pain**

People who suffer from anxiety can experience a variety of physical symptoms alongside the emotional symptoms, including chest pain. Here's why.

**5. What You Should Know about Nutrition and Anxiety**

Treatment of anxiety and anxiety disorders often require major changes to your lifestyle. This includes your sleep regime, exercise and your diet. In this article we look at what to eat and what to avoid to help improve your anxiety.

**4. Physical Symptoms of Anxiety**

Anxiety, more than other mental health disorders, is multi-dimensional, and brings with it a long list of physical symptoms that are as problematic and frustrating as the mental symptoms.

**3. What Is Panic Disorder?**

Anxiety can cause you to experience sudden feelings of panic and fear, which may last from several minutes to half an hour. Learn more about anxiety attacks here.

**2. The Relationship Between Anxiety and Memory Loss**

People living with anxiety go through hormone and brain chemistry changes that can cause memory loss issues.

**1. 3 Ways My Panic Attacks Changed my Life for the Better**

Emily shares three major things she changed because of her panic attacks that actually helped her overall health and wellbeing.