Learning to Ease Your Anxiety

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

Type 2 diabetes is tough to manage. Add anxiety on top of it and you've got yourself a full-time job.

It's not uncommon for people with chronic illness to suffer from anxiety as well. Sometimes the anxiety existed before your diagnosis, but often the anxiety develops as a result of the chronic illness.

Anxiety creates a vicious cycle that is hard to get out of. However, if you take steps to ease your anxiety before it gets out of hand, you have a greater chance of keeping your diabetes in check.

Simple techniques, like meditation, yoga, exercise, laughter, herbs and deep breathing, can be implemented at home to stop anxiety in its tracks. Have you tried these methods for anxiety relief?

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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