



How to Ease Your Anxiety Right Now

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

Stress and anxiety are common in gout sufferers. It could be a pre-existing condition, but in many cases it is due to the pain and stress of managing your chronic illness.

Stress triggers inflammation which can aggravate gout and cause an attack. It can become a vicious cycle as the pain from an attack increases your anxiety. So, how can you break this cycle and stop anxiety in its tracks?

Anxiety treatment is a multi-faceted approach and there are several ways you can ease your symptoms before they trigger a gout attack. It's important to gain control of your anxiety so that it is less likely to overwhelm you.

Have you tried any of these methods? Which one worked best for you?



Ways to Ease ANXIETY

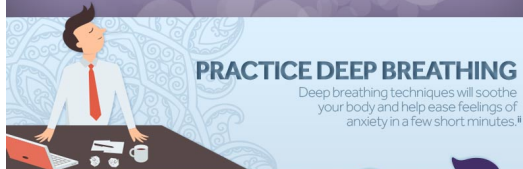
a newlifeoutlook infographic

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.

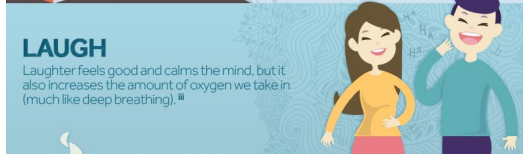
Anxiety Disorders Include:ⁱ

- 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



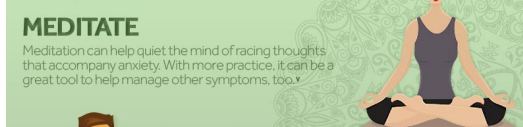
LAUGH

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.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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