Easing Anxiety to Ease Bipolar

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

Mental health conditions are often closely linked. Moreover, chronic illnesses are closely linked. In the case of bipolar disorder, it’s not uncommon for it to be tied to anxiety.

When dealing with the stresses of bipolar, it’s understandable that anxiety can develop. But it’s important to take control over it before it gets out of hand and makes your bipolar worse.

A pattern occurs: fear of symptom relapse causes anxiety, which then causes a relapse, which produces fear of relapsing again.

But don’t fear — there are ways to take control of anxiety at home that can help you take back the reins on your health. Meditation, yoga, exercise, laughter, herbs and deep breathing can be used at home to stop anxiety before it worsens your bipolar symptoms.

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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