



# Soothe Your Rheumatoid Arthritis Anxiety

by NEWLIFEOUTLOOK TEAM

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## Tips for Easing Anxiety

When dealing with anxiety, it's important to take control of it before it takes control of you. This is especially important when dealing with a chronic illness like rheumatoid arthritis (RA).

The stress of dealing with RA often leads to sufferers developing anxiety. Sometimes, though, the anxiety was always there. Regardless, it causes a lot of damage.

Anxiety over having a flare-up often causes a flare-up, which then increases anxiety over having another. This cycle must be stopped before it starts in order to ensure your health and wellbeing.

Your treatment for anxiety will be multi-faceted, but it's important to also work on it yourself. Simple methods you can do at home to reduce your anxiety will make a big difference in your recovery, and ultimately your overall health.



# 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:<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

- <sup>i</sup> <http://www.wadaa.org/understanding-anxiety>
- <sup>ii</sup> <http://www.calmclinic.com/anxiety/treatment/breathing-exercises>
- <sup>iii</sup> <http://www.healthypiece.com/blog/anxiety-schmanxiety/2014/12/laughter-can-chase-away-anxiety/>
- <sup>iv</sup> <http://www.yogajournal.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/herbal-treatment-for-anxiety/faq-2006/7945>
- <sup>v</sup> <http://www.chopra.com/cc/how-meditation-can-help-anxiety>
- <sup>vi</sup> <http://www.wadaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>
- <sup>vii</sup> <http://www.health.harvard.edu/mind-and-mood/yoga-for-anxiety-and-depression>



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