



Soothe Your Rheumatoid Arthritis Anxiety

by NEWLIFEOUTLOOK TEAM

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: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.calmclinic.com/anxiety/treatment/breathing-exercises>
- ⁱⁱⁱ <http://www.healthypiece.com/blog/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-20067345>
- ^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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