

ANXIETY



Relaxation Techniques



Holistic Treatments For Anxiety

Did You Know... Holistic Therapies Are Much More Effective Anxiety Treatments Than Medications?

It is normal for people to experience anxiety from time to time. It makes us cope from very stressful situations. But when anxiety becomes too much and turns into irrational fear of everyday circumstances, it becomes a debilitating anxiety disorder. Unlike short-lived, mild anxiety caused by a stressful event, anxiety disorder lasts at least 6 months and may worsen if not properly and immediately treated.



The best way to treat anxiety is to understand the anxiety condition. Anxiety is a troubled state of mind. Anxiety results from fearful thinking of future events or situations. It is a condition that is not accidental, unknown, or uncontrollable.

The anxiety condition occurs for a specific reason and has an underlying basis why it persists.

Education is an important way to help attain relief from anxiety. Here are some of the helpful tips towards anxiety relief which may aid in taking control over your own emotions again.



Use Relaxation Techniques

A person feeling anxious most of the time has trouble relaxing, however, learning how to release muscle tension and tension in your mind is an important anxiety relief.

Relaxation techniques include: regular muscle relaxation, meditation, abdominal breathing, and isometric relaxation exercise.

Breathing Techniques - The physical symptoms of anxiety maybe triggered by hyperventilation or rapid breathing, which raises oxygen levels and reduces the amount of carbon dioxide in the blood.



A person with an anxiety condition should know how to breathe from their diaphragm, and not from their chest, to prevent against hyperventilation. This technique can help you calm down while feeling anxious.

Subconscious Mind Therapies - These techniques focus on altering patterns of thinking and beliefs that are associated with triggering anxiety.

The basis of subconscious mind therapy is that ideas can trigger thoughts, which then trigger feelings, and results manifest through action.



Subconscious mind therapy strategies include; challenging fears and beliefs, checking out the negative thoughts in terms of their reality and getting rid of old beliefs, strategies and behaviours and then replacing them with something more powerful.

Behaviour Therapy - The major component of behaviour therapy is exposure. Exposure therapy involves deliberately confronting your fears in order to desensitize yourself. Exposure lets you to redefine the danger or fear aspect of the situation or trigger.



Medication - Is important to see medication as a short-term measure, not a solution to anxiety disorder. Studies show that psychological therapies are much more effective than drugs in managing anxiety disorder in the long run. Brief course of tranquilizers or antidepressants may be prescribed by your doctor to help you deal with the symptoms.

Dietary Adjustments - Inadequate intake of vitamin B and calcium can worsen anxiety symptoms. Nicotine, caffeine, and stimulant drugs should be avoided for they trigger your adrenal glands to release adrenaline, one of the main stress chemicals.



Exercise - Burns up stress chemicals and promotes relaxation. Plan to do some physical activities at least 3 to 4 times a week and vary your activities to avoid boredom.

Meditation - Helps to relax the mind, which will in turn will help to reduce anxiety. There are many ways to meditate. Find one that resonates with you to give you relief from anxiety.

As you can see there are many effective ways of relieving anxiety, but the level of recovery depends on the participation and willingness of the person with the anxiety condition.



The sooner you can get treatment, the bigger your chance of getting better and be back to normal health.

Have a look through the anxiety section in the Global Healing Exchange membership area to hear from our experts and find the one that resonates with you.



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