Take Control Over Your MS Anxiety

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

It’s common for chronic illness sufferers to experience anxiety. The pain and stress of dealing with and managing multiple sclerosis (MS) can often cause anxiety to develop, adding on another condition for MSers to manage.

The fear of relapsing often causes much anxiety, which then triggers a relapse, adding to your fear. It’s important to break this vicious cycle — but how?

Taking control over anxiety takes a multi-faceted approach, but it’s worth it to help relieve some of the pressure from your MS. There are things you can even do at home to help soothe your anxiety before it gets out of hand.

Have you tried any of these methods for coping with MS and anxiety? Which have you found helped you most?

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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