



# How to Ease Your Anxiety Right Now

by NEWLIFEOUTLOOK TEAM

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## Tips for Easing Anxiety

Anxiety is common in those with overactive bladder. It may be a pre-existing condition, but in many cases it is caused by the stress of managing your chronic illness.

Stress and anxiety can trigger your over active bladder and become a vicious cycle as the symptoms of OAB then trigger anxious feelings and stress. It is important to break this cycle to stop anxiety in its tracks.

Simple methods such as meditation, yoga, exercise, laughter, herbs and deep breathing, can be implemented at home to stop anxiety before it becomes a full-blown attack. The key is to remember to relax, breathe, and stop those racing thoughts.

Which of these methods have you tried? Have you found some that work best for you?



# 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.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/herbal-treatment-for-anxiety/faq-20067345>
- <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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