



# How to Ease Your Osteoporosis Anxiety

by NEWLIFEOUTLOOK TEAM

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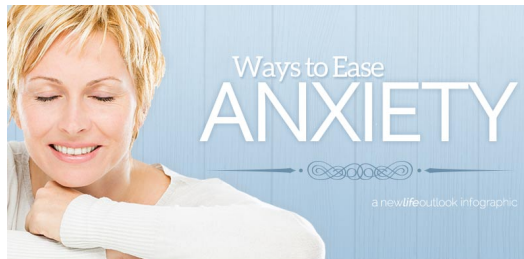
## Tips for Easing Anxiety

Chronic illness sufferers are no strangers to anxiety. The stress and pain involved with managing an illness like osteoporosis is enough to make anyone anxious.

But did you know anxiety can be detrimental to your health and can even exacerbate your symptoms? It's important to find ways to manage your anxiety before it totally overwhelms you.

Anxiety, much like osteoporosis, is a condition that involves a diverse treatment plan. Luckily, there are things you can do at home to help ease your anxiety before it affects your health.

Meditation, yoga, exercise, laughter, herbs and deep breathing can be implemented at home to stop anxiety in its tracks and keep you focused on your osteoporosis management.



# 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/blogs/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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