



# Easing Your Fibro Anxiety

by NEWLIFEOUTLOOK TEAM

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## Tips for Easing Anxiety

When you're dealing with fibromyalgia, it comes with the territory that you also experience anxiety.

Sometimes your anxiety existed before your fibro diagnosis, but in many cases the pain and stress of managing your fibro causes you to develop it.

A vicious cycle occurs: your fear of relapsing causes anxiety, which then exacerbates symptoms into a relapse, which then leads to more fear of relapse. It's important to end the cycle and ease your anxiety before it causes your symptoms to worsen.

There are many ways anxiety can rear its head: generalized anxiety disorder, social anxiety disorder, panic disorder, phobias, agoraphobia, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD) are all common anxiety disorders, according to the Anxiety and Depression Association of America.

When you have a chronic illness it's important to ease your stress, but when in conjunction with an anxiety disorder, it takes on a whole other level of importance.



# Ways to Ease ANXIETY

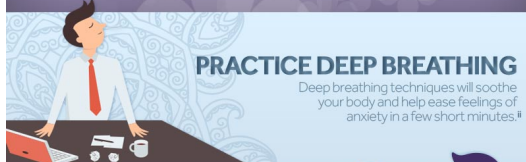
a newlifeoutlook infographic

## 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/ccd/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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