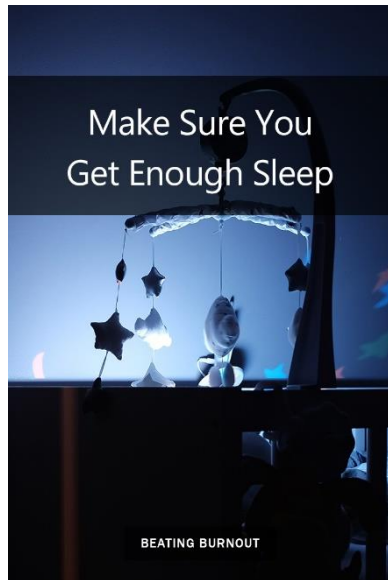


5 NATURAL REMEDIES FOR ANXIETY



We tend to think of anxiety as a negative experience. That's often the case, but all anxiety isn't out of place. If you become anxious and concerned because you realize you are in the middle of nowhere, your vehicle is about to run out of fuel, and the gas station you passed an hour ago had a sign that said "Last Chance for Gas," your anxiety makes sense.

As far as a definition goes, anxiety is a feeling of nervousness, worry, and unease. It might be based on an upcoming event or something uncertain as far as the outcome is concerned. These feelings can be mild or intense and persistent to the point that they interfere with daily life.

Normal feelings of anxiety can prepare you for dangerous situations and help you calculate levels of risk. When anxious feelings become a regular occurrence, you need to take action.

Chronic, untreated, unchecked stress can develop into crippling anxiety disorders such as posttraumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), illness anxiety, and social anxiety disorder.

These situations can cripple a person's ability to lead a normal life. Here are five natural remedies to get a handle on anxiety before it becomes a bigger issue. They can help you prevent and treat anxiety so you enjoy less stress and more feelings of control and calm.

5 NATURAL REMEDIES FOR ANXIETY

1 – Practice Mindfulness, Meditate

Stress and anxiety are closely related. Meditation has been used for thousands of years to effectively treat stress. Mindfulness is about living in the present moment. Be totally aware of your current surroundings and everything that's happening. Engage all five of your senses. Be mindful of your current situation without judging it, and you will change your focus away from what's causing you to feel anxious.

2 – Enjoy Moderate to Intense Physical Activity Every Day

Humans were built for movement, not sitting around all day. The benefits of regular physical activity extend to so many mental and physical aspects of your life. Ongoing research agrees with what the American Psychological Association (APA) tells us. Regular physical activity improves your ability to concentrate and your willpower. It also helps prevent and reduce anxiety.

3 – Cut Back on Caffeine

Caffeine can give you a healthy boost of focus and clarity. When you get too much, the all-too-common caffeine jitters can take over. You start stressing out and experiencing anxiety needlessly. Some people even have panic attacks when caffeine intake is too high over an extended period.

4 – Sleep 7 to 9 Hours Every Night

This is the recommendation of the Mayo Clinic, the National Institutes of Health (NIH), the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC), and other health authorities. Improved mental health, as well as lower levels of anxiety and stress, are the rewards of plenty of restful sleep.

5 NATURAL REMEDIES FOR ANXIETY

5 – Breathe Deeply

Anxiety is often accompanied by physical symptoms like shallow, quick breathing. Deep breathing is an ancient practice linked to reduced stress levels, lower anxiety, and a more positive outlook. Take time to enjoy slow and deep breaths when you begin feeling anxious. You should also practice several deep breathing sessions every day as a way to prevent anxiety and stress.

These are five powerful and natural ways to combat anxiety. They can keep mild anxiety from becoming a bigger issue. Your benefits include other mental and physical rewards. Turn to these simple practices when you feel like anxiety has an undue presence.