



# Defeat Your Lupus Anxiety Right Now

by NEWLIFEOUTLOOK TEAM

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## Tips for Easing Anxiety

It's normal for chronic illness and anxiety to go hand-in-hand. Maybe the anxiety existed before; but in most cases, dealing with a chronic illness like lupus can lead to anxiety developing.

When you're dealing with anxiety and lupus, it's important to get a handle on the anxiety before it exacerbates the lupus.

The cycle of fear and relapse often occurs: first, you suffer a flare-up, then you grow anxious about having another, which in turn can lead to you having one. So, how can you stop this from happening?

On top of other aspects in your anxiety treatment plan, you should work on ways to soothe your anxiety yourself before it gets out of hand.



# Ways to Ease ANXIETY

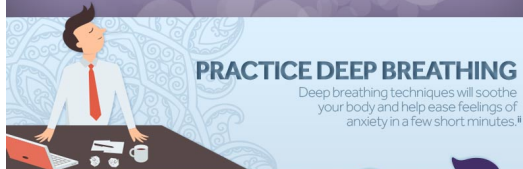
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## WHAT IS ANXIETY?

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.

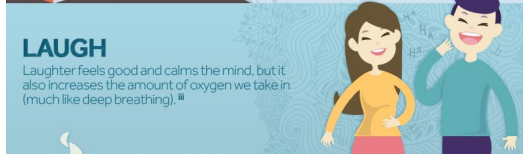
### Anxiety Disorders Include:<sup>i</sup>

- 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>



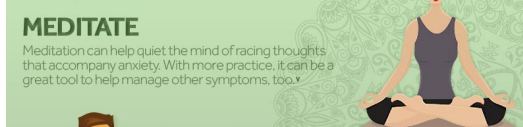
## LAUGH

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.cajmdclinic.com/anxiety/treatment/breathing-exercises>
- <sup>iii</sup> <http://www.healthyplace.com/blogs/anxiety-schmanxiety/2014/12/laughter-can-chase-away-anxiety/>
- <sup>iv</sup> <http://www.yogiclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/herbal-treatment-for-anxiety/faq-20057945>
- <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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