

## Содержание:

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## Introduction

Being worried about something is very common and is usually a part of our daily lives. There are many areas of our lives where we worry, such as finances, work, or family. Worrying is actually good for you because it can help you make good decisions in these situations. However, it is possible for worry to become excessive and uncontrollable. The most common type of anxiety disorder is generalized anxiety disorder (GAD). People diagnosed with this disorder often worry excessively about their daily events or activities and find it difficult to regain control.

## What are the causes of anxiety?

- Anxiety often occurs because the brain is unable to properly produce and regulate important processes.
- This can be caused by poor diet, genetics, excess stress, or a number of hard to identify causes.
- Unfortunately, anxiety gets worse over time. Whatever the cause, the important thing to provide the brain with what it needs to defend itself against anxiety and remain happy and calm.

## Effective ways to deal with anxiety without medication

Anxiety is something that sneaks up on you, and before you know it, you feel like there is a problem lurking in every situation. Dealing with anxiety every day can lead to numerous issues including interpersonal relationships as well as different health concerns. If you happen to be one of those people who deal with anxiety but refuse to

take any medications, the good news is there are several natural ways to address your problem without harsh side effects.

Learning to fight back on the things, you are worried about is good self-treatment.

### 1) Recognizing your anxiety

The first and probably the most important step to create a calmer and more controlled state of mind is to learn how anxiety affects your life. Remember that anxiety is different from simple worry and nervousness which comes and goes in your day to day life.

A chronic case of anxiety can lead to the following symptoms: headaches, stomach issues, depressed breathing, the overall feeling of not being well, social anxiety, panic attacks, a crippling sense of being overwhelmed, and sleep problems. Recognizing your anxiety will let you know when you need to deal with your anxiety.

### 2) Use lavender or chamomile

Lavender is an herb used for many centuries to create a sense of calm. You can efficiently lessen the symptoms of your chronic anxiety by using scented soaps or oil on hand for you to inhale the flower's scent the whole day.

Just like lavender, chamomile has also been used for thousands of years to induce sleep and calm anxiety. Traditionally, the herb can be used as a tea that is steeped for a few minutes to infuse its liquid.

### 3) Take a hot shower

Have you ever wondered why you feel very relaxed after a spell in a steam room or sauna? Heating up your body reduces muscle tension and in return helps decrease anxiety.

### 4) Exercise

Exercising or any other form of activity can be used to distract yourself from thinking about your problems. Exercise has profound anxiety-reducing effects because it helps the body release endorphins, which boosts the feeling of well-being. 21 minutes of exercise is all it takes to start helping you reduce your anxiety.

## 5) Meditation

The cultures of Ancient Asians have used meditation for many years to produce a feeling of well-being and calmness. Anyone can learn meditation.

The method needs only some essentials, which include comfortable seating, quiet room, and several minutes of concentration. Thoughts are allowed to roam until a state of few activities descends freely.

Then the mind and the body enters a state of restfulness for a period. Finally, you release the feeling of being in the state of “peace of mind” and return to the regular activities, feeling serene and refreshed. Meditation may be used multiple times throughout the entire day to help reduce anxiety.

## 6) Breathing exercise

Regulating breathing can affect your anxiety level. You may not realize how low your breathing rate can be once you're under pressure and tense. The lack of oxygen could make you feel less able to cope and think in a situation.

Breathing deep offers more oxygen to the nerves, muscles, and brain, which results in an immediate sense of calm and relaxation. Practice taking deep, long relaxing breaths.

## 10) Communing with nature

Japanese have a term for this feeling of calm and relaxation that happens when walking in natural areas including green space, park or forest.

They call this a forest bath, and as a matter of fact, this produces similar effects on one's body as a warm bath.

Increased oxygen levels, as well as separation from noise and bustle, offers a calming influence for anybody who experiences anxiety during the daytime.

## **Conclusion**

If you are struggling with anxiety in your daily life, try these natural ways to deal with anxiety to achieve a renewed sense of control that would help you to be much happier and more productive in spirit.