



How to Soothe Your OA Anxiety

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

When you live with osteoarthritis (OA), it's common to experience anxiety. In fact, many chronic illness sufferers develop anxiety as a result of their condition(s).

The stress and pain that comes along with managing OA is a perfect storm for anxiety to develop. The cycle of anxiety and flare-ups must be stopped before it starts in order to keep your arthritis in check.

When dealing with anxiety, and especially when dealing with it in conjunction with OA, it is important to get control so the anxiety can't overwhelm you and threaten your health.

While it's true that anxiety is an illness that requires a multi-faceted treatment approach, there are ways you can ease your symptoms yourself before they trigger a flare-up.



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:ⁱ

- ❖ 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.ⁱⁱ

LAUGH

Laughter feels good and calms the mind, but it also increases the amount of oxygen we take in (much like deep breathing).ⁱⁱⁱ



TRY SOME NATURAL REMEDIES

Chamomile, lemon balm, lavender, passionflower and valerian may be helpful for anxiety.^{iv}

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.^v



EXERCISE

On top of the countless physical and mental benefits of exercise, the endorphins released during physical activity can reduce stress greatly.^{vi}

YOGA

Many kinds of yoga have been shown to help with anxiety and depression by modifying your body's stress response.^{vii}



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

- ⁱ <http://www.wadaa.org/understanding-anxiety>
- ⁱⁱ <http://www.calmclinic.com/anxiety/treatment/breathing-exercises>
- ⁱⁱⁱ <http://www.healthypiece.com/blog/anxiety-schmanxiety/2014/12/laughter-can-chase-away-anxiety/>
- ^{iv} <http://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/herbal-treatment-for-anxiety/faq-20067345>
- ^v <http://www.chopra.com/cc/how-meditation-can-help-anxiety>
- ^{vi} <http://www.wadaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>
- ^{vii} <http://www.health.harvard.edu/mind-and-mood/yoga-for-anxiety-and-depression>



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