

NATURAL WAYS OF DEALING WITH ANXIETY WITHOUT MEDICATION



In this busy day and age, we all experience some type of anxiety. Whether it is because of the world situation, the future of our country, school, job security or just free-floating anxiety, most people experience a degree of it from time to time, or in some cases, every day.

According to the Anxiety and Depression Association of America (ADAA), 40 million Americans over the age of 18 are affected by anxiety – roughly 18 percent of the nation’s population. Many different types of medications are used in the treatment of anxiety disorders. These drugs can provide temporary relief, but they also come with side effects and safety concerns – some significant. They are also not a cure. In fact, there are many questions about their long-term effectiveness. What’s more, it can be very difficult to get off anxiety medications without difficult withdrawals, including rebound anxiety that can be worse than the original problem.

And so if symptoms of anxiety are interfering with your daily life, consider these simple lifestyle changes that are proven natural cures for anxiety.

- 1) Try to drink three cups of chamomile tea a day when you are feeling anxious. Chamomile has natural ingredients that promote relaxation.
- 2) Try to get between 1 and 3 grams of omega 3s a day. Canned fish such as tuna and salmon, walnuts, and flax seeds are great sources of Omega 3 fatty acids.
- 3) Breathe in lavender. Try putting a few drops of lavender essential oil on your pillow or in your bath, or add a few drops to a cup of boiling water and inhale for a quick rest. You can even dab a few drops right on your skin - it's one of the few essential oils that can be applied directly.
- 4) Try and get outside for at least 15 minutes every day. Even a short break can make a big difference in your stress level and promote calm.
- 5) Try and cut out (or down) caffeine. Caffeine can give you energy but can also cause anxiety and jitteriness.
- 6) Eating certain foods can help provide anxiety relief. Blueberries and peaches have nutrients that have a calming effect and relieve stress. Avocado, eggs, milk and meat are rich in B Vitamins which can prevent anxiety. Foods that help regulate the stress hormone cortisol include foods rich in Vitamin C like oranges, and other foods rich in Magnesium, like spinach and other green leafy vegetables.