



## Soothe Anxiety to Soothe IBS

by NEWLIFEOUTLOOK TEAM

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### Tips for Easing Anxiety

Ask any irritable bowel syndrome (IBS) sufferer and they'll surely not be surprised that anxiety and IBS are linked. In fact, it's not unusual for any chronic illness to cause anxiety to develop – but did you know it could actually be detrimental to your health?

It's a vicious cycle when fear of flare-ups causes anxiety, which then causes a flare-up, which produces fear of another flare-up. But how can this cycle be broken?

According to the Anxiety and Depression Association of America, anxiety disorders include: generalized anxiety disorder, social anxiety disorder, panic disorder, phobias, agoraphobia, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD).

Any of these conditions in combination with IBS takes a lot of energy to manage — especially if you're in a flare. So take steps today to stop anxiety in its tracks, before it causes a flare.



# 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.calmclinic.com/anxiety/treatment/breathing-exercises>
- <sup>iii</sup> <http://www.healthypiece.com/blog/anxiety-schmanxiety/2014/12/laughter-can-chase-away-anxiety/>
- <sup>iv</sup> <http://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/herbal-treatment-for-anxiety/faq-20067345>
- <sup>v</sup> <http://www.chopra.com/ccd/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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