Soothe Anxiety to Soothe IBS

by NEWLIFEOUTLOOK TEAM

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.



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.adaa.org/understanding-anxiety

ii http://www.calmclinic.com/anxiety/treatment/breathing-exercises

iii http://www.healthyplace.com/blogs/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-20057945

v http://www.chopra.com/ccl/how-meditation-can-help-anxiety

vi http://www.adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety

vii http://www.health.harvard.edu/mind-and-mood/yoga-for-anxiety-and-depression

Breathe

newlifeoutlook