

How to Deal With Anxiety?

Dr. Pooja Anand Sharma (PhD)

Psychologist

28 March, 2018

Living with anxiety on a daily basis can be really stressful. And while you are dealing with anxiety, it is very important not to sway away with the symptoms and commit yourself to a treatment. For an instant release of anxiety, you really don't need to go for a vacation or to the spa or a weekend retreat. It is easy to beat anxiety within 5-15 minutes, just being where you are.

So don't think and instantly reduce your anxiety to give yourself a wonderful day.

Here are 5 ways to reduce your anxiety immediately:

1. **Meditation:** Meditation for a few minutes daily helps relieve anxiety. As per a research, doing meditation daily changes the neural pathways of the brain, thereby making it more flexible towards stress. Meditation is the simplest way to beat anxiety. All you have to do is just sit straight with feet on the floor and closed eyes. Next just focus your energy on reciting a mantra.

2. **Deep Breathing:** A 5-minute breathing regime is a sure shot way to relieve anxiety. Sit straight with closed eyes and place your hands on your abdomen. First, start with slow inhalation of air through the nose. Feel the breath in your abdomen and head and then reverse the process by exhaling it out through the mouth. Psychologists

state that deep breathing helps to bring down stress and anxiety by lowering the blood pressure.

3. Laugh Aloud: A good laugh is a great way to shed off the stress and anxiety.

When you laugh, chemical Endorphin is released which elevate your mood. A good laugh also lowers the cortisol levels which are the stress hormone.

4. Talk to someone: Distracting yourself by talking to friends and family helps. The mind starts wandering when in anxiety and alone and the effective technique to talk to some trusted person helps. The support you get from family and friends just boosts you back and wards you off the symptoms. In case of a panic attack, you can request the company of a friend and relative to watch over you.

5. Trick your anxious thoughts: Anxiety does not happen suddenly but is due to the mind's tendency to have negative thoughts spiralling day in and day out and the worse is that you have no control over the thoughts. Learn to tame these thoughts and the triggers which cause these to keep anxiety at bay.

There are strategies which you can try to help you keep anxious thoughts away:

1. Question yourself when you experience anxiety. A long checklist helps you make your thoughts more realistic.

2. Give affirmations to yourself that everything is okay, you will get over the situation. Usually, affirmations are made to comfort one.

3. Know the physical symptoms as many times physical sensations like in case of a panic attack tend to trigger anxiety and stress. When you get used to the symptoms, the mind does not send signals for anxiety to the brain. Create exercise to habituate

yourself to a panic attack. There is no cure for anxiety but the fastest way to get your anxiety under control is to simply manage it. If you wish to discuss any specific problem, you can consult a psychologist.