# How to Ease Your COPD Anxiety

by NEWLIFEOUTLOOK TEAM

## Tips for Easing Anxiety

It’s a vicious cycle with chronic obstructive pulmonary disease: you have an exacerbation, which leads to fear and anxiety about having another exacerbation, which then causes one.

Many chronic illness sufferers deal with this cycle. In some cases the anxiety is a pre-existing condition, but in many cases it is brought on by the stress and pain of chronic illness.

There are many forms of anxiety, each affecting everyone differently. The Anxiety and Depression Association of America reports that generalized anxiety disorder, social anxiety disorder, panic disorder, phobias, agoraphobia, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD) are the most common anxiety disorders.

Managing COPD is hard work. Managing it with anxiety on top of it is even harder. So, it’s incredibly important to gain control over your anxiety before it overwhelms you.

# 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.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/cc/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

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