Ease Anxiety to Ease ADHD

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

Do you suffer with anxiety on top of attention deficit hyperactivity disorder (ADHD)? You're certainly not alone.

Many chronic illness sufferers also have anxiety. This could be a pre-existing condition, but it often develops because of the stress of ADHD and chronic illness.

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).

Add any one of these on top of ADHD and you can see why it's so important to manage your anxiety. You can only help your ADHD so much if you're also juggling anxiety.

Remember to take steps to ease your anxiety yourself, while also seeking professional treatment.



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



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