

Published based on [Anxiety Help: A Mini Guide](#)

Anxiety Help: A Mini Guide

Are you frustrated from searching [Anxiety Help](#) online? Although there is a lot of good information out there it can be difficult to know where to start. Don't forget too that you can speak to your doctor about anxiety. But surprisingly there are a lot of things you can do to help manage anxiety.

Many professionals believe that self help is the only way to overcome anxiety disorders and that anxiety medicine is a not an effective long term solution. The reason for this is because anxiety symptoms are associated with feelings and behaviors. Symptoms of anxiety can be reduced with medication but it rarely deals with the root problem of anxiety disorders.

What I've compiled is a mini [anxiety help](#) guide that can help improve health and wellbeing which is essential for recovery and prevention of anxiety disorders. First of all recognize and accept that you have a disorder. This is important because we often hide from our fears and problems. By accepting that we have a problem we accept that anxiety symptoms may come and go.

Tell close friends and family about your problem. You might find that it feels good to get things in the open so that you don't feel so trapped. You'll feel more in control and you won't feel that you're running away or hiding from your emotions. Furthermore you will be more motivated and confident in tackling your disorder. Living with an anxiety disorder can be lonely, so having support from friends and family can be a major benefit.

Your emotional health and behavior can be greatly affected by how you live your daily life. Good physical health can reduce illness and boost mood. Eat healthy and ensure that you get regular exercise. Regular exercise is a great outlet for stress, tension and anxiety. Also when exercising, endorphins are released into the body.

These good feel endorphins are released during happy and good feel moments such as laughter and sex. So why not make an effort to have more of these endorphin releases by having more fun in life. Do things that you enjoy doing and do more of it. Try new things that you've always wanted to do and try and break away from your routine. Write a list of things you are going to do so you know that there are things to achieve and more exciting things to come.

Lastly, take regular breaks from daily stresses and anxieties through relaxation. When relaxed the body and mind is at optimum state and is able to restore energy. Learn breathing exercises and practice them daily to help you unwind. You can listen to soothing music to help you get into a meditative state.

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