



How to Ease Your Anxiety With AFib

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

When you have atrial fibrillation, it's normal to experience anxiety. Sometimes the anxiety was there before you were diagnosed, but sometimes it's a result of dealing with a chronic illness.

In many cases, AFib sufferers will experience an episode, which leads to anxiety over having another episode, which then leads to having another one. It's a vicious cycle of fear — so how do you break it?

When dealing with anxiety on top of a chronic illness, you need to gain control over your anxiety before it consumes your life.

Yes, anxiety is a condition that requires a diverse treatment approach, but there are ways you can help yourself at home. Just remember to calm your breathing and stop your racing thoughts before they trigger an AFib attack.



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.wadaa.org/understanding-anxiety>
- ⁱⁱ <http://www.calmclinic.com/anxiety/treatment/breathing-exercises>
- ⁱⁱⁱ <http://www.healthypiece.com/blogs/anxiety-schmanxiety/2014/12/laughter-can-chase-away-anxiety/>
- ^{iv} <http://www.yogajournal.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/herbal-treatment-for-anxiety/faq-20067345>
- ^v <http://www.chopra.com/ccd/how-meditation-can-help-anxiety>
- ^{vi} <http://www.wadaa.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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