

## ***3 Quick Ways to Combat***

### ***Anxiety***

### ***Without Medication***

Are you experiencing any of the following symptoms: uncontrollable worry, poor concentration, excessive nervousness, increased heartrate, sleep problems, upset stomach, muscle tension, or avoidance of fear? You could be suffering from a form of anxiety. Anxiety is a mental and physical reaction to perceived threats. Anxiety can be helpful when it protects us from threats or focuses our attention on problems. When there is an overflow of anxiety, it becomes challenging and creates debilitating situation where medication may be recommended or required. Not sure about taking medication, but you want to address some of your symptoms? Take a look below for **“3 Quick Ways to Combat Anxiety Without Medication!”**

*Disclaimer: The tips below are recommendations and are not to be supplemented or substituted for any physical or behavioral treatment and results may be different for each individual. If you find that these tips are not effective, talk to your primary care doctor about what you can do. Some cases of anxiety may require medication and other forms of treatment. Always talk to your doctor before stopping or starting any treatment regimen.*

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### ***Relaxation Skills***

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**Leave Room to Breathe.** Yoga, Breathwork, and Meditation is an effective way to reduce anxiety and distance yourself from the stresses in your life.

**Meditation:** There are different forms of meditation available, but you can try this quick form of meditation practice which involves closing your eyes, getting still, and allowing your thoughts to freely exit your mind. This may be done in short spurts throughout the day anywhere. You may experience distractions, but keep at it. Meditation does take practice, so be patient if it doesn't work right away. Over time, you'll see that regular meditation eliminates negative thought patterns.

**Breathwork:** To have a quick impact with breathing try using counts of five inhales through your nose and five exhales out through your mouth. See if you can build up to five minutes. The five-minute rate maximizes the heart rate which assists in regulating your nervous system. Controlling your breathing is an excellent way to manage your anxiety. When you begin to feel symptoms, take a deep breath. It sounds simple, but practicing this can stop your body from going into a fight-or-flight response and help your heart rate return to normal.

**Yoga:** Yoga is another practice that can be highly effective at managing anxiety attacks. The proper yoga routine can deliver the benefits of both exercise and meditation. The stretching tones your body, improves circulation and releases feel-good chemicals in the brain. The deep breathing and long poses aid in meditative thinking. There are different forms of Yoga-be adventurous and try different ones to see what works best for you!

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### ***Cognitive Therapy***

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**Own that You are A Work in Progress.** Take each opportunity to incorporate your personal development learning into everyday activities. You have control over how you respond thus controlling the outcome when presented with problems. Avoid responding impulsively. When you come in touch

with anything that raises your emotions, take a deep breath and think about the details of the issue and give yourself a moment to rethink and reframe the situation.

**Travel Light.** You can choose how much stress you carry or absorb. Do not create urgency in every situation. Carve out time to respond to certain things like emails, texts, and phone calls. Choose times where you check out on the busyness (business) of everyday activities and check in with yourself.

These are just a few of the ways that you can combat anxiety without the use of medication. Many people manage their anxiety without the use of drugs, and you can, too! Anxiety supplements are a popular alternative to anxiety medications, and more immediate than other treatments. Below are some herbs and vitamin supplements that you can use to combat anxiety. Remember to check with your physician first before trying any herbs, vitamins, or medications and to inquire about recommended dosages.

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### ***Vitamins & Herbs***

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**Vitamin B-12 Complex-** This vitamin accomplishes a variety of things. It is referred to as the energy vitamin. It promotes stable adrenal function, provides emotional and mental energy, helps with the ability to concentrate, bolsters memory function, and offers calming effects to balance moods among other things.

**GABA-** GABA is an amino acid that is believed to help anxiety. It is also a neurotransmitter, and there is strong evidence that there are relaxation benefits to taking GABA. Unfortunately, it is not currently believed that GABA supplements can pass the blood-brain barrier, so it is unlikely to have a strong effect, but there is some reason to believe that GABA related supplements can help with anxiety symptoms

**Melatonin**-Melatonin is a hormone that helps promote sleep, and it is also available as a dietary supplement.

**5 HTP**-5 HTP is an amino acid. It is a very popular supplement promoted as a natural remedy for depression, anxiety, and sleep disorders. It is a natural compound that is produced by your body which acts as a precursor to the important "happiness" neurotransmitter called serotonin and the "sleep" hormone melatonin.

**Magnesium**-The use of magnesium for anxiety has caught on recently, as studies have shown that millions of people are deficient as a result of magnesium getting stripped from diets. Since magnesium affects nerve health, blood health, and more, there is reason to believe that low magnesium levels may be responsible for some anxiety symptoms - especially with panic disorder.

**Kava**-Kava is an herb and is by far the most common and most scientifically successful anxiety supplement available. It is one of the only that has received substantial research and compared favorably to common anxiety medications. It is definitely worth considering for your anxiety, but you should note that it is believed to interact with alcohol and other medications, and has been linked to liver damage - especially when taken by those that drink alcohol regularly.

**Valerian**-In some studies, people who used valerian reported less anxiety and stress. It helps promote relaxation. Valerian is generally considered safe at recommended doses, but always consult your doctor. It can cause some side effects such as headaches, dizziness and drowsiness.

**Lemon Balm**-Research shows lemon balm can reduce some symptoms of anxiety, such as nervousness and excitability. Lemon balm is generally well-tolerated and considered safe for short-term use, but can cause nausea and abdominal pain. Always consult with your doctor before taking.

*If you're considering taking any vitamins or herbal supplements as a treatment for anxiety, talk to your doctor first, especially if you take other medications. The interaction of some herbal supplements and certain medications can cause serious side effects. Some vitamin and herbal supplements taken for anxiety can cause you to feel sleepy, so they may not be safe to take when driving or doing dangerous tasks. Your doctor can help you understand possible risks and benefits if you choose to try an herbal supplement. If your anxiety is interfering with daily activities, talk with your doctor. More-serious forms of anxiety generally need medical treatment or psychological counseling (psychotherapy) for symptoms to improve.*

**For more information or to schedule a consultation with Dr. Sonia, [go to](#) or contact her directly at 312-566-7671. Follow her on [Instagram](#), [Facebook](#), or [Twitter](#).**