



Ways to Ease Your Migraine Anxiety

by NEWLIFEOUTLOOK TEAM

Tips for Easing Anxiety

When you live with migraine, the fear of another attack is constant. So, it's no surprise that anxiety is common among migraine sufferers.

It could be that the anxiety was a pre-existing condition, but often it develops as a result of migraine. The pain and stress of dealing with a chronic illness makes for perfect conditions for anxiety.

The fear and anxiety of having an attack can actually trigger one, which then leads to more anxiety — it's a vicious cycle.

It's important to stop this cycle before it begins in order to save yourself from an attack — take control of anxiety before it takes control of you. Just remember to relax, breathe, and stop those racing thoughts.



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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-2006/7945>
- ^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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