

Best Tips to Fight Symptoms of Anxiety

Anxiety can be an ongoing and persistent occurrence that can lead to panic attacks and is based on fears and stressors. General anxiety disorder [affects approximately 5-9 million](#) people in the US alone. This is 2-4% of the US adult population. Here are several less conventional yet equally effective ways to fight and conquer anxiety.

What is anxiety?

Anxiety is a condition that adversely affects a person's moods and ability to function in normal life, and it is founded on stress. Symptoms of anxiety are dizziness, shortness of breath, and erratic heart rhythm. Anxiety may present when we are physically ill, using illegal substances, have a mental illness, or experience stressful life events. Some major stressors that can cause anxiety disorders evolve around:

- Pressures revolve around work, school, home, or finances.
- Pressures from the outside world include unfortunate global events, political events, or any unrest like war.
- Traumatic emotional experiences such as divorce or the passing of a friend or loved one.
- Mental disorders are a major cause of stress.

The average age at the onset of anxiety is 31. While things seem hopeless when faced with anxiety or depression, there is a good deal of practices you can incorporate into your life to make the instances of anxiety attacks less frequent. By adopting some of these tips, you can fight symptoms of anxiety.

Remember that everyone has had to fight symptoms of anxiety

Negative thoughts about yourself, others, or a situation can cause anxiety. It is so important to accept the fact that it's impossible to have a perfect life all the time and realize that you can learn from failures and mistakes. Adversity always passes, and we come out stronger for it; at one point or another, everyone experiences it. When you accept your flaws and forgive other people's shortcomings, you can start to pave the way to a more positive mindset. Whatever causes our anxiety to activate, our thoughts are usually worse than the result. If you are shy in public and react to a situation by blushing, you need to remember that everyone is human and reacts in this way. Being self-aware

that we are not alone, and that people all share the common trait of being human will help fight symptoms of anxiety.

Visualization can help relieve symptoms of anxiety

Visualization can be a powerful combatant of anxiety symptoms. Shut your eyes and imagine or relive a pleasant environment surrounding you. For instance, remember a country walk of a positive event from your past and relive it. Or you can think about a place in nature you saw on TV or in a magazine and see yourself there until you are calm again. Allow yourself to visualize the finite details of your setting in your mind. See and feel yourself being relieved of stress and chaos. You can visualize yourself happy, successful, and content and see your healthy side participating in life without fear or apprehension.

Fight symptoms of anxiety by discussing them

Verbalizing your fears to another individual can be extremely [effective for fighting anxiety](#). You can confidentially talk to a crisis line volunteer or see your primary care physician for a referral to a mental health professional. A therapist can help you identify the root causes of your fear and guide you to find your own solutions around your fear. You may try group therapy sessions to see that you have company when it comes to your symptoms. If friends and family are available to support you, you can talk to them to discover and examine the reasons or fears that trigger anxiety. If you feel comfortable enough to discuss it with them, your support circle can help you get to the root of your apprehension.

Keep Things Simple to fight symptoms of anxiety

Fight anxiety by maintaining good dietary habits and getting enough sleep. Remember to eat three balanced meals a day and get into a regular sleep routine. If you cannot sleep, fight the urge to sleep, which can sometimes help you fall asleep sooner. Listen to relaxing music without lyrics, close your eyes, and focus only on the sounds. You should avoid caffeinated beverages and switch to herbal tea. Choose a simple routine and mark your priorities down for the next day; put tomorrow's outfit out to eliminate as many decisions as possible. Simple planning will make your life easier and more peaceful.

Final thoughts on stress and anxiety

Sweeping worldwide events have plagued people in the past few years, affecting our personal lives. Many major events birthed a lack of financial security, political chaos, and catastrophic natural disasters. All of these factors and more triggered considerable stress to so many individuals, and anxiety attacks manifested. The tips presented here are simple and effective. You may not see much of a change after trying a few of them, but implementing these tips to fight anxiety will help you over time. If you are experiencing symptoms of an anxiety attack, consult a physician as soon as possible to rule out other physical conditions.