

Reducing Anxiety, the Easy Way

Written by AZFoothills.com

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We've been through a lot collectively over the last two years. It can take a toll on anyone, even those with the strongest of mindsets. Thankfully, a new year is on the horizon, and the holidays are right around the corner - giving all of us tons to look forward to. You may have even already committed to [enjoying a healthier lifestyle](#) in 2022. But, what about any anxieties that you may be struggling with right now? While there is no "magic pill" that can make anxiety lessen - even pharmaceuticals don't completely eliminate them - there are things you can do every day to help yourself feel more in control and worry less.

Treat Yourself!

Let's start with a fun one - because fun is a sure-fire way to stop worrying! Talk about self-love has been on everyone's tongue for what seems like the last decade, and part of self-love is treating yourself every once in a while. Sure, budgets and financial situations come into play when deciding on what that treat looks like, but it's okay to go for it and splurge now and then. Have you been lusting for the new [Burberry perfume](#)? Buy it! Maybe your old handbag is on the way out, and you don't need to pay someone to mend it; go to Saks and treat yourself! While these provide a temporary fix or relief, it's okay to recognize that retail therapy is a temporary band-aid situation and to go ahead and shop a little.

Get Outta Dodge

Maybe your struggles between work and private life have really taken a toll, to the point it's not only affecting you and your work, but it could also be impacting your family. If it's within your means, you should go ahead and book a vacation to get out of dodge for a weekend or a week, whatever works with everyone's schedules. Vacations are a great way to unplug, relax and restore. Getting out of town and forgetting about your everyday stresses is excellent for your mental and emotional well-being.

Practice Healthy Eating

It's easy when your mental health is suffering to get lazy when it comes to the cooking, cleaning, and day-to-day tasks that are important to keep our mood high. A double-edged sword, isn't it? Please consider taking time to nourish your body as healthily as possible in times of anxiety and stress. If you can't even wrap your mind around that right now, it's worth the investment in a subscription service to deliver healthy groceries, meal plans, or even pre-made meals to your door. The important thing is to recognize while indulging in sugary snacks, or wine is inevitable for all of us occasionally, and you don't want to make it a daily habit when you're already struggling. Your brain's health is the same as your body's - it depends on what you nourish it with. So, do yourself a favor, and give it the most healthy ingredients you can; even try going [plant-based](#) to see if it helps.

Focus On The Present

Grounding techniques can do wonders for you when you're in the throes of an anxiety attack. But, sometimes, we can feel our symptoms of panic creeping up on us and want to stave off a full-blown panic attack. In these instances, if you can focus on your breath and calming images to ground you, you'll most likely feel instantly better. If you don't even know where to begin when it comes to these types of techniques, you can find them online - or if you're more of a visual learner, Youtube is a treasure trove of these types of practices. Of course, therapy with a licensed professional can teach them to you in a more personalized setting.

Seek Treatment When Needed

The above mentioned brings us to the most crucial part - seeking treatment when you're really in the thick of it. If you ever have feelings of

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hopelessness or thoughts of self-harm, you should contact a medical professional as soon as possible. There is no need for you to suffer in silence. Maybe you'll need talk therapy, and perhaps you'll need medication as some bridge therapy to when you can handle your issues on your own again. Just don't ignore your feelings and seek treatment when you can feel it's necessary.

Anxiety is common, and you are not alone. The important thing is not to let it spiral out of control. You've got one life on this planet, and there is no sense in worrying too much and losing sight of what matters - the health of you and your loved ones. Additionally, you owe it to yourself and them to be the best version of yourself you can be. So, here's to you and your health - you got this!