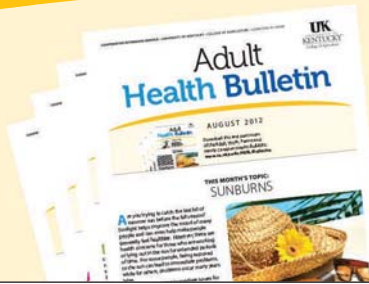


Adult Health Bulletin



MARCH 2015

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Reprinted by:
K-State Research & Extension
Atchison County Office
405 Main/PO Box 109
Effingham, KS 66023
913-833-5450

THIS MONTH'S TOPIC:

DEALING WITH ANXIETY

Experiencing occasional anxiety is a normal part of life. In fact, it is a normal way to react to the stresses that we experience. There are many times when anxiety is just a way our bodies handle what is going on in the world around us. If you have feelings of stress or anxiety, there are many ways to handle those feelings. Here are six ways you can address the anxiety you may feel (and they are good for dealing with stress too):

- **Take a deep breath:** Taking a few deep breaths in a row can help you relax. To take deep breaths you can inhale for four counts and exhale for four counts. Usually three or four breaths can relax the mind and body.



Continued on the back 



Avoiding caffeine can help reduce anxiety.

Continued from page 1

- **Get moving:** Staying physically active is a great way to deal with the anxiety you feel. If you know you have something coming up that you are nervous about, a great way to start is to go for a walk or to do your favorite activity. Being active can help you reduce your anxiety.
- **Get sleep:** When a person does not get enough sleep, he or she is most likely to be anxious. If you are having trouble sleeping, try taking a hot bath or listening to calming music before bed. If the time that you are most anxious is at the end of the day, it may be helpful to write out your concerns so that you are not just swirling them around your mind.
- **Talk positive:** Tell yourself that it is going to be ok. It is also helpful to put things into a new viewpoint. You may want to tell yourself that feeling anxious is only just that, a feeling, and as all feelings do, it will change.
- **Keep talking to others:** Having people to talk to is a great way to handle anxiety. Many everyday anxieties are problems that many people share. For example, if you are anxious about an interview, talk to a spouse or friend about it. There are also online support groups that may address the worries you have.
- **Avoid caffeine:** Caffeine is a substance that can actually increase your anxiety. Although a cup of coffee in the morning of a big event may seem like a good idea, if you are anxious, it may increase the feeling.

Taking a few deep breaths in a row can help you relax. To take deep breaths you can inhale for four counts and exhale for four counts.



Generalized anxiety disorder

Generalized anxiety disorder is more than an everyday anxiety. It is a condition where a person has tireless, unnecessary and unrealistic worries about everyday things. People with generalized anxiety disorder often have needless worry and tension. They often expect the worst to happen, even when there is no seeming cause for the worry. Generalized anxiety disorder affects 6.8 million adults in any given year and women are twice as likely to be affected.

If you are feeling anxiety toward an upcoming event or something that you have to do, these tips may help you address and reduce that anxiety. If you feel like you are having more anxiety than you should, please see your healthcare provider.

SOURCES:

- Anxiety and Depression Association of America (2014). Understanding the Facts of anxiety disorders. <http://www.adaa.org/understanding-anxiety>
- Tartakovsky, M. (2013). 15 Small Steps You Can Take Today to Improve Anxiety Symptoms. *Psych Central*. Retrieved on January 16, 2015, from <http://psychcentral.com/lib/15-small-steps-you-can-take-today-to-improve-anxiety-symptoms/00016637>

Adult
Health Bulletin

Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

