

Download How To Beat Stress Relaxation And Stress Reduction Without Medication

Doctors tend to prefer medications as a way to provide anxiety relief, and it is not uncommon for patients to choose these medications because of the potential for near-instant anxiety relief. Still, just because a medication is available does not necessarily mean it is the best method. When our blood sugar crashes, our body responds with a stress response. We secrete stress hormones, cortisol and adrenaline, which tell our liver to make more blood sugar to keep us alive. The good news: We stay alive. The bad news: This hormonal stress response feels identical to anxiety. Anxiety can be treated with medication, but several mind-body approaches may also be effective. Hypnosis is sometimes used along with cognitive behavioral therapy to treat anxiety. It can help people focus their attention, rethink problems, relax, and respond to helpful suggestions. The meditation/anxiety connection: Anger is a difficult form of anxiety. We often become consumed with the accompanying stress and anguish because meditation stems from quietness, it allows you to take yourself away from anger's usual stressful breeding ground, where you can examine the emotion honestly and safely apart from your day-to-day world.