

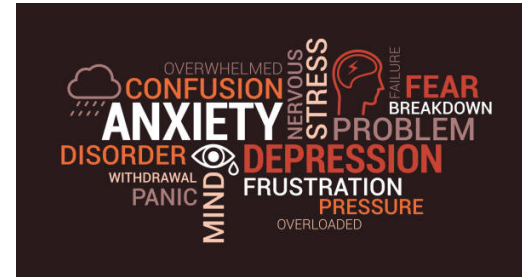
*"For safety's sake—do something."*

## Anxiety and Depression Got You Down?

It is important to find treatment strategies to help you with that feeling of your heart beating faster in response to a stressful situation. Or if your palms get sweaty when you're confronted with an overwhelming task. That's anxiety — our body's natural response to stress. Everyone has different triggers and identifying them is one of the most important steps to coping and managing anxiety attacks.

If you haven't recognized your triggers yet, here are a few common ones:

- a stressful job or work environment
- driving or traveling
- financial concerns
- genetics - anxiety could run in the family
- withdrawal from drugs or certain medications
- side effects of certain medications
- emotional trauma
- chronic pain
- having another mental illness such as depression



Identifying your triggers can take some time and self-reflection. In the meantime, there are things you can do to try to help calm or quiet your anxiety from taking over. If your anxiety is focused around a situation, such as being worried about an upcoming event, you may notice the symptoms are short-lived and usually subside after the anticipated event takes place. If your anxiety is sporadic and getting in the way of your focus or tasks, there are some quick natural remedies that could help you take control of the situation.

### question your thought pattern

- Negative thoughts can take root in your mind and distort the severity of the situation. One way is to challenge your fears, ask if they're true, and see where you can take back control.

### practice focused, deep breathing

- Try breathing in for 4 counts and breathing out for 4 counts for 5 minutes total. By stabilizing your breath, you'll slow your heart rate which should help calm you down.
- The [4-7-8 technique](#) is also known to help anxiety.

### use aromatherapy

- Whether they're in oil form, incense, or a candle, scents like lavender, chamomile, and sandalwood can be very soothing.
- Aromatherapy is thought to help activate certain receptors in your brain, potentially easing anxiety.

### go for a walk or do 15 minutes of yoga

- Sometimes, the best way to stop anxious thoughts is to walk away from the situation. Taking some time to focus on your body and not your mind may help relieve your anxiety.

### daily routine

- Exercising regularly.
- Eat balanced meals.
- Get enough sleep.
- Stay connected to people who care about you.

### write down your thoughts

- Writing down what's making you anxious gets it out of your head and can make it less daunting.