

## How to calm anxiety

Can you think back to a time when anxiety didn't rule your life?

I remember a time when I couldn't. Anxiety was well and truly in total control of every aspect of my life.

**Is it in control of your life too? Find out [here](#).**

It was like walking on egg shells. I had no idea when the next panic attack was going to strike, what would trigger it this time, how bad the next one would be and who I'd make a fool of myself in front of this time.

It was a very unhappy time of my life. But I found [a solution...](#)

Part of what helped me overcome my problems was finding ways to calm anxiety before it could take hold and ruin my day.

The problem with most medicinal solutions these days is that they are only temporary, often resulting in worse anxiety problems when you come off the drugs, or you end up becoming dependant on the drugs just to get through each day. Also, many have some pretty nasty side effects, meaning you have a whole new set of problems to deal with on a day to day basis.

**Shockingly, as many as 99% of people taking prescription medications to control their anxiety issues do NOT find relief.**

There are ways to calm anxiety naturally, allowing you to feel more in control while you search for a more [permanent solution](#) to your issues with anxiety and panic attacks.

### Exercise

Exercising is one of the best natural ways of balancing your hormones and feeling more in control of your life. Exercise results in a release of dopamine, the body's natural feel-good chemical, which acts as a counter-balance to the feelings of anxiety we experience. Think about it, after a hard day at work it feels great to take a short brisk walk or jog to melt away the day's frustrations.

### Meditation

Thousands of people swear by the balancing and calming effects of regular meditation to combat [feelings of anxiety](#). Meditation, though it sounds very spiritual and maybe a bit airy-fairy, is simply nothing more than taking a few minutes to quiet your mind and relax.

This might sound counter-intuitive, especially since it's the last thing most of us with anxiety issues wanna do: listen to how our body feels. We tend to keep ourselves busy just so we DON'T hear what our body feels! But with practise, meditation can actually provide some relief to the edginess and nervousness.

### Yoga and Aromatherapy

Yoga is another practice that can help calm anxiety levels, since it is a form of stretching and maintaining poses that requires a certain amount of concentration and relaxation.

Aromatherapy can also help [anxiety issues](#). This practice works on the basis that certain aromas affect the body's functions in a variety of ways.

Ones of particular interest to anxiety sufferers are Lavender, Chamomile and Geranium, all known for their relaxing and calming properties.

I used to keep a tissue with a drop of Lavender on it in my pocket and whenever I felt especially nervous or jittery, I'd take it out and sniff it for a few seconds. Quite effective!

### **A more permanent solution?**

These are just a few ways to naturally calm anxiety and relax yourself a little, without taking harmful drugs.

However, these should be considered temporary options. Issues with anxiety and panic attacks can be deep-seated and often indicate a more serious issue lies just beneath the surface that needs to be addressed.

Remember, there's no sense in covering up symptoms and hoping the problem will go away. It won't. And the longer the issue is ignored, the worse it's likely to get.

The best way to [get your life back](#) and kick anxiety issues out of it for good is to pin-point where these issues lie.

What triggers your anxiety?

How does your struggle with anxiety and panic attacks rank when compared to others in your situation?

Is your issue more physical, psychological or emotional and what does this mean when it comes to combating the problem?

How long will it take for you to put your anxiety problems behind you for good?

All these answers and more are waiting for you on the other side of this [short, FREE quiz](#).

What you'll get is a tailored report on your own specific issues and how you can start stomping them out of your life forever.

[Take the quiz here](#)