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Easy Ways to Give Anxiety the Ax

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According to the [American Psychiatric Association](#), there are many different types of anxiety disorder. These can range from general anxiety to panic disorders and specific phobias. Often, those suffering from general anxiety disorder experience anxiety attacks, which can cause extended bouts of undue stress. The apprehension and worry experienced during an anxiety attack can affect your daily routine and put your mental health even further at risk.

Today on [Grand Forks Cares](#), we offer tips to help you overcome anxiety before you experience an anxiety attack.

Eliminate job anxiety.

Workplace stress [is a real problem](#), especially in the United States, where we tend to overwork ourselves with few breaks. If you have a job that you hate, consider making a change to a career that you love. You can even go [back to school online](#) so that you are not adding stress to an already hectic day and you can continue to work and earn an income while looking forward to the future. Earning a degree in information technology, education, or even healthcare administration can help you pursue your path of passion.

Watch your dollars.

Money is another source of stress and duress that can quickly lead to an anxiety attack. However, there are ways to be diligent with your dollars so that you always have a cash cushion. [Regions Bank explains](#) a few ways to save include automatically debiting money from your checking to your savings; quitting smoking, which can save \$3000 a year; and packing your lunch, which can give you an extra \$1250 over 12 months.

Exit toxic relationships.

Every relationship has an exciting beginning where things are magical. But, moving into the long term, your relationship should not flip from amazing to emotionally exhausting. Your toxic relationships can leave you with trust issues, resentment, and less time to focus on personal development. Look for the signs of [an unhealthy romance](#) (or friendship), and don't be afraid to step away for your own mental health.

Stop taking on too much.

Anxiety can happen when we simply have too much to do. But, our busy schedules are often the result of our own inability to reject others. But, saying no does not mean that you don't care about your friends and family, simply that you [value your time](#) and want to spend it doing things that fuel your soul. That 20 extra minutes you might spend picking your friends' children up from band practice could be a nap for you or give you that much more time to finish making dinner or cleaning the house.

Know your resources.

No matter how many changes you make to your life, you can still experience stress and anxiety. Make sure that you know what resources are available to you. These may include [websites and support organizations](#) specific to alcoholism, depression, senior living, and addiction.

Other Tips To Reduce Anxiety

- **Fuel your body right.** Eat plenty of fruits, vegetables, and lean proteins each day.
- **Get enough sleep.** When your brain is fatigued, you are likely to feel more anxious than when you have had ample rest.
- **Engage in a hobby.** Hobbies give us time to do things that we enjoy, which can help take our minds off of the stress and strain that follows us through the day.
- **Ask for help.** Whether you need a helping hand cleaning the house, watching the kids, or paying the mortgage, don't be afraid to admit when you need help.

Anxiety attacks are debilitating. They can keep you from living your life, which may only add to your feelings of unease. Fortunately, there are ways that you can take anxiety off of your plate each day. From changing your career to learning how to say no, you can control many of the outside factors that weigh you down.