

5 things to know about natural anxiety remedies

Nearly everyone has anxiety at times. Stressful situations and important events can make you feel edgy or anxious.

Sometimes, however, anxiety becomes a health problem. It happens frequently and it interferes with your life. This is called an anxiety disorder. If this happens to you, see your doctor. Treatments can help, including therapy and medications. Don't try natural remedies for an anxiety disorder unless your doctor recommends it.

People who have mild anxiety or occasional stress may look for "natural" or complementary health remedies.



1. Acupuncture is a popular natural anxiety treatment. It involves placing thin needles into the top layer of skin in certain points on the body. If you decide to try acupuncture, see a licensed practitioner who uses sterile, single-use needles.

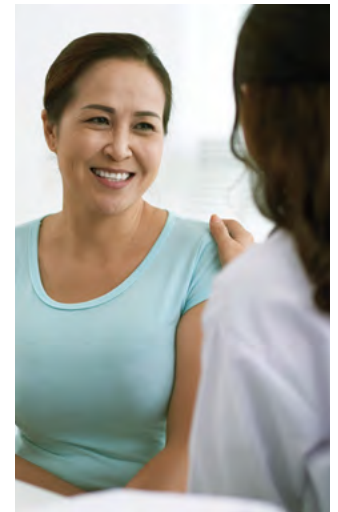
2. Massage therapy can be relaxing and can feel good on tight, tense muscles. It may help some people with mild stress or occasional anxiety.



3. Mindfulness meditation is a practice of focusing on the present moment. It involves breathing, guided imagery and other methods. It may benefit people who have occasional stress or anxious feelings.

4. Relaxation techniques like deep breathing or relaxing music can lower anxiety before stressful events like medical procedures.

5. Don't try herbs or dietary supplements without talking to your doctor first. Most of them haven't been proven to help with stress or anxiety. And some can cause health problems or have dangerous interactions with medications.



If you have anxiety or stress, talk with your health care provider. Together, you can find treatments or options that will help you live a healthy life.

