



# 7 Top Anxiety Management Techniques : How You Can Stop Anxiety And Release Stress Today

*Rose Heather*

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Coping with anxiety via anxiety management can be effectively achieved if you understand what severe anxiety means and how it progresses. Anxiety disorders are labeled in various categories such as General Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), social phobias and panic attacks. Regardless of how anxiety is defined, short-term relief of anxiety symptoms, with the aid of proper anxiety management strategies, is entirely possible. More often than not, people tend to confuse between stress and anxiety. Stress is basically defined as a mental or emotional burden that you experience. In contrast to this, anxiety is described as uneasiness or nervousness in the presence of danger or over an anticipated situation. If you feel anxiety, you will become stressed out. Similarly, if you feel stressed out, you will feel anxiety. These two terms are often used interchangeably. While performing your daily tasks you may experience stress and anxiety. For instance, whenever you are in an argument with your friend, or sibling for that matter, you will experience stress and anxiety over what happened. Sometimes you may consider taking a walk, doing yoga, or watch television to take your mind off the situation. This may be your way of stress and anxiety management. Apart from these, there are few more tips and techniques that can be used to tackle both stress and anxiety. In order to begin with stress anxiety management, you should neutralize both your stress and anxiety, but how to achieve this? There are three major aspects that contribute to anxiety in our lives: Physical, Mental and Social.

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