

NON-MEDICATION HELP FOR ANXIETY OR SADNESS

Common Signs of Anxiety and Sadness

Nervousness	Muscle Twitching	Irritability
Unable to concentrate	Restlessness	Dread of events
Headache or dizziness	Fatigue	Muscle aches
Exaggerated startle response	Easily distracted	Shakiness
Shortness of breath	Irregular heart rate	Chest pain
Loss of appetite or nausea	Sweating or cold palms	Sweating
Abdominal pain	Frequent Urination	Insomnia

Treatment of Anxiety or Sadness for patients and caregivers

- Daily physical activity such as walking, bicycle ride, swimming, playing with your pet
- Establish a good sleep hygiene pattern
- Engage in a new hobby or interest: knitting, crocheting, quilting, gardening, woodworking
- Reminisce about a vacation, trip, party, or other things you enjoyed.
- Look at photo albums with a friend or loved one
- Listen to soothing music
- Create a calm, peaceful environment
- Read a book, do a crossword, word search, or do a puzzle for distraction
- Meet or call a friend you have not spoken to for awhile
- Get involved with a group in your community
- Use relaxation techniques that have been helpful previously, meditation, yoga, breathing techniques (deep breath in, release through pursed lips)
- Speak with your religious counselor
- Try essential oils in a diffuser
- Take a relaxing bath, have a cup of Chamomile or Passion Flower tea
- Use light therapy if suffering from Seasonal Affective disorder during the winter months
- Avoid alcohol, caffeine, or tobacco use