

URL: <https://www.getmosh.com.au/mental-health/how-to-stop-the-feeling-of-anxiety>

Title Tag: How To Stop The Feeling Of Anxiety | Mosh

Meta Desc: If you want to learn about how to stop the feeling of anxiety, connect with a Mosh doctor online today and get your mental health-related questions answered.

How To Stop The Feeling Of Anxiety

If you are struggling to figure out how to stop the feeling of anxiety, it can be hard to know where to turn. It's a normal reaction to stress and worry, but if you feel like the feeling of anxiety is taking over your life, then it may be time to seek help. The good news is that there are a number of things that you can do to help yourself feel better and overcome these feelings.

You don't have to do your own research on how to stop the feeling of anxiety. With Mosh, you can connect with doctors in Australia via SMS, chat, or video call, so you won't need to worry about making appointments, travelling, or spending hours in waiting rooms. During your consultation, you can ask anything from '[How long do anxiety attacks last?](#)' to '[How does social media affect mental health?](#)'

What is anxiety?

Before we get into how to stop the feeling of anxiety, remember that anxiety and fear are natural human responses to potentially harmful situations, and having them can help protect us from danger. However, some people struggle with chronic, irrational anxiety and fear that keep them from living their lives to the fullest. If you have experienced anything like this, it's possible that you could be suffering from an anxiety disorder.^[1]

What are some effective anxiety management strategies?

Anxiety can be a difficult and overwhelming issue to manage, but there are several strategies that can help you learn how to stop the feeling of anxiety or [how to relieve anxiety](#). The most important thing is to recognise when you're anxious and take steps to cope with it in healthy ways. Some effective anxiety management strategies include:^[2]

1. **Slow breathing.** Slow, deep breathing helps to activate the body's relaxation response and reduce feelings of stress and fear. To start, take a slow, slow breath through your nose, count to three, and then slowly exhale through the mouth and repeat.
2. **Progressive muscle relaxation.** With this technique, you systematically tense and relax your muscles in order to reduce overall tension in the body and help induce relaxation. To practise,

start by tensing all of the muscles in your feet and toes for three seconds, then release the tension and focus on the sensations of relaxation. Work your way up the body, tensing and releasing the muscles in each part until you reach the top of your head.

3. **Staying in the present moment.** When you're anxious, your thoughts often drift off into the future or the past, which can increase anxiety and worry. Practising mindfulness and meditation can help bring your awareness back to the present and help you stay focused on the present moment.

Are there foods that reduce anxiety fast?

If you want to know how to stop the feeling of anxiety or at least avoid it, eating a balanced diet that includes plenty of fresh fruits and vegetables, lean proteins, and healthy fats can help to regulate your mood and energy levels. The following foods have been shown to reduce symptoms and help with relaxation:

1. Complex carbohydrates can contribute a calming effect on your body because they are digested more slowly than simple carbohydrates and help to keep blood sugar levels stable.^[3]
2. Omega-3 fatty acids found in foods like salmon, mackerel, oysters, and walnuts have anti-inflammatory properties that help reduce stress and improve overall well-being.^[4]
3. Probiotics are beneficial bacteria found in fermented foods like yoghurt, kefir, sauerkraut, and kombucha. These good bacteria help to regulate the gut-brain connection, which is associated with reduced anxiety symptoms.^[5]

As important as these foods are, keep in mind that they cannot replace a doctor-prescribed treatment for any mental health condition. If you're experiencing anxiety symptoms, connect with a Mosh doctor today.

What types of treatments are available to help reduce anxiety?

There is no one-size-fits-all treatment for how to stop the feeling of anxiety because everyone's case is unique. However, there are a variety of treatments available to help reduce anxiety. These include cognitive-behavioural therapy (CBT), exposure therapy, and medication.

CBT is a form of psychotherapy that focuses on helping people recognise and change negative thinking patterns and behaviours that lead to anxiety.^[6] It teaches individuals to identify and challenge unhelpful thoughts and replace them with more helpful ones. It also helps individuals learn how to relax and manage their stress and anxiety.

Exposure therapy is a technique that involves gradually exposing an individual to a feared object or situation in order to reduce anxiety.^[7] This helps them learn how to cope with their fears and reduces the anxiety associated with them.

In some cases, medication can be used to treat the symptoms of anxiety. Even if you don't necessarily have depression, antidepressants are sometimes prescribed to treat chemical imbalances in your brain. There are also benzodiazepines, which are sedatives that can help you relax and manage anxiety symptoms in the short term.^[8]

It's important that you don't self-diagnose or self-prescribe medications, as this could lead to ineffective or adverse results. Instead, you can take our online mental health questionnaire right here on our site. It only takes a few minutes to complete. You can consult with a Mosh doctor within twenty-four hours of finishing the test, and they can use your results to give you personalised advice and discuss possible solutions.

Mosh, your online health platform

Mosh is a telehealth platform that specialises in taboo-breaking issues like mental and sexual health, weight and hair loss, and skincare. No matter how sensitive or intimate the issue, it will be treated with the utmost respect. We work hard to give you the personalised care you need without the inconvenience of long queues or extra travel time.

Whether you have mental health questions like '[What is generalised anxiety disorder?](#)' and '[What is chemical imbalance depression?](#)' or weight loss concerns like '[Why am I so fat?](#)' and '[Why do diabetics lose weight?](#)' you can ask your doctor and trust that anything discussed will stay confidential.

Help is always available. If you're experiencing anxiety symptoms, you don't have to brave it alone and do your own research on how to stop the feeling of anxiety. Whenever you're ready, we at Mosh are here to listen

References

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