

7 WAYS YOU CAN HELP SOMEONE WITH ANXIETY



#1 Find out more.

Do your own research, read as much as you can on the condition to find out about what other people are experiencing- Don't compare your feeling of anxiety to any one else. The more you know, the more support you will be able to offer.

#2 Listen. #3 Be patient.

It can sometimes be difficult to understand why someone is feeling anxious, so make sure to ask, actually listen and don't try to minimize. For many people with anxiety, thoughts can become so crowded and tangled that even they don't know what's triggering the anxiety, but simply listening to them can help them feel calmer. Also don't try to 'fix' them or the problem for them, it is their feelings and so be patient.

#4 Don't trivialize.

While you shouldn't confirm someone's anxieties, it is never a good idea to tell an anxious person to "just get over it" or "stop worrying." Just like when you feel sad and want people to sympathize, the same happens to people with anxiety. Some sufferers already know that their fears and worries are irrational, but they don't need you to tell them this again and again. Instead, just listen to them.

#5 Keep them company.

If a friend or loved one is feeling particularly anxious, ask them if they would like to do something, whether with just you or a bigger group of friends. This may help distract some people it may make some more anxious so LISTEN to what they say (and read below).

#6 ...Don't push them too hard.

One of the problems with anxiety is that it can leave people feeling absolutely exhausted. If someone you know suffers from anxiety, it is likely they are often in a hyper-tense state, both physically and mentally, which can be absolutely exhausting. It's important to remember this if you're trying to make your anxious friend do more and be more active, they can sometimes be too tired as opposed to just unwilling.

#7 Take care of yourself too.