

# Download How To Beat Stress Relaxation And Stress Reduction Without Medication

Takeaway. Anxiety is a beast, but it is possible to win the battle without medication. Sometimes, overcoming worry and nervousness is simply a matter of modifying your behavior, thoughts, and lifestyle. You can start with a drug-free approach, and then speak with a doctor if your symptoms don't improve or worsen. When discussing a strategy on how to beat anxiety without medication, limiting/stopping caffeine is a crucial step in the right direction. Replace coffee with green tea, chamomile tea ( here's great video on the benefits of chamomile tea for anxiety), or other herbal teas during this period of gradual reduction, and it will avoid the occurrence of caffeine withdrawal symptoms. Still, just because a medication is available does not necessarily mean it is the best method. If you learn to manage anxiety on your own in a safe manner, you could be able to successfully manage your anxiety symptoms without the use of medications (natural or chemical). Treat Anxiety Naturally without Medication. Alternatively, Benzodiazepines, like Xanax, Klonopin, and Valium, are used to treat anxiety by reducing abnormal electrical activity in the brain; they are essentially tranquilizers used to treat acute panic attacks. In addition to possible side effects like dizziness, nausea, confusion, fatigue,...