

# 6 WAYS YOU MAY BE MAKING YOUR ANXIETY WORSE

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Sometimes the things we do to try to feel better, actually make us feel worse. And other times we simply do things without realizing they are contributing to our anxiety. Below are 6 things that should stop doing if you suffer from anxiety.

1. **Watching the news:** The news is mostly bad news. When I watched the 11 O'clock news this week, the headlines were a camp counselor arrested for child porn, a teenager sexually assaulted, and the mass shooting in Orlando. Watching the worst of the world, can lead to unnecessary worry and insomnia.
2. **The internet:** Of course, the internet is an amazing resource. But when you have anxiety, researching your worries (such as health concerns) often leads to more anxiety as you find more and more to worry about and not enough information to completely negate your fears.
3. **Caffeine (and other drugs):** Caffeine is a stimulant which can increase anxiety symptoms.
4. **Being sedentary:** Exercise is a fantastic aid in relieving anxiety. Sitting and dwelling on your problems will make you feel worse.
5. **Procrastinating:** The longer you wait to tackle your to-do list, the more anxious you will feel. Get yourself to put in just 10 minutes on a dreaded task and you will feel more hopeful.
6. **Late nights:** A lack of sleep makes everything harder! Try to go to bed and get up at the same times consistently.

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