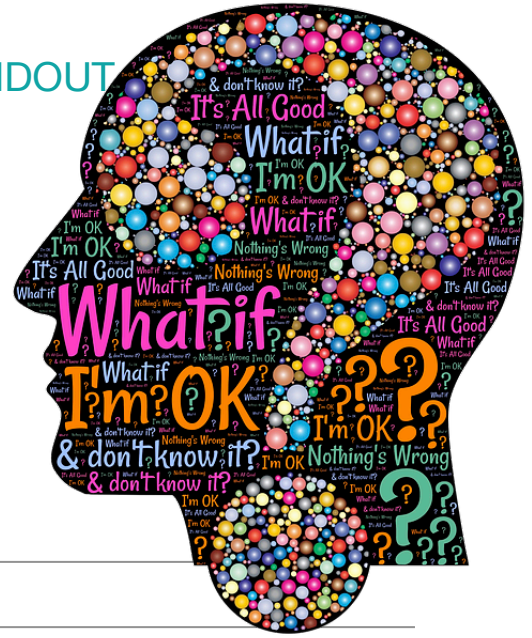


Unexpected things that could be triggering anxiety



Dana Brown

Abstract: If you're dealing with anxiety, you may be familiar with the common factors that can affect your anxiety. However, it doesn't stop there. There are a few surprising things that can make you anxious, and it's essential that you know how to identify them. Once you know what they are, it makes it much easier for you to manage them.

Indexing Terms: chiropractic; anxiety; mental health; well-being.

Introduction

Anxiety is a natural accompaniment to ALS, (1) and Parkinson's for that matter. This paper is designed to be a hand-out for patients you suspect to have an underlying anxiety with the condition you are assessing or managing. There are a few surprising things that can make your patient anxious, and in this paper I give some suggestions. Remember, it is not just the patient you need to consider; their family and friends (2) may also have anxiety due to the events that are unfolding.



It Could Be Hormonal

According to Bustle, anxiety is **closely linked** to certain hormones that we produce. Stress hormones like cortisol are usually produced in times of anxiety but its presence can also make you anxious. Other hormones like estrogen and testosterone can influence your anxiety as well. When the level of testosterone falls, for example in **andropause**, there are more periods of anxiety. When estrogen levels fluctuate, for example in the menstrual cycle, you may have PMS as well as anxiety on your plate. You can try to **balance your hormones** naturally by eating properly and getting a good night's sleep on a regular basis.

It Could Be Your Health

Studies have shown an almost cyclical relationship between mental health issues and physical ones. According to Health Link, anxiety, in particular, may be **linked to illnesses** such as asthma and heart disease. Apart from getting treatment for any ailments you may have, you can improve your overall health by eating properly and getting consistent exercise.

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When making the effort to maintain a balanced diet, it could be worthwhile to add a multivitamin supplement to your regimen. The right supplement can round out your nutrition, which, in turn, could have a positive impact on your mental health. When looking for a multivitamin, you should do your research and choose one that has scientifically based benefits. It's also best to avoid fillers, as they not only add nothing of value, but in some cases, they could also be harmful.

It Could Be Your Job

According to [Zenbusiness](#), certain industries tend to have less healthy workers. For example, if you work in industries like nursing, manufacturing, and transportation, you may be at less-than-optimum health. Poor health can be a major contributor to anxiety and stress. Take some time to start planning for a new career whether that means taking training courses, going back to school, or just educating yourself online. Finding a career that makes you happy and fulfilled can dramatically reduce your anxiety.

It Could Be Your Medications

If you take certain prescription or over-the-counter medications, they may be making your anxiety worse. The technical term is substance-induced anxiety disorder for persons who didn't have anxiety before taking the medication. These medications may affect your anxiety quickly, or it might take some time for the symptoms to kick in.

Some of the medications that can [trigger your anxiety](#) include beta-blockers that are used to treat high blood pressure and migraines, as well as corticosteroids that are used as mood stabilizers. If you suspect your medication could be having an effect on your anxiety, you should definitely talk to your doctor about alternatives.

It Could Be What You're Drinking

While the FDA states that [three or four cups](#) of home-brewed coffee can be safe for consumption, this might not be the case for those with anxiety. Caffeine has been known to trigger your body's *'fight or flight'* response, which can negatively affect your anxiety. It's best to cut down on the amount of coffee you drink and avoid energy drinks entirely.

You can look into alternatives like [green tea](#) and delay your morning cup of coffee by an hour so your body can enjoy its natural burst of energy. There's also a link between [alcohol and anxiety](#). Persons may be tempted to drink alcohol to relax, but if you drink too often, it can have the opposite effect.

It's difficult enough to deal with anxiety without having mystery triggers sneaking up on you. Now that you know what some of those triggers can be, you can stay on top of them. It must be noted that you should consult with your doctor before making any changes to your medical regimen or trying any other remedies.

Dana Brown

Miami

danabrown@healthconditions.info

<http://healthconditions.info>

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Cite: Brown D. Unexpected things that could be triggering your anxiety. *Asia-Pac Chiropr J.* 2021;2.3. URL www.apcj.net/papers-issue-2-3/#BrownAnxiety.