

Eight Strategies to Help **Someone with an Anxiety Disorder**

Helping someone with an anxiety disorder can be challenging. However, with the right strategies and knowledge, you can support the person in your life struggling with this condition. Here are eight approaches to consider:

- 1. Designate a Time to Talk:** Selecting a time benefits both of you; it allows everyone to approach the conversation in the right mindset.
- 2. Set a Time Limit:** Establish how long the conversation will last to ensure no one becomes exasperated.
- 3. Be Present:** During the conversation, stay focused on the current moment, eliminating distractions that may hinder progress.
- 4. Seek Professional Help:** An anxiety disorder is real, and seeking professional guidance can be a helpful way to find a supportive path for both of you.
- 5. Validate:** Find the truth in what your loved one is saying and acknowledge it. Validation can often help reduce anxiety.
- 6. Practice Acceptance:** Instead of trying to dispel the feelings, aim to accept their anxiety and apprehensions.
- 7. Educate Yourself:** Knowledge of the disorder brings greater understanding and empathy.
- 8. Self-care:** Take care of yourself—sometimes, this may mean taking a break and allowing others to step up and help. Remember who puts on their oxygen mask first in an airplane.