

10 Life Changing Tips to Manage Anxiety without Medication

I was on SSRIs for anxiety for many years, and in some cases anxiety medication may either be helpful to get you to a point where you can work through things, or essential in a mental health crisis. But medication is not essential for everyone, and many people have recovered from anxiety without medication so don't lose hope! The following tips have been a huge part of my anxiety recovery – these are my top 10 tips for coping with anxiety without medication.

