

## Alternative therapies to manage anxiety?

Tuesday, 10 November 2009

Last Updated Wednesday, 11 November 2009

Hi everyone, I'm a returning member to this site after what seems like a long time away. I have been struggling with mild anxiety for a long time now, but have somehow managed to keep it at bay. These last couple of months have been testing though! I finally made up my mind to see my Dr and consider meds. He put me on Zoloft (50mg). I lasted 2 days. The effects were horrible. I had sweaty hands and feet, trembling, tingling in my hands/arms/feet, a feeling like my head was buzzing, couldn't concentrate on anything, totally scatty. I couldn't stand it. On day three I decided to stop. Stopping seemed almost as hard as starting! the side effects persisted for the following few days, I'm finally feeling "normal" again. So I'm not sure about the meds now! Is there anybody out there who manages their anxiety using other techniques / alternative therapies? ie: acupuncture, vitamins, music, meditation etc?? I'd really be interested in hearing from you. I don't want to rule meds out, but my experience with zoloft left me wary. thanks...