



TOP TEN WAYS TO STOP ANXIETY



Anxiety can trick us into believing we are not safe, something bad is going to happen and you should be worried! It can be crippling... but it doesn't have to be. Start changing your brain today and shift from stress to peace. Stop stressing and start living. You've got this.

- 1) **REALIZE** that YOU are the only one that has the power to shift from anxiety to peace and you CAN do it. Every time you make a small shift you create a new pattern.
- 2) **RECOGNIZE** and change your negative thoughts. Look at the story you are telling yourself about your life. Is your anxiety telling the truth? Write down 5 positive things about yourself or your life.
- 3) **BREATHE** fully into your belly and lungs **three times** and relax your shoulders. This is essential to move from stress to peace.
- 4) **CONNECT** Call someone, email, write, visit, even go to the grocery store.
- 5) **MOVE** Do some stretches, walk, run, and BREATHE deeply while you move.
- 6) **BE IN NATURE** Go outside and breathe in fresh air, lie down on the grass and look up, or stick your head out the window. Gazing at the green outside has been proven to lift your mood.
- 7) **ACTS OF KINDNESS**- Doing something for someone else makes you feel better and releasing feel-good chemicals in your brain. Do something small **right now**.
- 8) **GRATITUDE**- Shift your brain from worry to good. What is already here for you? Look at what is already good and supporting you in your life. Name them... keep going with a flood of gratitude.
- 9) **DO SOMETHING YOU LOVE** Cook, knit, read.... Make a list of a few things that you enjoy ahead of time and lose yourself in one of them.
- 10) **SMILE!** Moving those muscles has been proven to make you feel better.

BONUS: Essential tips for over the longer term:

* **SLEEP:** Getting enough sleep is essential to ending worry. When we don't sleep well, everything else goes: your mood, your energy, your motivation and of course then anxiety increases. We get our best sleep between the hours of 10pm-3am. Start slowly, going to bed 15 minutes earlier tonight until you reach 10pm. Establish a nighttime routine that begins earlier such as winding down, having a warm bath, reading. Get all technology out of your room and power down at least an hour before bed. Get up earlier so you can establish a calm morning routine that perhaps includes some gentle exercise, meditation or breathing practice for 5 minutes, and some journaling. Research shows that how you approach your morning sets the tone for how you will approach your day. Make your morning magical.

* **CUT OUT CAFFEINE:** Sorry, this is hard but true. Caffeine adds to anxiety. Again, go slowly. Withdrawal can create headaches and grumpiness! If you drink coffee try switching to tea or reducing the number of cups you drink in a day. Or replace some cups with decaffeinated. Then perhaps switch to a non-caffeinated tea or other hot drink you enjoy. You will find that over time your energy increases as you are not relying on caffeine for the spike and drop in energy throughout the day.

* **REDUCE SUGAR:** Take a good look at how much sugar sneaks into your daily diet. It might come in the form of cakes and sweets, or cereals, breads and grains. Fruit juices are out, or only in small quantities. Try switching to foods with less or no sugar and at the same time add more fruits and veggies, especially greens into you diet. Don't be radical, just start to notice and reduce. If you have a sweet tooth indulge in the occasional sweet and enjoy, or try natural sweeteners like Stevia.

* **WATCH THE NEWS ONCE A WEEK:** Guess what! You don't have to succumb to all the bad news that is happening in the world, and you can still be aware. Most of the news is repeat, and negative. It continues whether we like it or not, but if we choose to watch everyday for fear of missing out, or an addiction to it, you will only create much more tension, fear and anxiety in your life. Choose to watch once a week to stay informed. Don't worry, if anything big happens you will be sure to hear about it. Try it this week and see how you feel after 7 days.