

TOP TEN CHECKLIST

GRACEFUL
BALANCE

Managing Stress & Anxiety Naturally

Take charge of your mood:
10 strategies for minimizing stress and anxiety





10 WAYS TO SQUASH STRESS & ANXIETY NATURALLY

Anxiety affects nearly 40 million adults in the US making it the most common mental health disorder in America (Anxiety & Depression Association of America, 2022). It is one of the most uncomfortable feelings a person can experience. But did you know that anxiety is also treatable? Therapy when coupled with complementary and alternative treatments including yoga, meditation, and relaxation techniques aid in the reduction of symptoms. Here are my top 10 tips for reducing symptoms of anxiety and stress.

PRACTICE DEEP BREATHING

Breathing is the fastest way to invoke the relaxation response. Deep breathing lowers stress, decreases cortisol, lowers heart rate and regulates blood pressure.

LIMIT OR ELIMINATE CAFFEINE

Caffeine stimulates the stress response "fight or flight" in the body. Research has shown that caffeine can actually worsen the symptoms of anxiety.

STAY ACTIVE

Moving your body regularly has been proven to release tension and improve overall mood. Some of the best exercises for managing stress and anxiety are yoga, running/walking, weightlifting, biking and swimming.

PRACTICE MEDITATION & MINDFULNESS

Meditation and Mindfulness have been proven to reduce anxiety and stress, while improving sleep, concentration and optimism.

PRACTICE GROUNDING

Grounding is a technique that brings you into the present moment allowing you to feel more in control of the situation. It is an effective tool for reducing symptoms of anxiety, specifically panic attacks.



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AROMATHERAPY

Aromatherapy is a holistic practice that uses essential oils or aromatic plant extracts to promote wellness. Essential Oils such as Lavender, Chamomile, Lemon and Ylang-Ylang are beneficial for improving mood, reducing stress and stimulating relaxation.

EAT A BALANCED DIET

Complex carbohydrates such as quinoa, oatmeal and whole grains increase serotonin in the brain. Foods rich in magnesium and zinc also reduce the symptoms of anxiety making you feel calmer. These foods would include leafy greens, cashews, beef, liver and egg yolks.

PRACTICE HEALTHY BOUNDARIES

Unhealthy boundaries can lead to emotional distress. Give yourself permission to say "No." Identify what your limits are, communicate them clearly and directly, and be consistent.

PRACTICE GOOD TIME MANAGEMENT

Poor time management can lead to increased stress levels and burn out. Do your best to avoid procrastination. Improved focus, a sense of accomplishment, higher levels of productivity, increased energy and better work/life balance are all benefits of good time management.

TAKE A BREAK

Stressful situations or environments can trigger the fight or flight response. When you allow yourself to take a break, you disrupt the stress cycle.



A NOTE FROM BRITTANY...

Thank you so much for downloading this free guide to managing your stress and anxiety. I hope you found some useful techniques to implement into your daily routine. I know that anxiety and stress can be overwhelming and at times, difficult to manage. You do not have to go through it alone. If you'd like to schedule a free 15 minute discovery call to explore how we might work together to reduce your symptoms of stress and anxiety, please reach out via email or phone.

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