

ACTION GUIDE

**NATURAL
ALTERNATIVES**

TO MANAGE

ANXIETY

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“Stress, anxiety and depression are caused when we are living to please others.”

-- Paulo Coelho

When we are caught in that world of stress, anxiety, and depression, it can be debilitating. I know...I lived with high anxiety and nightly panic attacks for almost a year. I was highly stressed from a combination of things. I wasn't sleeping. I was living on caffeine and I was a mess!

Our society has conditioned most of us that prescription drugs are the answer for almost anything that ails us. I do encourage you to see your medical professional for health concerns to make sure you are not struggling with any serious underlying medical issues. With that said, I also feel our best health solutions come from understanding our body and using natural means to help whenever possible.

Here are 10 natural alternatives to help manage anxiety:

1. Deep breathing and relaxation. People with anxiety often take shallow, quick breaths from the top of their chests. This type of breathing can worsen anxiety symptoms, leading to hyperventilation. Learn to take deep, belly breaths to calm yourself and to breathe slower. Call me, take a class or find an online resource to help you with this.

2. Self-care. People who have trouble saying 'no' or being assertive often place others' needs before their own. Women are usually at the top of the list for poor self-care. I like to remind people of The Oxygen Mask Rule. On airplane flight, the attendant reminds us, "In case of an emergency, put your oxygen mask on first. Then assist those traveling with you." Remember that if you don't take care of yourself, you will be less effective as a parent, spouse/partner, employee, business owner and friend.

3. Cut the caffeine and sugar. As difficult as it may seem to cut out caffeine and drastically decrease your sugar intake, doing so will make a huge difference in how you feel. There are many alternative sweeteners, but most are worse for you than sugar. Ask about 100% pure Stevia and others that have no harmful side effects. If you find this really difficult, please connect with me. I have many tips that make this much easier.

4. Stress management. Many anxiety symptoms come from chronic stress. I struggled with this for years. For many, we compound the problems. Take a hard look to see if over-scheduling, clutter, making promises that are nearly impossible to keep and poor boundaries are culprits that are fueling the anxiety. Get clear on your priorities to start taking more control of your schedule and life.

5. Learn to say "no." This will help with some of the issues in the previous bullet point. I was the ultimate people-pleaser until I heard my fourth cancer diagnosis! Saying "yes" when we really want and need to say "No" can overtime destroy our health. This can be done directly, calmly, and politely. For your health, stop being a doormat to your family, friends, or work. Start with baby steps.

6. Clean up your diet. The connection between nutrition and mental health is critical. If you struggle with anxiety and chronic stress, fast food should be avoided most of the time. Eat less processed foods. These are loaded with chemicals and preservatives that take a toll on the body. Include more fruits and veggies to get more nutrients your body needs for good physical and mental. Another tip is to explore food allergies or sensitivities. If your body has sensitivities to a certain food (for example, gluten), eliminating that can make a huge difference.

7. Exercise. Exercise is a great stress reducer. Think of movement rather than exercise. Move your body for 30 minutes or more 3-5 times per week to help decrease the anxiety and to help with sleep.

8. Mindfulness. Mindfulness is about living in the present moment. It has been found to be very helpful in managing anxiety, including OCD and PTSD. Take a class, find an online audio or video or work with me to learn this useful tool.

9. Stop the feedback loop. Most people with anxiety have a barrage of worried, anxious, critical and/or intrusive thoughts running through their minds endlessly. These thoughts can create much of the distress we experience. Learn ways to manage these thoughts. Once you get the underlying causes of anxiety under control, this may get easier. You can also explore tapping or EFT (Emotional Freedom Technique) as this has helped many people release the flood of thoughts.

10. Vitamins and supplements. It's important to make sure your body is not deficient in any key vitamins or minerals. If you haven't had recent bloodwork done, please consider getting that done to see if there is a deficiency, a thyroid or blood sugar issue.

If you find that you are still struggling, please contact me. I lived with chronic stress, high anxiety, and panic attacks and I know how devastating this can be -- physically, mentally and emotionally.

I am a Certified Health and Life Coach who has gone through a LONG list of health challenges. I offer a free Quick Solution Session to help you determine if stress is a contributing factor with your anxiety.

I also found one particular supplement that completely turned my health around. **I no longer have any panic attacks and my anxiety is down from an 8 to a 1 or 2.** Each person is unique, and this may or may not be for you, but I invite you to connect with me to see if this could help. Just imagine...what if...what if there was a simple solution.

Visit my blog at <http://www.DonnaJDavis.com> or email me at donna@donnajdavis.com. You have many natural options available to help you. Let's explore which may be best for you.

You deserve to feel good again.

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(10 natural approaches was adapted From: Pierce, L. (2013). Natural Approaches: Anxiety Disorders. Theravive.)