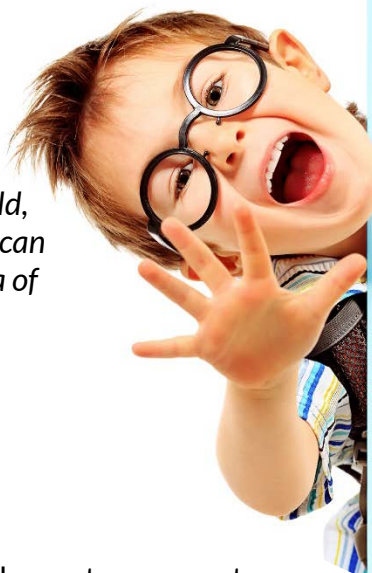


Anxiety

When I work with clients, by far the number one concern raised is how to manage Anxiety. In today's fast paced world, it's almost impossible to avoid and for our sensitive kids, it can be all consuming. Feeling anxious can impact on every area of life and constant anxiety can lead to insomnia, digestive problems, meltdowns and panic attacks.



What Can We Do?

- Increase B vitamins
- Increase Omega 3 fats - oily fish and fish oil supplements are great sources
- Boost your serotonin - you need good levels of tryptophan to make serotonin, your 'feel good' hormone. Tryptophan is found in meat, fish, beans and eggs
- Balance your blood sugar - always include protein at every meal and eat regularly
- Get out in the sun and make sure you are getting adequate amounts of Vitamin D
- Move your body every day
- Make good quality sleep a priority
- Avoid the 'bad mood' foods - gluten, refined sugar, artificial sweeteners, highly processed foods, alcohol, caffeine
- Ensure you are having enough magnesium the 'relaxation mineral' which calms the nervous system
- Meditate, tap, breathe
- Eat fresh, unprocessed foods with a good quality protein source

Effective Essential Oils to Support Anxiety

- Lavender - calming and traditionally used as an aid for neurological issues
- Roman Chamomile - calming and may ease negative feelings
- Vetiver - contains great stress busting and calming properties to help alleviate anxiety, emotional stress, panic attacks, insomnia and more
- Frankincense - shown to help reduce heart rate and balance blood pressure, has anxious-soothing and mood boosting abilities
- Copaiba - helps soothe anxious feelings and calms and supports the nervous system

For further information feel free to contact me - kris@krisbarrett.com.au

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