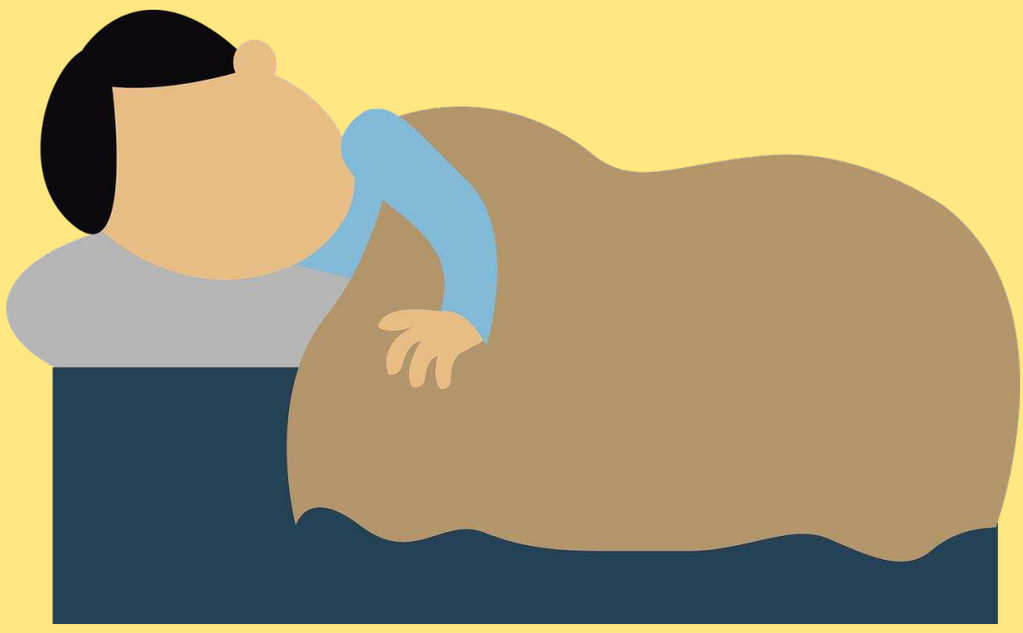
5 NATURAL WAYS TO EASE ANXIOUS FEELINGS

https://dianawalker.com/sleep

PRIORITIZE GETTING A GOOD NIGHT'S SLEEP

It's crucial to make sure you're giving your body enough chances to get the quality sleep it needs. While anxiety may make sleeping feel like a challenge, making simple sleep habit changes like these ensures you're doing everything you can to not make the issue even more difficult.



https://relaxwithoils.com/email-signup/

EAT A VARIETY OF NUTRITIOUS FOODS EVERY DAY

The human body requires lots of nutrients to function at its very best. Make sure you're filling your diet with plenty of nutritious foods so your mind and body function well.

GET PLENTY OF JOYFUL MOVEMENT AND EXERCISE

Joyful movement and exercise are different from types of exercise since you are more likely to consistently engage in exercise and movement you seriously enjoy and look forward to doing.

https://relaxwithoils.com/young-living/en_CA/product/german-chamomile-essential-oil

ADD CHAMOMILE

Studies find that chamomile greatly decreases anxiety and promotes sleep. Chamomile supplements and homemade tea are great choices.

AVOID COFFEE AND ALCOHOL

Caffeine and alcohol can both cause anxiety and anxious feelings. Taper off your caffeine intake slowly to decrease the chances that you'll suffer any caffeine withdrawal symptoms, such as headaches.

Sources: PubMed Central; Biological and Pharmaceutical Bulletin