Tips
For Reducing Anxiety

Anxiety is a worldwide problem. When we feel threatened, we release cortisol, a stress hormone into the body. Elevated cortisol lowers immune function, increases weight gain, blood pressure, increases depression and lowers resiliency. Cortisol is released every time we think a fearful thought or perceive danger, triggering us into fight and flight.

Anyone who suffers with anxiety, struggles with fear and can feel powerless where the focus is on worry. Anxiety is the body reflecting the thoughts that you are thinking. These feelings can trigger a cycle of fight or flight.

It's important to be deliberate about how you care for youself when you struggle with anxiety. Committing to self-care is absolutely essential to combating the symptoms. Find a routine that works for you and keep in mind that the routine that works for you, may be different than others. Every routine is unique and will be customized by you, for you.

To reduce anxiety try the following:

- exercise daily to reduce cortisol levels (20-30 minutes to produce endorphins)
- focus on healthy eating and avoid caffeine, sugar, fried foods, alcohol
- learn about visualization techniques
- participate in yoga or meditation
- refrain from isolating (isolation may increase anxiety)
- laugh (watch a standup comedian)
- get enough sleep (8 hours minimum)
- release emotions (talk therapy, writing or typing your thoughts/feelings)
- listen to music (create playlists that you love)
- try breathing exercises (deep breathing, 8 counts in, hold, 8 counts out), add an app to your phone
- make a list of things that make you feel good
- be in nature (hike, walk etc)
- drink water (detox cortisol in the body)
- be aware of your thoughts (changing your thoughts, cognitive behavioural therapy)
- limit the amount of tv you watch
- ask for help (professional support)

MEGA HEALTH AT WORK

MegaHealth.ca
Robin@MegaHealth.ca
519-577-4685