

The Whole Mom's Toolkit for Anxiety

Top Strategies to Calm Body, Mind and Spirit

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1 TAKE DEEP BREATHS

Deep breathing is not just a good idea or a way to distract our mind. It's actually a key strategy to activate the part of the nervous system that is calming. Try breathing in through your nose for a count of 4, holding your breath for a count of 7 and exhaling through your mouth for a count of 9. Repeat 5-10 times.



2 STAY HYDRATED

A great way to decrease anxiety is through adequate hydration because dehydration is a form of stress on the body. Aim to drink half your body weight in ounces of water daily (i.e. 160 pounds = 80 ounces.) Add a squeeze of lemon & a pinch of unrefined sea salt to help your body absorb the water better.



3 BALANCE BLOOD SUGAR

When our blood sugar spikes or drops, this is a form of stress on the body that can lead to anxiety. We can keep our blood sugar steady by eating balanced meals and snacks every 3-4 hours during the day. A balanced meal or snack includes a source of healthy fat, protein and whole-food carbohydrate.



4 MOVE YOUR BODY

Movement is a great way to relieve anxiety because it releases endorphins which are the body's "feel-good" chemicals that improve mood. And movement decreases the stress hormone cortisol. The key is to find a type of movement you enjoy! Even 10 minutes a day can make a difference.



5 REFRAME YOUR MINDSET

Sometimes anxiety can cause us to fixate on a particular thought or situation. It can be helpful to "zoom out" on the anxiety to get perspective. Ask yourself, "Is there something I need to prioritize? What's one small step I can take to make a difference? Do I need to adjust my expectations? Is there someone I can reach out to for support?" It may be helpful to utilize techniques like meditation, prayer and positive affirmations to redirect our thoughts.



6 LEVERAGE SUPPLEMENTS

Magnesium, omega-3 fatty acids and the activated/methylated form of a vitamin B complex can be very helpful in reducing anxiety. Herbs such as lemon balm, passionflower and ashwagandha can also be calming. These herbs can be found in teas, tonics or capsules. Always check for usage safety and dosages with a qualified practitioner.