

Self Care + Anxiety

Dr. Crystal Sciarini, ND



Self Care Tips

- Take time for yourself daily!
- Don't sacrifice sleep.
- Focus on GRATITUDE, not negativity.
- Diet and movement matter.
- Lower your expectations, seriously!



Anxiety Management

- Follow the self-care tips. ←
- Redirect negative thoughts.
- Stop and breathe.
- Don't expect a panic attack.
- Be in the moment.

Recognize Your Triggers

Knowing what triggers an anxious response may help you avoid triggering situations, however, don't let anxiety stop you from experiencing life!

Remember you are recognizing your triggers not to avoid every trigger, you are recognizing them so YOU can enjoy these moments with less anxiety.

Supplements for Anxiety Relief

Nervines (used to calm nerves)

Relaxant

- *Medicago sativa* (Alfalfa)
- *Lavandula officinalis** (Lavender) - anxiety w/ headaches
- *Passiflora* - anxiety w/ palpitations &/or feelings of panic
- *Nepeta cataria* (Catnip)
- *Matricaria recutita* (Chamomile) - anxiety w/ anger &/or trouble concentrating
- *Scutellaria latiflora* (Skullcap) - slow acting
- *Valerian* - sedative - short-term use only, for insomnia
- *Melissa officinalis** (Lemon balm) - anxiety w/ daytime fatigue
- *Avena sativa** (Oat) - also a nerve tonic

Stimulant

- *Rosmarinus officinalis* - calms body, energizes mind

Tonic

- *Pau d'arco* - hormonal anxiety & adrenal insufficiency; antiviral too! Provides Ca & Mg, great for kids and athletes.
- *St John's Wort* - also depression; LOTS of drug interactions, including birth control
- *Schisandra* - slow-acting
- *Vervain* - hormonal anxiety; NOT safe in pregnancy

*Usually considered safe in pregnancy, always consult a healthcare professional before taking any new supplements while pregnant.

Nutrition for Anxiety Relief

A healthy diet helps ensure that your anxiety is not a symptom of a nutrient deficiency. Below are some nutrients that may affect anxiety &/or depression.

- Essential fatty acids
- Calcium
- Potassium
- Phosphorus
- Sodium
- All B vitamins
- Vitamin D
- Magnesium
- Chloride

What's the root cause?

Before "treating" your anxiety, or any symptoms, be sure that your anxiety is not a symptom of a deeper problem. Anxiety is often a symptom that is associated with gut and/or hormonal imbalances. This is especially true for anxiety that is new or has recently evolved.