



# Managing Anxiety Naturally

**Instructor: Otilia Tiutin PhD**

**Session 3 & 4**

## Session 3

### Lifestyle Changes

People with anxiety can benefit from exercises like yoga and tai chi because they promote relaxation and involve deep breathing techniques that help to reduce stress and muscle tension.



Short Video - 17-minute Beginners Yoga  
[7 Spiritual Laws of Yoga Introduction - Bing video](#)

# What are your favorite outdoor activities?

Video - 5 minutes [Health Benefits of Spending Time in Nature - Bing video](#)

Article - [9 Benefits Of Spending Time In Nature - Matey Lifestyle](#)

Article - [The Mental Health Benefits of Physical Exercise on Anxiety \(verywellmind.com\)](#)

Create a realistic activity plan for you

1. Walking 30 minutes a day
2. Use the short Yoga video workout 3 times a week

# Get enough sleep - Sleep Hygiene Tips:

Article [What Is Sleep Hygiene? | Sleep Foundation](#)

Keep a consistent sleep schedule

If you take naps, keep them short (20-30 min)

Avoid blue light and screen time before bed - Blue light from electronics tricks the brain to stay alert.

Keep the bedroom cool (65 degrees) and dark

Clear the clutter - Cluttered bedroom can contribute to anxiety

Write down racing thoughts or worries

Avoid eating or drinking 2 hrs. before bed - avoid heavy and spicy meals, cut down on liquids.

Try a warm bath with Epsom salt, lavender/chamomile

Try relaxing teas (Chamomile, Kava, Passionflower, Valerian)

Try defusing relaxing oils in the room (Bergamot, Lavender, Lime, Frankincense)

# Mindfulness/Positive self-talk

Some examples of positive self-talk affirmations or mantras that you can work into your day to create a positive mindset:

**I have value and purpose.**

**I am proud of myself.**

**I am in charge of how I feel.**

**I choose happiness.**

**I am grateful.**

**I am good enough.**

**I have the power to create change.**

**I choose to be calm and at peace.**

**I am responsible for my health and happiness.**

**My happy thoughts help create my healthy body and mind.**

**I am in perfect health.**

► *Book: [You Can Heal Your Life](#) by Louise Hay*

*About healing through using positive thoughts*

[You Can Heal Your Life: Hay, Louise: 9780937611012: Amazon.com: Books](#)

# Q&A

- ▶ Set goals for the week
- 



## Session 4

### Anxiety Hacks

- ▶ Try switching to a gluten free diet
- ▶ Decrease inflammatory vegetable oils such as: soy, corn, canola, sunflower, safflower (cook with vegetable broth or small amount of avocado oil)
- ▶ Decrease sugar - try monk fruit sugar, stevia, xylitol - low glycemic index
- ▶ Drink bone broth regularly - add seasonings for taste
- ▶ Try earthing mat or grounding sheets
- ▶ Decrease chemicals, in food, household, dishes, personal products
- ▶ Drink pure water (reverse osmosis water filter), natural springs (Use glass and stainless-steel bottles)

# Gluten Free Banana Bread Chocolate Cup Cakes

## Ingredients

3/4 cup coconut flour

1/4 cup hemp seeds & 1/4 chia seeds

1 teaspoon baking soda

1 teaspoon cinnamon

1 pinch salt

5 whole eggs

1/3 cup coconut oil, melted

1 teaspoon vanilla

4 bananas, mashed (over ripe, almost black is best)

¼ cup monk fruit sugar or honey

3 tablespoons cacao

½ cup dark chocolate chips

1 cup walnuts chopped

12 Paper cupcakes liners

## Directions:

Combine dry ingredients,

Melt coconut oil on stove for 4-5 min until melted

Add to the other wet ingredients and stir until smooth

Add dry ingredients, mix together

Stir in nuts and chocolate chips

Put cupcakes paper lining in cupcakes tin

Spray the cupcake liners with coconut oil spray

Divide batter into 12 the cupcakes

Bake at 375 for 35-40 minutes

Enjoy...





# Triggers, Barriers...

- ▶ Your biggest challenge with Anxiety
- ▶ What are your triggers?
- ▶ What are your barriers/challenges to feeling better?



# Wrap Up and Resources



Keep Learning



Raffle - 4 winners will receive email



Evaluation Form/Post quiz



CCHP Health Education Page

<https://cchealth.org/healthplan/health-ed.php>



Behavioral Health Access Line

**1-877-678-7277**