

# NATURAL WAYS TO LESSEN ANXIETY



- ☐ 1. REDUCE CAFFEINE INTAKE
- ☐ 2. REDUCE SUGAR INTAKE
- ☐ 3. 3-5 DAYS OF 30 MINUTES OF EXERCISE
- ☐ 4. USE A DIFFUSER
- ☐ 5. DEEP BREATHING EXERCISE
- ☐ 6. ROCK OUT WITH A GOOD RUN, YOGA, OR PILATES
- ☐ 7. THINK HAPPY THOUGHTS
- ☐ 8. REMOVE YOURSELF FROM UNCOMFORTABLE SITUATIONS
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- ☐ 9. REFRAIN FROM BEING ALONE EXCESSIVELY
- ☐ 10. STOP OVER ANALYZING