# 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

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