



Overcoming Anxiety Handout

POSSIBLE ROOT CAUSES

Tired adrenal glands

- Take adrenal support supplements
- Increase meditation & quiet time
- Review people, surroundings and social media and remove "drama"
- Getting 7-9 hours of sleep daily

Vitamin & Mineral Deficiencies

- Change diet to support the clearing of immune challenges (yeast, parasites, etc)
- Do a candida and/or parasite cleanse
- Take a high quality probiotic
- Take a whole food multivitamin and multimineral supplement (not synthetic)

Emotional Imbalances

- Determine if the anxiety is caused by a situation, person, trauma or specific fear
- Find ways to alleviate the above causes (life changes, emotional work, etc)

Being an Empath

- Make time for recuperation (downtime)
- Practice boundary setting (physical and energetic)
- Can use frequency devices for assistance (crystals, Healy, visualizations, etc)

EMOTIONAL BALANCING TOOLS

Aromatherapy (topical or inhaled as needed)

- Lavendar
- Vetiver
- Ylang Ylang

Bach Flowers (up to 4 drops in water or under tongue a day)

- Aspen - Good for anxiety attacks or unknown fears
- Mimulus - Good for known fears
- Red Chestnut - Good for anxiety involving the concern for others
- Cherry Plum - Good for anxiety about facing inner traumas (uses suppression)
- Rock Rose - Good for anxiety about stressful situations (state of frozen fear)

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<https://us.fullscript.com/welcome/livingwithelevation>

