

# FROM STRESSED TO CARELESS

9 METHODS OF CONTROLLING ANXIETY



# TABLE OF CONTENTS

INTRODUCTION	02
THE POWER OF PERSPECTIVE	03
HEALING POWER OF HELPING OTHERS	04
HERBS THAT CALM THE NERVES	05
THE IMPORTANCE OF ORGANIZATION	06
GETTING THE R&R YOU DESERVE	07
THE POWER OF CBD (CANNABIDIOL OIL)	08
NOURISH THE BODY & SOUL	09
GET SOUND SUPPORT	10
ESTABLISH HEALTHY BOUNDARIES	11
CONCLUSION	12

# INTRODUCTION

Have you ever experienced worry, nervousness, or unease about the unknown, the future, or even just an event? Most of us have, and this is not surprising because one in five Americans have anxiety, making it the most common disorder in the United States. Anxiety involves excessive worrying, thoughts, or concerns. However, with modern medicinal techniques and breakthrough science there is so much that can be done to overcome or avoid this feeling altogether.



# 1

## THE POWER OF PERSPECTIVE

Take away some of the power of anxiety by labeling it. Remind yourself "I am simply experiencing anxiety and I am okay". Once addressed, evaluate why you may be experiencing these feelings or symptoms. Many times when we experience anxiety, it's because we are thinking of what could go wrong rather than what could go right. Also, think about the big picture. Generally, we have anxiety over things that really aren't as big a deal as we think in that moment. Remind yourself that this event and feeling will pass.

In order to overcome anxiety by changing your perspective, it's extremely important to use positive self-talk, remove any negative self-talk, and to give ourselves positive affirmations. Positive self-talk means using kind uplifting thoughts and statements about yourself within your circumstance. Negative self-talk is generally not so kind or is sometimes even degrading and tends to leave us feeling worse about ourselves.

Example of Positive Self Talk - "I am doing my personal best and still growing to become better".

Example of Negative Self Talk - "I don't know anything, I'll never get where I want to be".

In order to reduce anxiety and promote a positive perspective, it is also extremely important to give ourselves positive affirmations. Examples of positive affirmations include "I can succeed" or "I am special and unique".





## 2

## HEALING POWER OF HELPING OTHERS

If we are feeling anxious, one of the best ways to reduce our anxiety is to help someone else. If we make it our mission to make someone else's day better we are not only helping them but also ourselves. We tend to hyper-focus on the things we are anxious about, which simply makes us even more anxious. Intentionally take some time to think about what you are grateful for, what's going right in your life, and what you are blessed with. Furthermore, find someone whose life you can enhance.

### **Benefits Of Helping Others:**

1. Takes you out of your focus on yourself, gets you out of your head.
2. Reduces the magnitude of the problem which makes it harder to think rationally.
3. Helping others helps us to "zoom out" on the picture and gain clarity.

### **Make Someone's Day:**

1. Find someone to complement and make their day.
2. Express gratitude to someone who might be feeling less significant.
3. Volunteer to help someone going through a challenging season.



### 3

## HERBS THAT CALM THE NERVES

There are solutions growing right in our backyards Literally! There are many herbs that naturally assist with stress reduction and anxiety. The best part? Many of these natural plant extracts can be found in the form of easy to use tinctures. For Instance, Chamomile and Lavender are both known for their stress relieving properties and calming effects. CBD is also has been shown to effectively reduce all different forms of Anxiety.

Lemon Balm has been used around Europe for hundreds of years. Studies have shown that Lemon Balm causes a mild sedation effect leaving this as a great solution when anxiety is causing you to lose sleep. These are just a few of the many herbs that have calming effects. Some other plants that have been proven to have a calming effect include Kava Kava, Passion Flower, Valerian Root, and several others available at most grocery or convenience stores.





# 4

## THE IMPORTANCE OF ORGANIZATION

One of the best ways to reduce anxiety is to get organized and plan ahead. The first step is to set reasonable goals. Meaning, set goals with an achievable timeline. Start by setting long term goals and then break those goals up into little short-term pieces. Make sure that each piece is a short-term goal that builds up to conquering your end goal. Breaking goals down into smaller tasks makes any goal less strenuous and far less scary.

Setting reasonable goals means leaving room for unplanned circumstances. Don't have unreasonable expectations, and don't assume that everything will always go as smooth as butter. There will always be circumstances that are out of your control, such as the morning traffic on your way to work. You can't control all the circumstances, but you can plan properly with a cushion for them.

Getting organized makes it easier to create, implement, and accomplish a plan. A cluttered home or business feels like a cluttered life which creates higher stress causing more anxiety, and less productivity. When you are organized fewer things will fall through the cracks and more goals will get checked off. The most important component of organization and taking action is to not procrastinate. Don't put off what could get done. Don't wait until the last moment to begin or complete the task at hand. Tackle small tasks first, give yourself little wins for starting the process. If you can take care of it now, it will be one less thing to think about or worry about.



# 5

## GETTING THE R&R YOU DESERVE

The key to reducing anxiety through rest is a consistent sleep schedule where you are getting an adequate nights rest. For adults, an adequate night of rest is between 8-9 hours of sleep each night. Exhaustion will increase anxiety. If you are having trouble sleeping CBD is a great solution to help your body get into a restful state and regain a consistent sleep pattern (see CBD section below for additional information).

### Promote:

- Breath - Try different breathing techniques.
- Stretching - Yoga and other stretching techniques will relieve tension.
- Walk It Out - Take a stroll.
- Pain Relief - If we are in pain or have tight muscles, the stress on our bodies transcends to our minds. Taking a natural reliever like CBD or using an essential oil like Eucalyptus can reduce physical and mental stress.

### Limit:

- Technology - When people are stressed many choose to scroll through social media, but this sort of activity has been shown to cause more stress rather than reduce it.





## 6

## THE POWER OF CBD (CANNABIDIOL OIL)

You may have noticed CBD mentioned in the Tincture Herbs that calm your nerves section above, however, CBD is available in all different forms. CBD refers to Cannabidiol, derived from the cannabis plant. CBD oil is a powerful, naturally occurring substance that influences the body to naturally produce more of its own endocannabinoids. Increasing the activity of the Adenosine Receptors leaves you feeling relaxed. The compound is known for influencing dopamine and serotonin which are crucial components in making you feel better.

Contrary to popular belief, CBD is non-psychoactive and legal in all 50 states. Breakthrough scientific research in 2019 is finding huge success in CBD helping with Social Anxiety. It has also been proven that CBD helps reduce or eliminate some of the leading root causes of anxiety. Some of these root causes that CBD treats include sleep disorders and pain management. This groundbreaking CBD compound is revolutionizing medicine as we know it today.



# 7

## NOURISH THE BODY & SOUL

What you put into your body will have a direct effect on how you feel. If you nourish your body with ingredients that give you energy and nutrition you will be more likely to overcome any challenges that come your way. If you eat unhealthy food that leaves you feeling lethargic and slow or even jittery you are more likely to become anxious.

### Promote:

- Food - Put food in your body that nourishes you and helps your body function at its highest potential.
- Water - Stay hydrated.
- Vitamins - It's hard to stay properly nourished, taking vitamins can help assist with proper nourishment.

### Limit:

- Sugar - Try to stay away from too much sugar which will make you crash.
- Caffeine - Caffeine may keep you awake but too much can make you jittery and actually speed up your heart rate which heightens the feelings associated with anxiety.
- Alcohol - Alcohol may seem like a great way to reduce anxiety but has been shown to actually make it harder to cope with stress. Alcohol may temporarily distract from what's causing anxiety but does not solve any problems and over time can make the problem worse.
- Skipping Meals - Skipping meals can cause your blood sugar to lower, shakiness, and makes it harder to focus on the task at hand increasing the feeling of uneasiness.



## 8

## GET SOUND SUPPORT

When we are struggling with long term anxiety, it is important to get some support. Talk to someone you trust. Find someone you can open up with who will be compassionate, yet honest. Find someone who is able to listen with open ears, and have your best intentions at heart. They might just see something you don't.

Even consider speaking with a professional who has dealt with the psychological side of what you are experiencing. Talking with a therapist can help you get to the root of the cause rather than just trying to treat symptoms.

Consider joining a support group. A support group will help you remember that you are not alone in what you are experiencing. Not only are not alone but you could potentially gain some wisdom. There is more than likely someone who has experienced what you are currently going through and might be ahead on their walk or simply may have a few good pointers you could learn from.





# 9

## ESTABLISH HEALTHY BOUNDARIES

When dealing with Anxiety it is important to have healthy boundaries. Healthy boundaries draw clear lines of expectations and respect, helping to remove anxiety. Healthy Boundaries means putting self-care first.

We can't fill other glasses if ours is empty. Setting boundaries with others will help you from feeling depleted and avoid burnout.

It's always scary to say no to someone. Don't say yes to taking on some additional task at the expense of being overwhelmed or not having enough time to take care of yourself first. Have confidence in valuing your self-care. Self-respect and self-love are so important in boundary setting, remember that you need to take care of your vessel in order to be useful for both yourself and others in the future.



# CONCLUSION

Anxiety is hard to completely eliminate, but there are plenty of ways that anxiety can be managed in a healthy, natural manner. We recommend trying a few different techniques and tailoring them to your preference and lifestyle. However, it is in our best interest to try a few new things and pursue solutions with an open mind. Try not to get discouraged if one technique is not the ultimate solution.

Recently, extensive research, analysis, and trial has shown natural herbal remedies such as CBD to surpass pharmaceutical anxiety treatments. We recommend implementing a few different techniques in order to effectively eliminate anxiety. Trying a combination of solutions has been shown to produce the best results.

