



Managing Anxiety Naturally

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Session 1&2

Course Objectives/Goals

- Understand root causes of anxiety.
- Learn how diet can trigger or help symptoms.
- What foods we can add to the diet daily to feel good and what foods to avoid.
- How exercise, good sleep habits and being in nature can improve health.
- How mindfulness tools can be used to decrease or stop anxiety symptoms.



Session 1

What is anxiety, root causes, food as medicine...

- ▶ Anxiety is a normal response to stress, or a dangerous situation and it can be referred to as the “fight or flight” response. It’s also the most common mental health condition.
- ▶ Anxiety becomes problematic when it is constant, which over time can negatively affect our day-to-day life.
- ▶ **Some symptoms may be:**
 - ▶ difficulty sleeping,
 - ▶ chest tightness,
 - ▶ heart palpitation/chest tightness,
 - ▶ high blood pressure,
 - ▶ panic attacks,
 - ▶ sweating, irritability,
 - ▶ concentration issues, digestive problems, muscle tension.



Exercise: Set your vision of the future.

- ▶ **Determine your why.**
 - ▶ What is your motivation to get better? _____
- ▶ **Making a declaration of healing!**
 - ▶ Today, date, I _____ (name) choose to heal from anxiety!
- ▶ **Visualization!**
 - ▶ See yourself happy and healthy, doing the things you love to do.

What is the secret of people who heal?

According to Dr. Kelly Taylor PhD, who did much research on healing and wrote a book called “Radical Remissions” people who completely heal have nine things in common.

- ▶ 1. They make radical changes in their diet
- ▶ 2. They take control of their health
- ▶ 3. Follow their own intuition
- ▶ 4. Use plants and supplements
- ▶ 5. Release suppressed emotions
- ▶ 6. Embrace social support
- ▶ 7. Increase positive emotions
- ▶ 8. They deepen their spiritual connection
- ▶ 9. Have strong reason for living

This is a road map for you to consider and assess which areas you want to work on.



1. **Life Stressors**
2. **Digestive Imbalances - Gut and brain connection**
3. **Traumatic life experiences**
4. **Hormonal imbalances**
5. **Caffeine or sugar intake**
6. **Low serotonin levels**

**What may be
some root
causes of
anxiety?**



Avoid

- ▶ **Processed**
- ▶ **Sugary foods**
- ▶ **Limit Caffeine**
- ▶ **Alcohol**

Diet – Using Food as Medicine

Eat clean and balanced diet such as foods that are high in Vitamin B's, Gaba, Magnesium, high in Calcium and Omega 3 fatty acids. Examples:	wild-caught fish (like salmon, mackerel, tuna, white fish, and herring)	grass-fed beef	organic chicken	eggs
yogurt or kefir	leafy greens (like spinach, kale, Swiss chard, and collard greens)	fresh vegetables (like celery, green beans, broccoli, beets, and asparagus)	fresh fruits (like blueberries, pineapple, banana, and figs)	healthy fats (like avocado and olive oil)
beans (such as black beans, adzuki beans, chickpeas, and fava beans)	legumes (like lentils and peas)	nuts (such as walnuts, almonds, and cashews)	seeds (including flaxseeds, chia seeds, hemp seeds and pumpkin seeds)	unrefined grains (like farro, quinoa, brown rice, and barley)

Articles and Recipes

Gaba Related Foods

- ▶ <https://www.livestrong.com/article/478780-a-list-of-foods-with-the-highest-gaba/>

Eat These Foods to Reduce Stress and Anxiety

- ▶ <https://health.clevelandclinic.org/eat-these-foods-to-reduce-stress-and-anxiety>

7 Healthy Mediterranean Diet Recipes

- ▶ <https://health.clevelandclinic.org/7-mediterranean-diet-recipes-to-fuel-your-healthy-lifestyle/>

- ▶ **Green Smoothies Recipes**

<https://www.smoothieshred.com/smoothie-recipes/>

Q&A

- ▶ **Set goals for the week**

- ▶ **Examples:**

- ▶ Replace soda with water
- ▶ Eat vegetables daily
- ▶ Eat fish twice a week
- ▶ Replace candy with nuts



Session 2

Mindfulness Exercises for Anxiety

Breathing Exercise 4-7-8 - Dr Andrew Weil MD

- ▶ 2- minute video
<https://duckduckgo.com/?q=dr+andrew+weil+4+7+8&atb=v259-1&iax=videos&ia=videos&iai=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dp8fjYPC-k2k>
- ▶ 1. Sit up straight
- ▶ 2. Place the tip of your tongue up against the back of your front teeth. Keep it there through the entire breathing process
- ▶ 3. Breathe in silently through your nose to the count of four
- ▶ 4. Hold your breath to the count of seven
- ▶ 5. Exhale through your mouth to the count of eight, making an audible “woosh” sound
- ▶ 6. That completes one full breath. Repeat the cycle another three times, for a total of four breaths (Do it twice a day)
- ▶ Article - Benefits of Breathing
<https://www.webmd.com/balance/what-to-know-4-7-8-breathing>



EFT – Emotional Freedom Technique – what it is, how to use it

What is EFT Tapping

[What Is EFT Tapping? 5-Step Technique for Anxiety Relief \(healthline.com\)](https://www.healthline.com/health/eft-tapping)

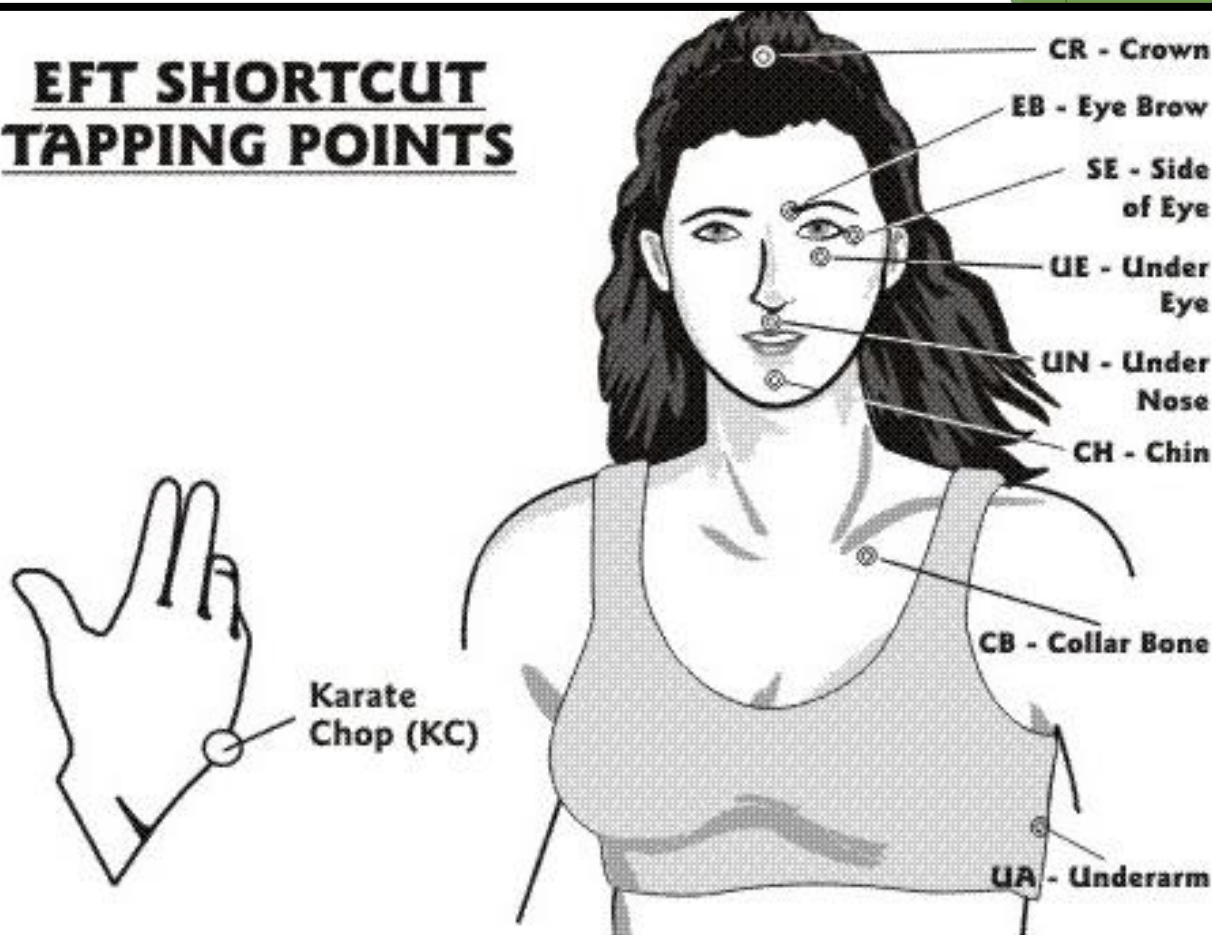
1. Identify Issue - (Fear, Anxiety)
2. On a scale 0-10, how bad is it?
3. Set up phrase - Even though I have this fear, I deeply and completely accept myself.
4. Tap on meridian points
5. Compare the intensity (on a scale of 0-10 is it down to a 4, 5?)

3 - minute video Tapping for Anxiety

[Nick Ortner's Tapping Technique to Calm Anxiety & Stress in 3 Minutes - Bing video](https://www.bing.com/videos/search?q=Nick+Ortner's+Tapping+Technique+to+Calm+Anxiety+%26+Stress+in+3+Minutes&FORM=VQR)

Phone App. Called "Tapping Solution"

EFT SHORTCUT TAPPING POINTS



Meditate Regularly

Meditation Exercise

Article Meditation, Stress and Your Health

[Meditation, Stress, and Your Health \(webmd.com\)](https://www.webmd.com/mental/meditation-stress-and-your-health)

Calming Anxiety Guided Meditation

[Calming Anxiety Guided Meditation - Bing video](https://www.bing.com/videos/search?q=Calming+Anxiety+Guided+Meditation)



Q & A

- ▶ Set goals for the week.
 - ▶ Breathing
 - ▶ EFT
 - ▶ Mediation