

Bye Bye Anxiety
Selfcare Routine

MEF1RST®



Morning Routine

Set up the pace for the day

Yogic Breathing (Pranayama):

- Practice Nadi Shodhana (alternate nostril breathing) to calm the mind and balance energy. [Here](#) you have a 10 min practice to learn.

Exercise:

- After the 10 minutes breathing continue with a 10/15 minutes sun salutation to energize your body in a calm way. [Here](#) there is a short video to learn the movement.

Diet and Nutrition:

- Avoid coffee and substitute it by matcha tea as it bring up energy levels while it reduces anxiety. I personally use [this one](#) and it can be delivered to your house.

Oil Massage (Abhyanga):

- Regularly massage warm sesame or coconut oil into your body, especially before showering. [This one looks great](#) and can be delivered to your house.
- This practice can help soothe the nervous system and reduce anxiety.



Night Routine

Signal your body it's time
to wind down

Light Dinner:

- Have a light and easily digestible dinner at least 2-3 hours before bedtime. Avoid heavy, spicy, or greasy foods that can disrupt your sleep and digestion.

Digital Detox:

- About an hour before bedtime, start winding down by reducing exposure to electronic screens (phones, computers, TV). The blue light emitted from these devices can interfere with your sleep.

Herbal Tea or Golden Milk:

- Sip on a cup of calming herbal tea or warm golden milk. Ayurvedic choices may include chamomile, Brahmi, or Ashwagandha tea. These herbs are known for their soothing and anxiety-reducing properties. [Here](#) you have a recipe for golden milk.

Meditation:

- Spend some time in meditation or mindfulness. Focus on your breath, or use a mantra to quiet your mind and reduce anxiety. Even 10-15 minutes of meditation can be beneficial. [Here](#) you have a mantra singer I love and helps me to slow down.

Aromatherapy:

- Use aromatherapy with calming essential oils like lavender, rose, or sandalwood. You can diffuse these oils in your room or apply a small amount to your pulse points. [Here](#) a suggestion of one to buy.

(Bonus track) Journaling:

- Write down your thoughts and feelings in a journal to release any stress or anxiety. This can help clear your mind and make it easier to relax.

Extra tips on environment

Comfortable Sleep Environment:

- Ensure that your bedroom is conducive to a good night's sleep. It should be dark, cool, and free from disturbances.

Early Bedtime:

- Aim for an early bedtime, ideally around 10:00 PM, as Ayurveda recommends sleeping during the Kapha time (6 PM to 10 PM) for a more restful sleep.

Avoid Late Snacking:

- Refrain from late-night snacking, as it can disrupt your digestion and sleep patterns.

Sound Sleep:

- Prioritize getting enough restful sleep each night, as insufficient sleep can exacerbate anxiety.

General recommendations

Diet and Nutrition:

- Consume a balanced diet with fresh, whole foods.
- Include warm, cooked, and easy-to-digest meals.
- Avoid excessive caffeine, alcohol, and sugary foods.
- Eliminate spicy food.

Herbal Remedies:

- Consider Ayurvedic herbs like Ashwagandha, Brahmi, and Jatamansi, which are known for their calming properties.

Lifestyle Practices:

- Establish a daily routine (dinacharya) to regulate your body's natural rhythms.
- Practice deep breathing exercises or pranayama to calm the mind.
- Try meditation and yoga to promote relaxation.

Oil Massage (Abhyanga):

- Regularly massage warm sesame or coconut oil into your body, especially before showering.
- This practice can help soothe the nervous system and reduce anxiety.

Aromatherapy:

- Use calming essential oils like lavender, chamomile, and sandalwood in a diffuser or during massage.

Mindfulness and Self-awareness:

- Develop a daily mindfulness or meditation practice to observe your thoughts without judgment.
- Journal your feelings and experiences to gain insight into your anxiety triggers.

Stay Hydrated:

- Drink warm water or herbal teas throughout the day to keep your body and mind balanced.

Yogic Breathing (Pranayama):

- Practice Nadi Shodhana (alternate nostril breathing) to calm the mind and balance energy.

Exercise:

- Practice daily walking 10,000 steps, ideally surrounded by nature. It can be taking your kids to school, during a meeting, after dinner with the family for a better digestion,...