



Reduce Anxiety:

- Hydrate
- Exercise
- Diet
- Sleep

Put simply

Anxiety is the body and minds reaction to stress, as a sufferer, I have researched and found some simple steps that really work:

- Grab some water and start drinking
- Exercise can fight the negative feelings you get
- Get some good fuel in your diet
- Better quality rest and sleep helps calm the mind.

Anxiety and Hydration

The symptoms of Anxiety mimic those of dehydration, so start to treat yourself as if you are dehydrated and your symptoms will start to reduce:

- At some point most people are dehydrated
- Have a reusable water bottle to hand, sip when stressed
- Don't exchange the water for caffeine or alcohol
- Take some fresh tap water to bed with you



I know it sounds too simple... but this is a genuine help... and I've helped lots of people



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Exercise:

- Anxiety has physical symptoms, use this energy to fight back
- You don't need a gym, simple home exercise works as well
- Get outside and experience the blue sky, green grass, fresh air

Good diet = positive energy

There is lots of good diet advice online to help you beat anxiety – even dark chocolate, but I like to keep it simple..

- Avoid processed and fast food
- Use cooking as a therapy – prepare your own meals.
- Increase your greens
- And finally... try to reduce your meat intake, veg gives you long term energy reserves. Enjoy your food..

Get better sleep

Poor sleep has many negative effects on our health, but getting good sleep can have positively reduce Anxiety:



- Turn your screens and devices off 1 hour before – reducing screen time is really important
- A tidy room is a nicer sleeping a waking environment
- Get the temp right – 19 to 20 degrees is perfect
- Invest in better natural bedding, breathable bedding need not cost a fortune, helps your body regulate its temperature and stops you feeling hot and clammy

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