How To Reduce Your Anxiety with Natural Remedies

Experiencing anxiety is a normal part of life, affecting everyone in different forms. While some anxiety is considered beneficial, as experts say, prolonged levels of stress may begin to interfere with daily functioning and even get worse over time. If you are exhibiting excessive stress or worry, there are many ways to naturally reduce your anxiety.

1. Start An Exercise Routine

Establishing a regular exercise schedule has shown to be effective in reducing stress, fatigue, and anxiety. Strenuous exercise produces endorphins, a chemical in the brain that acts as a natural painkiller and helps to alleviate stress and improve your sleep cycle. Whether it be jogging, crunches, or weight lifting, maintaining a sense of persistence with your workout routine is vital.

2. Practice Mindful Breathing

Many experts say trying simple breathing exercises can drastically lower your levels of anxiety, stress, and even depression. Breathing exercises stimulate the parts of the brain synonymous with providing a sense of calm and tranquility. Notable breathing exercises for diminishing stress and anxiety include "mindful breathing," "square breathing," and "balloon breaths." Meditation is also proven to help release stress and all the negative energy around people. It creates positiveness in your life and makes your anxiety and stress naturally decrease.

3. Eat A Healthy Diet

Experts say food naturally rich in magnesium, such as spinach and swiss chard, could help reduce anxiety. Additionally, other foods containing high concentrations of zinc, fatty fish, B vitamins, and probiotics were found to also help lower the risk of anxiety. Keep treating yourself to foods you love. Eating those foods and enjoying them will slowly release your stress and anxiety.

4. Try Natural Herbal Remedies

Studies have shown that some herbal remedies may be efficient in providing relief for generalized anxiety. Common herbal supplements are available in tea, extract or capsule forms, and include Chamomile, L-theanine, 5-HTP, and Matcha tea.

5. Don't Consume Alcohol Or Cigarettes

Understanding the negative psychological effects of drinking alcohol or smoking nicotine can make a drastic difference in your health. Cigarette and alcohol consumption, although too often misused as a stress reliever, can produce paradoxical effects after the drug's excretion. Caffeine, considered a stimulant, may also worsen your anxiety. Restricting, or avoiding these psychoactive drugs altogether, is crucial.

6. Write Down Your Thoughts

Journaling is an excellent way of coping with anxiety, in addition to depression. Keep a pen and paper handy at all times. Write down your thoughts, fears, and feelings. It will help you gain control of your emotions and improve your mental health.

References:

ADAA, Psychology Today, Mental Daily, NIH, Harvard, Mayo Clinic, APA