

VIBRANT WELLCARE

6 Tools to Handle Anxiety

40 million Americans suffer from anxiety disorders and only 39% receive treatment.

**TAKE BACK CONTROL TODAY!
THE BEAUTY OF THESE TOOLS
IS THAT THEY CAN BE USED IN
COMBINATION TO FIND THE
BEST SOLUTION FOR YOU!**



Melissa Olson
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What is Anxiety

COMMON SYMPTOMS

- Excessive Worry
- Feeling Agitated
- Restless Mind or Body
- Fatigue
- Racing Heart
- Difficulty Concentrating
- Irritability
- Tense Muscles
- Trouble Falling Asleep
- Panic Attacks
- Avoiding Social Situations
- Irrational Fears
- Feeling Out of Control

While each of these symptoms can happen to anyone during difficult situations or high stress times, if it is true anxiety, the symptoms are not resolved when the situation resolves.

If you suspect you have an anxiety disorder, please consult your primary care physician.

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Relax. You Got This!

#1 MINERALS

Minerals, especially magnesium, potassium, and calcium, relax your nervous system and muscles. These minerals in combination allow your body to switch to rest and digest from fight or flight.

#2 DIAPHRAMATIC BREATHING AND MANTRA

Practice diaphragmatic breathing with a mantra for 5 minutes. This breathing exercise allows adrenaline levels to reduce. Adding a mantra calms the mind and give you a mental focus.

As you inhale say to your self "I choose" and as you exhale say to yourself "peace and joy."

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#3 VALERIAN EXTRACT

Valerian can be used for a variety of health conditions, including insomnia, anxiety, headaches, digestive problems, menopause symptoms, and post-exercise muscle pain and fatigue. This is the inspiration for Valium.

#4 VITAMIN B6

This vitamin improves mood and anxiety and supports proper adrenal function. It also is used in neurotransmitter creation and usage as well as supporting heart function. Because the body does not use vitamins in isolation, make sure that take B6 in combination with all the other B vitamins.

#5 KAVA KAVA TEA

Kava Kava tea relaxes your nervous system and supports healthy sleep as well as stress and anxiety levels. For best results, drink 1 cup of Kava Kava tea with 2 tea bags just before bedtime.

#6 HOMEOPATHICS

Homeopathic remedies are very effective at handling the symptoms of anxiety. Some combinations, according to traditional homeopathic principles, can relieve symptoms of fearfulness, restlessness, fear of death and dying.

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