ANXIETY

Cascade Counseling and Wellness
www.cascadewellness.live

About Anxiety

Anxiety is a common mental health condition that goes beyond everyday stress or worry. It can involve persistent fear, nervousness, or unease that is difficult to control. Symptoms may include racing thoughts, restlessness, muscle tension, and trouble sleeping. Anxiety is diagnosed by a mental health professional based on a combination of symptoms and criteria.

Mindfulness

- Deep Breathing
- Right Nostril Breath Work
- Rocking
- Massage/Light Touch
- Reduce Screen Time

Move Your Body

- Breath Retraining & Aerobics
  - Scalene Stretch
  - Flying Dragon
  - Wood Chopper

Culinary and Nutrition Support

ADD to your diet and routine:

- Bone Broth
- Oatmeal
- Celery
- Fermented Foods
- Magnesium Citrate
- B-Complex Vitamin
- L-Theanine

ELIMINATE from your diet:

- Coffee/Caffeine
- Sugar

TIPS:

- Improve gut health

DISCLAIMER: The information provided here is for educational purposes only and is not a substitute for professional diagnosis, treatment, or medical advice.

National Suicide and Crisis Line: 988
National Suicide Prevention Hotline: 800-273-8255