

What You Can Take to Help Calm You Down!

Please take note that I am not a physician, but these recommendations are what I've used personally or have been recommended to be used by trusted physicians. As always check with your physician (if you think necessary) before trying any new supplement for your well-being. Remember that what works for one may not work for another. It's a journey of learning to listen to your body. It will tell you what it needs.

Supplements to Take To Reduce Stress/Anxiety/Fear

Rhodiola rosea	B Complex Vitamins
Melatonin	Kava
Glycine	Magnesium
Ashwagandha	Valerian Root
L-theanine	Astragalus

Essential Oils That Help Reduce Stress/Anxiety/Fear

Lavender	Juniper Berry
Wild Orange	Bergamot
Copaiba	Grapefruit
Melissa	Petitgrain
Frankincense	Neroli
Sandalwood	Roman Chamomile
Cedarwood	Spikenard

Tea That Helps Reduce Stress/Anxiety/Fear

Lemon Balm	Gotu Kola
Tulsi	Passionflower
Lavender Tea	Ashwagandha
Rose Tea	Holy Basil
Chamomile	Catnip
Kava	St. John's Wort
Valerian	Rhodiola

Breathing

5 second inhale
 5 second hold
 10 second exhale
 5 second hold

Repeat for 10 minutes