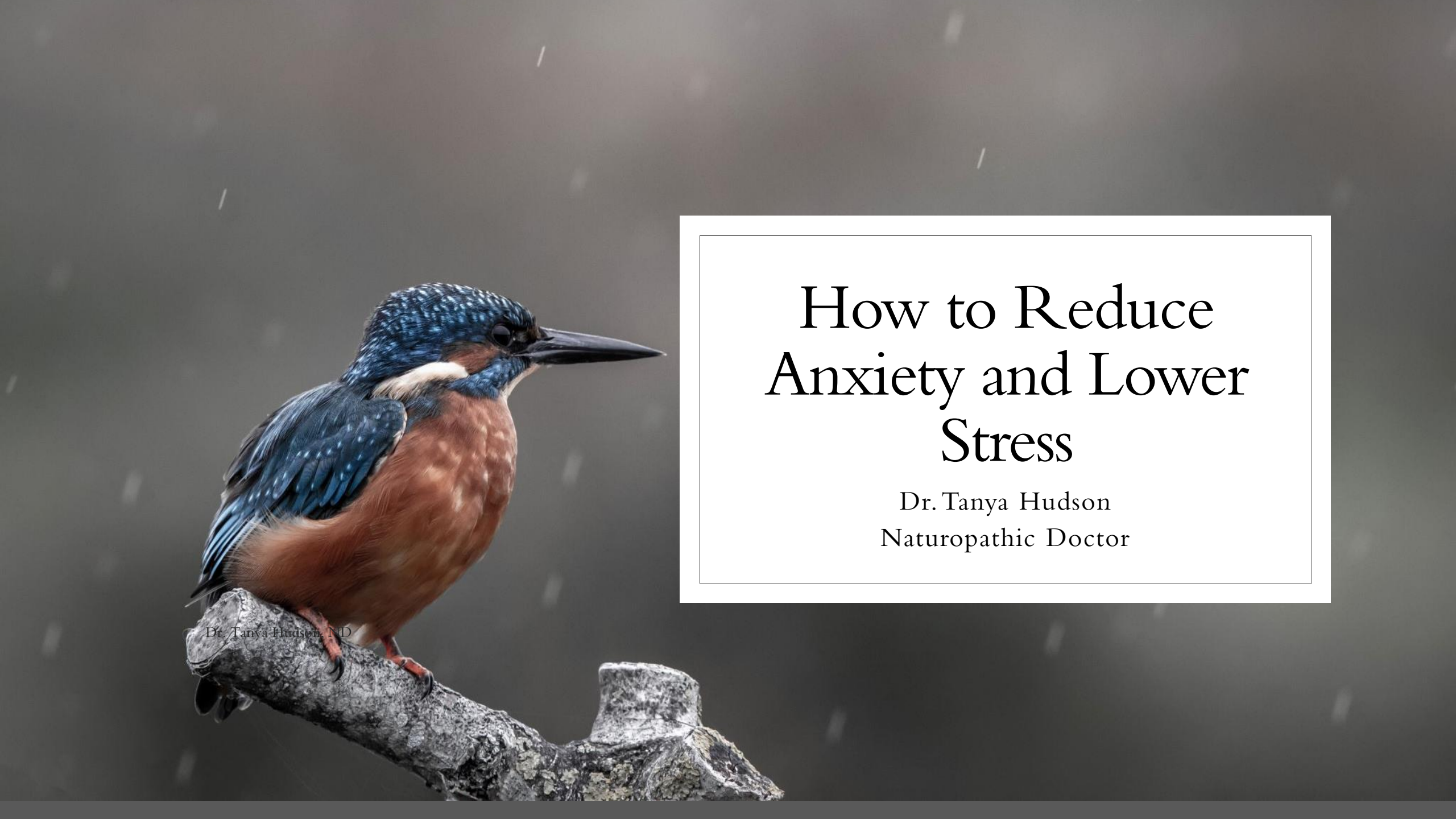


How to Reduce Anxiety and Lower Stress

Dr. Tanya Hudson
Naturopathic Doctor

Important Notes

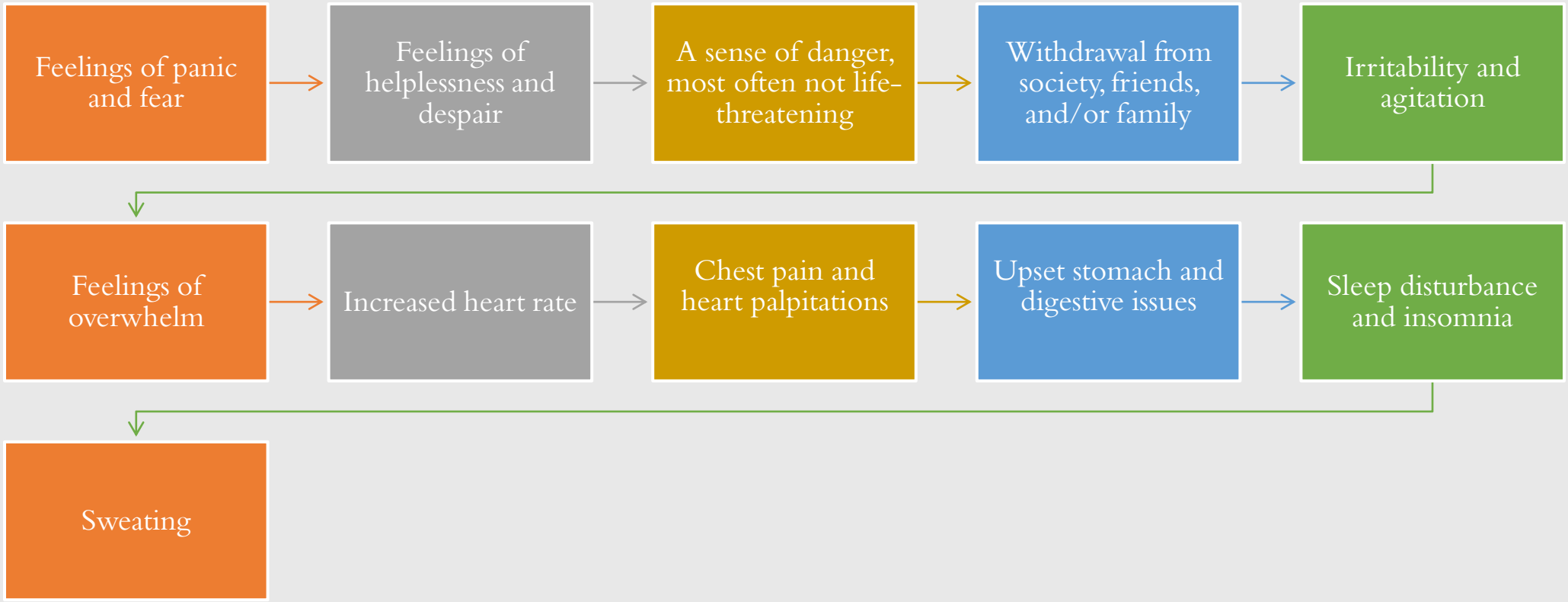
- This call will cover general recommendations to decrease stress and anxiety.
- I will not be covering any nutritional supplements or medications.
- I am not diagnosing any conditions.
- If you have specific questions regarding your health, please set up an appointment with me. I am happy to help! I am now offering virtual or telehealth visits. My clinic number is 503.547.7657.

Dr. Tanya Hudson, ND

Let's start with a simple meditation.

Dr. Tanya Hudson, ND

Symptoms of Anxiety



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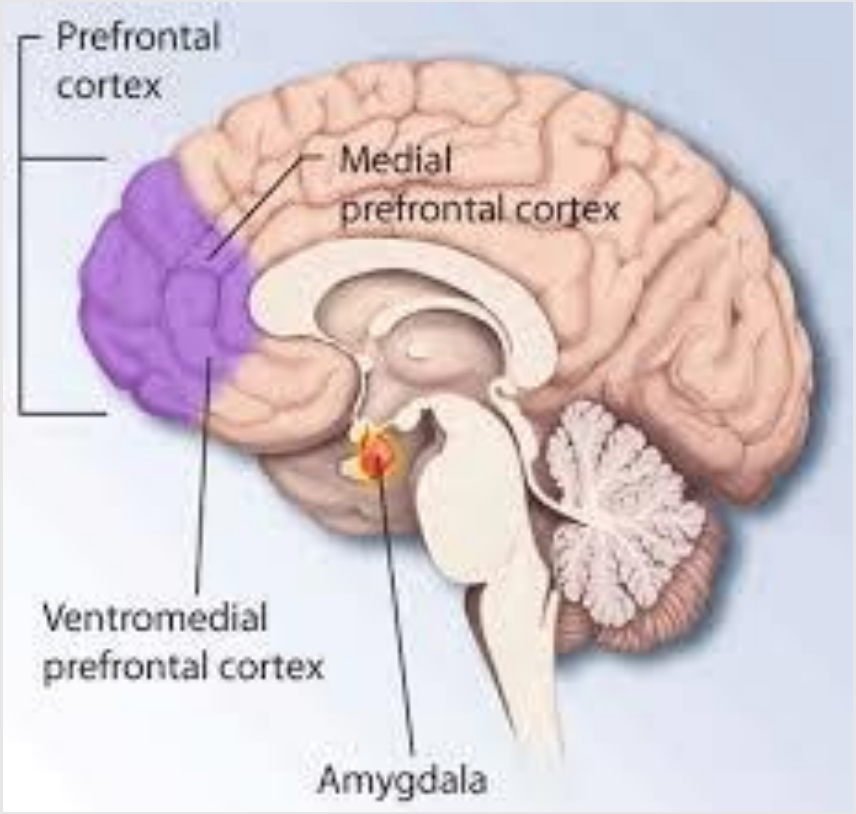
Where does this anxiety come from?



The Breaks Don't Work

Dr. Tanya Hudson, ND

So what do we do?

#1 Meditation

- Use an app—Oak; Calm; Insight Timer; Headspace; Stop, Breathe & Think.
- Practice grounding—name 5 things you can see and 5 things that you can hear. Then wiggle 5 body parts—ankle, hands, arms, legs, nose.
- Try a visualization—picture a calming place in your mind—the mountains, the beach, a forest, a lake, your bedroom. What do you see, hear, and feel in this place?
- Practice mindfulness—while washing dishes, notice the smell of the soap, the warm water, focus on your breathing, get into that very moment. Try practicing mindfulness while eating!

Meditation Tips:

1. Practice everyday, even when you are feeling great and have no anxiety.
2. Don't get frustrated when your mind wanders. Gently bring your focus back to your breathing.
3. Find a quiet place away from noise and distraction-- you might try the car!
4. Try sitting next to a window so you can look out at nature.
5. Try a family meditation if everyone is willing. ☺

Dr. Tanya Hudson, ND

#2 Slow Down your Breathing, and Focus on the Exhale

Think 4-7-8 Breath

Dr. Tanya Hudson, ND

The Vagus Nerve: The Queen of the Para-Sympathetic Nervous System

- Runs from the neck to the abdomen. In charge of "turning off" the "fight or flight" response.
- Activates the relaxation response, slowing our heart rate and reducing blood pressure.
- Responsible for the mind-body connection.
- **Listens to how we breathe and sends this message to the brain and heart.**
- **When we breathe slowly, the heart slows, and we RELAX.**
- **The exhale is what triggers the relaxation response.**
- Other ways to stimulate the vagus nerve? Laughing, singing, humming, yoga, acupuncture, and splashing the face with cold water or having a full-body cold rinse. ☺


Great... He cut himself. NOW we're all gonna start crying...


Can you perform under pressure?
No, but I can try Bohemian Rhapsody

Dr. Tanya Hudson, ND

#3 Exercise and Movement

- Diverts your attention
- Decreases muscle tension
- Increases heart rate, leading to more serotonin and GABA. ☺
- Activates the frontal cortex which controls the amygdala.

How Much Exercise and What Type?

Aim for movement everyday

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YOGA

CAT COW POSE

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Dr. Tanya Hudson, ND

Child's Pose

#4 NUTRITION

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FOCUS ON NUTRIENT DENSE, WHOLE FOODS, WITH GOOD FATS AND PROTEIN.

Avoid the Roller Coaster Ride with Your Blood Sugars

Dr. Tanya Hudson, ND

What to eat?

- Leafy greens (spinach, kale, Swiss chard)-Mg
- Asparagus (folate), Avocados (B vitamins)
- Fruits (blueberries and vitamin C)
- Oily fish-salmon and sardines (Omega 3's)
- Dairy-Greek yogurt (probiotics)
- Eggs and turkey (tryptophan ➡ serotonin)
- Vegetables—sweet potatoes (high in fiber)!
- Almonds (magnesium)
- Dark Chocolate (magnesium; may increase serotonin).
- Cook with turmeric! Good anti-inflammatory.
- ★ Limit or remove alcohol and caffeine

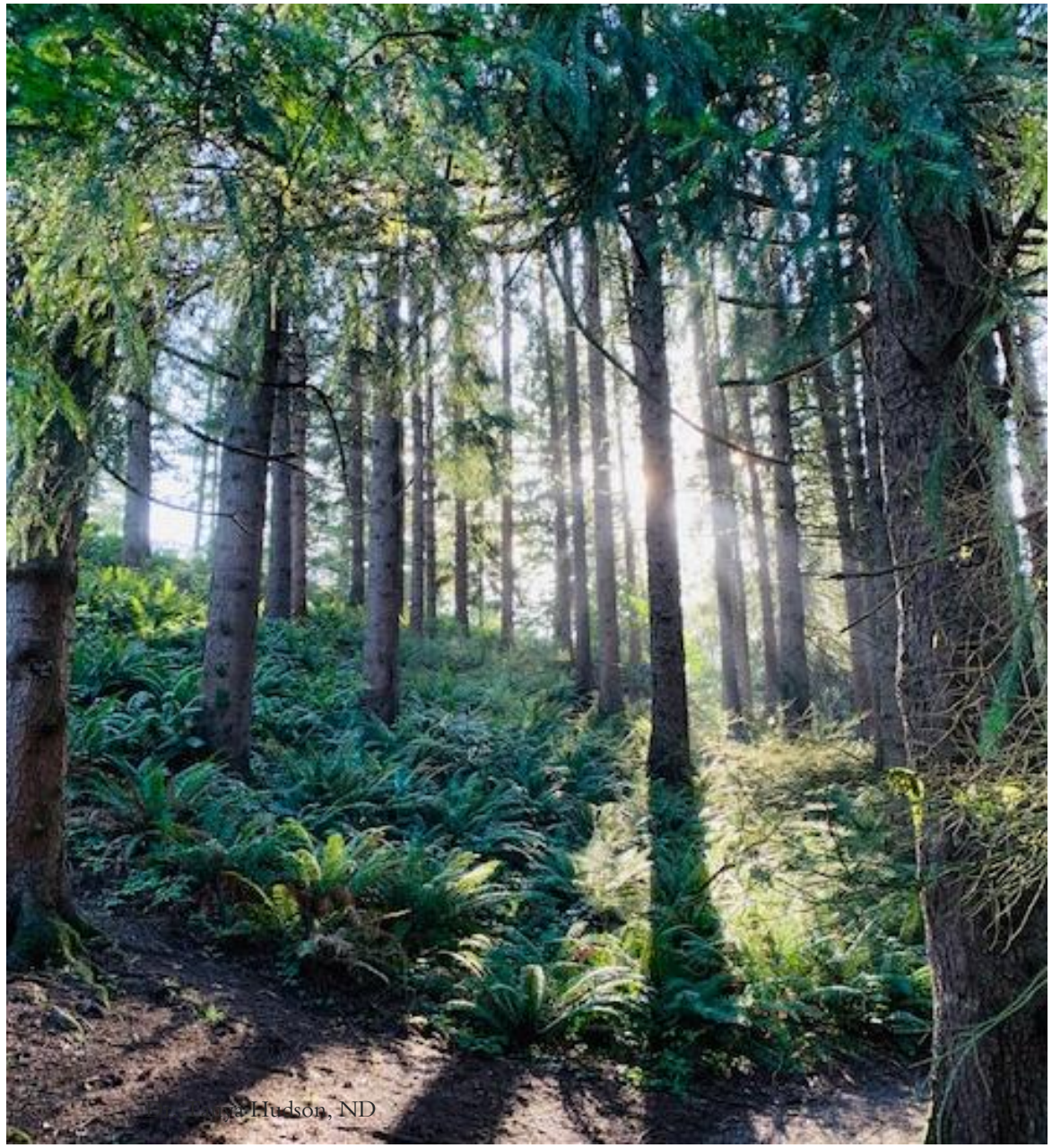
Teas for anxiety and stress

- Chamomile
- Peppermint
- Lavender
- Kava
- Lemon balm
- Passionflower
- Green tea (contains l-theanine)
- Yogi tea has some wonderful blends.

#5 Socialize

#6 Make Sleep a Priority

- Aim for at least 7, if not 8 hours a night.
- Turn off all screens 1 hour before bed.
- Do a calming activity before bed—read a book, meditate, yoga poses, hot bath or shower, etc.
- Stick to a regular bedtime and wake time.
- Try Lavender essential oil on a washcloth next to your pillow (1-2 drops only) or use a diffuser.
- White noise machine or fan.
- Try grounding or breathing exercises if you wake during the night. Protein can also help.



Hudson, ND

#7 Take a News Break and Do Some Forest Bathing

#8 Create a Daily Routine for Self-Care

- Morning Meditation
- Drink large glass of water
- Go for a 15 minute walk
- Stretch/Yoga
- Healthy Breakfast

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#9 Find time for what you LOVE

- Singing
- Dancing
- Guitar
- Painting
- Crafting
- Sewing
- Gardening

#10 Distraction

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Need to talk to a counselor? Text Connect to 741741

Dr. Tanya Hudson, ND

By Laura Kelly Fanucci:

When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way—better
for each other
because of the worst.

Dr. Tanya Hudson, ND

Thank you so much for being here today.

- Please follow me on Instagram **@dr.tanyahudson** or on Facebook under **Dr. Tanya Hudson ND**.
- You can contact me through my website www.hudsonnaturopathic.com.
- If interested in scheduling a virtual visit with me, call my clinic number at 503.547.7657.

Dr. Tanya Hudson, ND