

Anxiety Management Checklist: 18 ways to reduce your anxiety

We all are unique and have different paths to healing. When we both listen deeply to our own needs and the wisdom of science the route to healing becomes easier. The following checklist is a great starting point. It will help you create science-informed intentions towards eliminating anxiety and expanding your mind-body health.

Meditate – research shows that meditation alleviates anxiety big-time, minimizing cortisol, clearing anxiety-inducing negative thinking patterns, and anchoring you in present time.

Write it down – journaling is a systematic way to externalize difficult emotion and clear mental clutter.

Activate conscious thinking with mantras – by systematically focusing your attention on empowering thought forms, you have the capacity to become internally aligned with what you ultimately wish for: peace, contentment and joy.

Ditch alcohol, sugar, caffeine, smoking and other stimulants – caffeine and other stimulants can bring on anxiety with a vengeance.

Minimize your screen time – sedentary screen time is associated with depression and anxiety. Intuitively we know this to be true. Social media, video games, and other tech-based activity can elevate your fight-or-flight response, reinforcing fear and anxiety patterns long term.

Find your 'no' – you'd be surprised how much stress we call into our lives by taking on more than we can reasonably handle. Saying 'no' more often will make you less overwhelmed and give you back time for self-care and other things that fill your soul.

Make conscious connections – we have a deep need to tend and befriend, it's a natural survival instinct. Spend more time with those you love and you'll not only access the joy of meaningful connection, you'll activate the release of oxytocin, a natural stress reliever.

More joy, more laughter – as hard as it is to laugh when you're stressed, watching or reading something that hits your funny bone is shown to minimize the stress levels over time.

Conquer procrastination – a sense of control comes with organization and staying conscious of priorities. Setting clear intentions with firm deadlines can help you avoid a life of reactivity and stress.

Hug more – cuddling, hugging, kissing, and sex are natural stress relievers. They can help lower cortisol, blood pressure, heart rate, and your partner's stress will plummet too!



Get active – anxiety relief continues hours after you work out. It lowers stress hormones like cortisol, and releases feel good neurochemicals like endorphins. But don't go too hard, rigorous exercise can be counter-productive when anxiety is riding high.

Get more sleep – when you sleep your brain flushes out neurotoxins associated with anxiety.

Eat a healthy diet – your stomach contains more neurons than your brain does. Imagine that! So, whatever you put in it has a direct impact on your mood and conscious mind.

Practice deep breathing – low and slow breathing activates the parasympathetic nervous system, sending out calming neurochemicals and quashing anxiety.

Try aromatherapy – studies have shown aromatherapy to help you relax, decrease heart rate and blood pressure, and improve your mood (specifically, bergamot, clary sage, grapefruit, ylang-ylang, lavender). Ayurvedic practitioners have been using these natural healing remedies for centuries and now science is supporting what they have known all along.

Drink chamomile tea – studies show that a protocol of 220 milligrams five times daily leads to significant decreases in anxiety.

Try omega-3 fatty acids – medical students who received a daily dose of omega-3 supplements had a 20% reduction in anxiety symptoms.

Set an intention to reduce anxiety – remember that what you think and what you feel collects and attracts the experiences in your life. So, draw on the law of least effort: Picture your intention clearly, feel it deeply, and know that the reality you seek already lives within you.

I am a deliberate creator of my reality. I honour myself daily with conscious acts of self-care. Each day I will _____ (self-care intention) so that I may feel expansively _____ (emotion) and live a life of _____ (personal value).

E.G., I am a deliberate creator of my reality. I honour myself daily with conscious acts of self-care. Each day I will walk in nature (self-care intention) so that I may feel expansively peaceful and clear minded (emotion) and live a life of vitality and greater presence (personal value).

