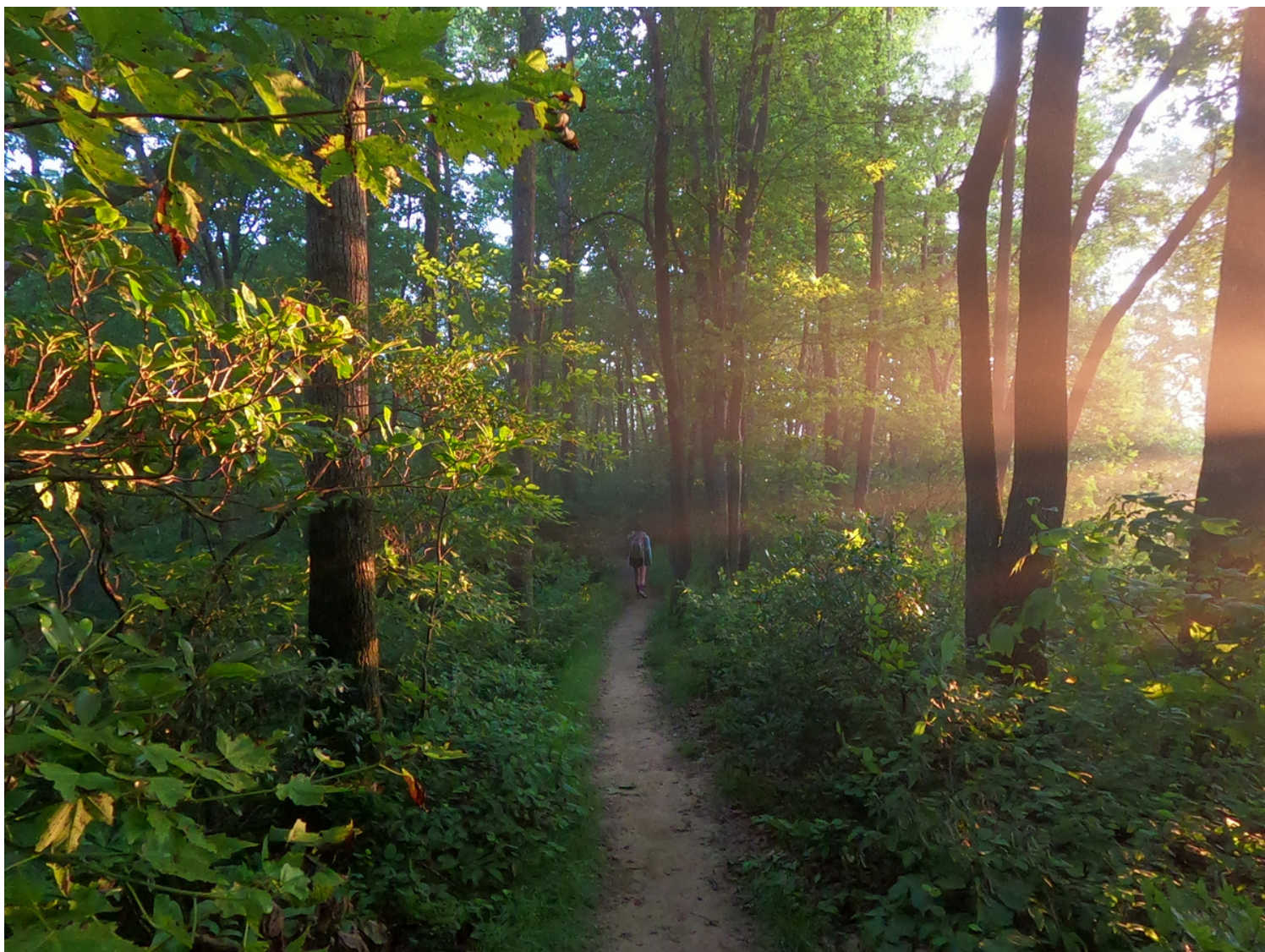


# anxiety detox



CALM, CONFIDENT & IN-CONTROL



# module 1





"What lies behind us  
and what lies before us are  
tiny matters compared to  
what lies within us."

-RALPH WALDO EMERSON



# My journey with anxiety...

- 1: draw a winding path in your journal on the next page
- 2: When did your anxiety start?
- 3: Mark the significant events in your life that triggered anxiety.
- 4: Save room for where you want to go from here!



# My journey with anxiety...

# Reflection



You've already overcome so much. In your journey, what makes you feel proud?

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How have you kept yourself from crashing? What habits have helped you?

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What advice would you give to your younger self? What do you wish you knew then?

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# Reflection cont...



What will your life be like when you are able to overcome anxiety? Specifically, what changes do you look forward to experiencing?

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How will your relationships be different? Your career? Your happiness?

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What do you have to lose by taking control of your anxiety?  
What do you have to gain?

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# Commit



Write down 3 reasons that you are committed to completing Anxiety Detox.  
What are the benefits that you are looking forward to seeing in your life?  
Then, post them somewhere that you can see them every day!

1.

2.

3.





# Congratulations!

LESSON 1 COMPLETE!  
CELEBRATE YOUR ACCOMPLISHMENT:  
(CHOOSE ONE, DO THEM ALL, OR CREATE  
YOUR OWN WAY TO CELEBRATE)

- ~CALL A FRIEND
- ~TAKE A BATH
- ~WRITE YOURSELF A NOTE WITH AN  
EMPOWERING MESSAGE
- ~SIP A CUP OF HOT TEA
- ~GO FOR A WALK OUTSIDE

# module 2





"For breath is life, so if  
you breathe well, you will  
live long on Earth."

-SANSKRIT PROVERB



# Sympathetic Nervous System

(Fight or Flight)

is connected to your

## Inhale

# Para-Sympathetic Nervous System

(Rest and Digest)

is connected to your

## Exhale

# Nijimen Scale



Rate how often you experience each of these symptoms.

0=NEVER - 1=RARELY - 2=SOMETIMES - 3=OFTEN - 4=VERY OFTEN

Chest Pain

Short of breath

Palpitations

Faster breathing

Cold hands/feet

Feeling confused

Tight feelings  
around mouth

Dizzy spells

Stiff fingers/arms

Blurred vision

Bloated stomach

Feeling tense

Tightness in chest

Unable to  
breathe deeply

**score of 23 or more suggests  
Hyperventilation Syndrome**



# Reflection

What have you noticed about your own personal breathing patterns?

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Why will breathing practice help you in your journey to overcome anxiety?

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When are your best times for practicing 5-10 breathing and scalene stretches?  
What habits do you already have that these new practices could easily be added to  
for greater effectiveness in creating this new pattern? (for example, "I can  
practice 5-10 breathing in the mornings after I walk my dog.")

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# Congratulations!

**LESSON 2 COMPLETE!  
CELEBRATE YOUR ACCOMPLISHMENT:**

- ~GIVE YOURSELF A MANICURE
- ~TAKE A WALK OUTSIDE
- ~HAVE A BITE OF CHOCOLATE
- ~TAKE A NAP
- ~DANCE PARTY!

# module 2







"One cannot think well, love well, sleep well if one has not dined well."

VIRGINIA WOOLF



# Anxiety and Nutrition

**Caffeine**-acidity in caffeine disrupts your microbiome, caffeine also increases your heart rate and blood pressure...your brain interprets this as stress/anxiety and responds with the appropriate chemicals to support that state.

**Gluten**- prevents absorption of nutrients needed for proper function of your nervous system. Gluten is also responsible for "leaky gut" syndrome which has been linked to anxiety, depression and other mental health issues.

**Alcohol**- the acidity in alcohol kills the good bacteria in your gut. The good bacteria is what allows proper digestion, and creating of neurotransmitters and other important brain functions. Alcohol is also an anxiety trickster. Alcohol makes you believe that it is helping you with anxiety, but actually steals your confidence to help yourself as it also creates an environment in your body which favors having anxiety.



# Anxiety and Nutrition, cont.

**Smoking**- the health risks associated with smoking are no longer a secret. Smoking increases acidity in your gut, nicotine has anxiety-producing properties, people who smoke are more prone to panic attacks, nicotine withdrawal feels like anxiety, nicotine has been linked to 3 types of anxiety disorders, there is no evidence that people who have anxiety are more likely to smoke, but there IS evidence that shows people who smoke are more likely to have anxiety (this points toward smoking as "causing" anxiety).

**Antibiotics**- kills "good" bacteria which help with digestion and the creation of important neurotransmitters

**Stress**- when the sympathetic nervous system is activated, the body doesn't properly digest food and absorb nutrients

**NSAIDS**-ibuprophen (NSAIDS) attack the lining in your gut. The lining of your gut is where important neurotransmitters for signals of calm are created.



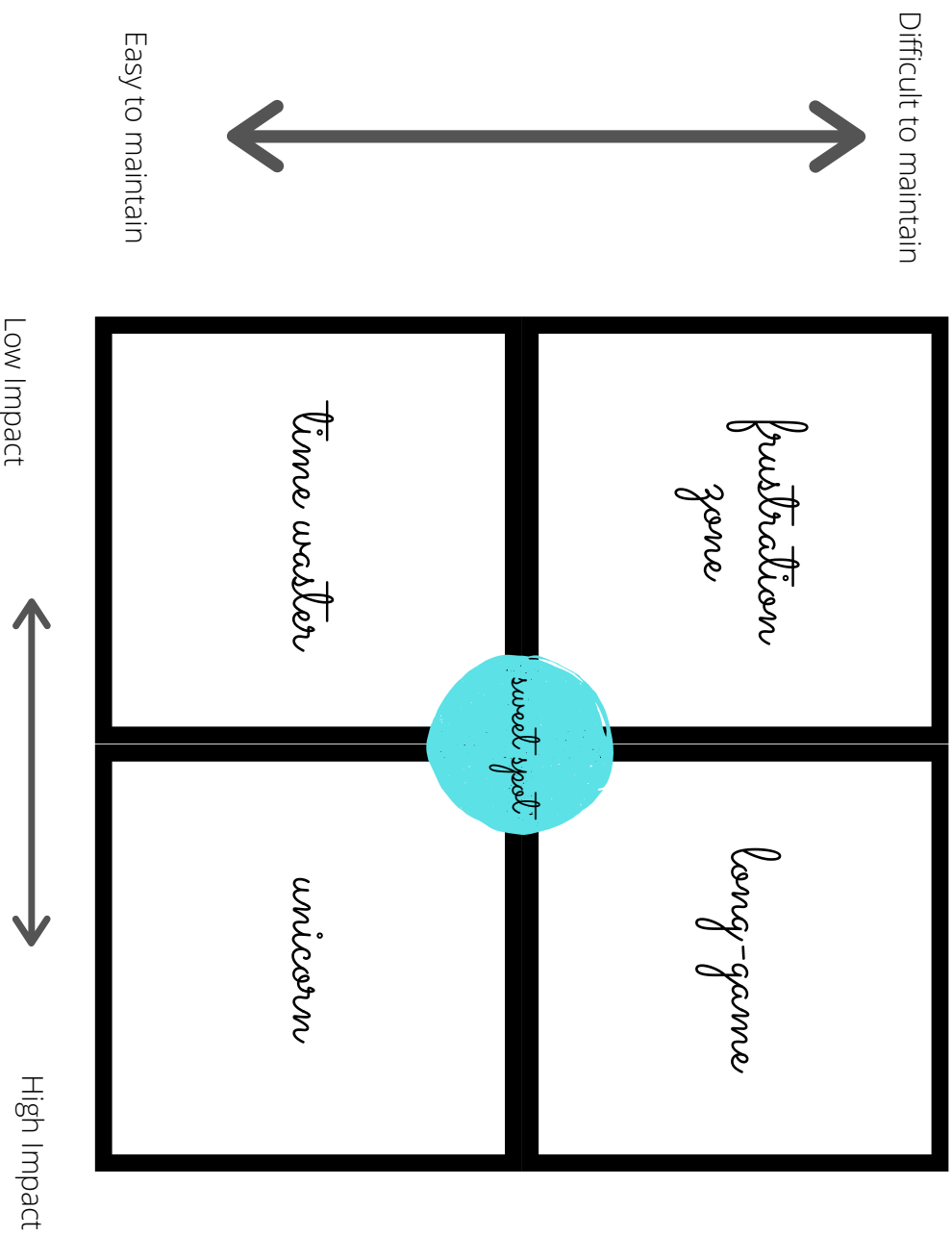
# Anxiety and Nutrition

**Probiotics-** come from fermented foods. Found in foods such as yogurts (dairy and non-dairy), kombucha, kimchi, and sauerkraut. Probiotics are beneficial because they contain the "good" bacteria that will help your body properly digest foods and create the amino acids and neurotransmitters that are essential to healthy brain function. (note: amino acids are precursors to neurotransmitters) Probiotics produce GABA and serotonin which reduce stress and anxiety. GABA is known to be a "natural tranquilizer".

**Prebiotics-** are the food for probiotics. Feed your good bacteria so they can do their work. Prebiotics help with digestion, boost your immune system, and improve your metabolic health. Examples of prebiotics are garlic, onions, asparagus, bananas, barley, oats, apples, cocoa, flaxseed, and seaweed.

**Raw Foods-** help by introducing fiber and micronutrients into your digestive system. The fiber helps keep things "moving". The micronutrients are also known as vitamins and minerals (Vitamin C, A, iron, zinc, folate, etc. Cooking foods reduces the micronutrient content so to maximize these vitamins and minerals, eat raw foods like any fruits and vegetables, sprouts, and raw honey. Salads and smoothies are the easiest ways to get a variety of raw foods.

# Stoic Matrix™





# Reflection

What is your "sweet spot" on the Detox Matrix™?

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What will you need to do to make the changes you intend to make?  
Examples: replace one meal a day with raw salad, reduce caffeine intake...

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What will be your obstacles to success? How will you plan to overcome them?

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# Congratulations!

LESSON 3 COMPLETE!  
CELEBRATE YOUR ACCOMPLISHMENT:

- ~CALL YOUR BEST FRIEND
- ~TAKE A WALK IN A LOCAL PARK, OR  
YOUR NEIGHBORHOOD, ANYWHERE  
OUTDOORS
- ~MAKE YOURSELF A BIG SALAD OR  
SMOOTHIE AND ENJOY
- ~HAVE A CUP OF HERBAL TEA
- ~SIT IN THE SUNSHINE