

Anxiety Relief

Cheatsheet

A snapshot of tools to calm your nervous system + reconnect with your body

RELEASE · RESTORE · RECLAIM

01

Diet & Lifestyle Foundations

Balance Blood Sugar

Blood sugar spikes and crashes can mimic or worsen anxiety symptoms. Stabilising glucose levels helps your nervous system feel safe.

PRIORITISE

- Protein with every meal (ideally animal based for bioavailable nutrients needed for mental health)
- Healthy fats: avocado, nuts, seeds, oily fish, EVOO
- Fibre: rainbow vegetables, leafy greens, legumes
- Add true cinnamon (supports insulin sensitivity)

Anti-inflammatory Nutrients

Chronic inflammation = chronic stress on the brain and body.

INCLUDE

- Oily fish (salmon, sardines, mackerel)
- Turmeric, Ginger, Saffron
- Extra virgin olive oil
- Seaweed and shellfish

Antioxidants for Brain Health

Oxidative stress impairs mood, memory, and resilience.

ROTATE IN

- Blueberries, goji berries, dark chocolate (85%+ cacao)
- Pomegranate, beetroot, green tea
- Herbs like rosemary and oregano (rich in polyphenols)

● *By the way, have you drunk enough water today?*

02

Remove or Reduce Triggers

Food Sensitivities & Gut Irritants

Even subtle reactions can fuel anxiety via inflammation across the gut-brain axis.

COMMON CULPRITS

- Gluten, dairy (casein, lactose), vegetable oils
- MSG, yeast extract, emulsifiers
- Artificial colours/flavours
- High-histamine foods: aged cheeses, smoked meats, kombucha, etc.

Stimulant & Sedative Dependence

- **Caffeine:** Increases cortisol and adrenaline — can mimic a panic attack. Try replacing it with chicory or dandelion root tea.
- **Alcohol:** Disrupts GABA, blood sugar, and sleep. Creates rebound anxiety.

03

Supplemental Support

(check for deficiencies first)

- **Magnesium glycinate or threonate** – muscle relaxant, helps with racing thoughts
- **Vitamin D** – supports immune function, serotonin, and mood regulation
- **Zinc & selenium** – critical for thyroid, immune function, and nervous system
- **Hydroxocobalamin (B12)** – supports red blood cells, myelin sheath, and emotional regulation

Nervous System Calming Teas

- **Lemon balm** – antiviral, calming, supports GABA
- **Chamomile** – relaxes muscles, digestive soother, gentle sedative
- **Lavender** – anxiety, restlessness, and sleep

Acupressure Points

- **Conception Vessel 7 (CV7) – “Sea of Tranquility”**: calms and relaxes the body and Spirit, releases the chest, brings emotional balancing and centering, relieves nervousness, difficulty breathing, and chest tension.
- **Kidney 1 (KD1)** – sedation point, one of the most calming and grounding points, stabilises Kidney and Heart energy, calms the Spirit and Mind
- **Governing Vessel 24.5 (GV 24.5)** – third eye chakra, opens the nose, releases anxiety, headache, spiritual and emotional healing point

Essential Oils

(via diffuser or pulse points)

Cedarwood

CLEARs alienated, anger, cautious, lonely, threatened

BRINGs certainty, courage, strength, grounded, self-acceptance

Frankincense

CLEARs abandoned, anguish, anxious, mental chatter, restricted, vulnerable

BRINGs break-free, protected, spiritual liberation, stillness, truth

Vetiver

CLEARs afraid, apathy, perfectionist, pushing self, scattered, survival mode

BRINGs assurance, belong, centred, nourished, reconnected, strength

Lavender

CLEARs closed-in, neglected, sad, self-conscious, suffocated, vulnerable

BRINGs calm, communication, habit breaker, mother earth, nurtured, soothed

Body-Based Practices

Releasing anxiety **through the body** is often more effective than logic alone.

- **Shaking** (trauma release style, like animals do after stress)
- **Dancing** – move emotion, reconnect to joy
- **Crying** – releases emotional stagnation
- **Deep belly breathing** (4-7-8 or box breathing techniques)
- **EFT tapping** – emotional release + reprogramming subconscious
- **Movement:** Gentle exercise, pilates, walking outdoors
- **Warm baths** with epsom salt – for comfort, muscle relief, magnesium
- **Cold exposure** (shower/plunge) – builds resilience, energises (better for men)

Energetic Grounding + Emotional Connection

- **Grounding:** Walk barefoot on grass, sand, soil, or ocean – connect with Earth's electromagnetic field
- **Journaling:** Put thoughts to paper and give yourself space from the mental chatter
- **Yoga / somatic stretches** – open the hips, release stored tension
- **Tech detox:** Put down your phone. Return to your breath, your senses
- **Talk therapy / kinesiology:** Work with your practitioner to shift beliefs, stored trauma, and suppressed emotions

Come back to this when you feel overwhelmed. *Remember anxiety is your body speaking to you – listen and give it what it needs.*

YOUR BODY HOLDS THE STORY. LET'S REWRITE IT.

Book a Discovery Call

www.balancedme.com.au

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This guide is general information to support your wellbeing and is not a substitute for medical advice. Please speak with your GP or health practitioner before starting supplements or changing your diet, especially if you are pregnant, breastfeeding or taking medication.