

How to reduce feelings of stress and anxiety



The feeling of stress and anxiety has recently intensified in people, although few people are aware of it. Fatigue, chest pains, and self-doubt are just a few of the symptoms that may indicate feelings of stress and anxiety. The coronavirus pandemic, the conflict in Ukraine, inflation, increased work duties - all of these and many other reasons certainly do not help to maintain peace and a small amount of stress.

Feeling of stress and anxiety - what can you do about it?

Definitely yes! Of course, the easiest way to write: just don't get stressed and you're in trouble. However, it is not so easy for the feeling of stress and anxiety to go away in a few seconds. Of course, there are people in the world who, like a snap of their fingers, can throw a lot of negative thoughts out of their heads overnight and not come back to them, gaining peace and tranquility.

However, there are many ways to help counteract feelings of stress and anxiety:

1. **Try to stay outdoors as much as possible** - exercise, and even just being outdoors, has a very good effect on the feeling of peace and tranquility. Most people work in confined spaces, so

being in them all day can only increase the feeling of stress and anxiety. Going outside will not only help you maintain balance in your life, but most of all it will be beneficial to your health because of physical activity itself! A very good form of physical activity in counteracting stress and anxiety is the gym! More than once, after a hard day at work, I went to the gym and there I could unload my negative emotions and enter the second part of the day with a new attitude!

2. Many things are beyond your control - don't stress over them! As I mentioned in the introduction - many things that can stress us - we simply have no influence! Of course, I know it's easy to talk - especially now, when so much is happening around us. However, many of them are beyond our control, and if you let these things occupy your head - the feeling of stress and anxiety can exacerbate. Therefore, if you are stressed by things that are beyond your control - try to do something at that moment that will distract you from this thought and that will make you happy!

3. Take care of your sleep! Sleep is undoubtedly one of the most important aspects of the life of any person who wants to enjoy health as long as possible. It is during sleep that many regenerative and, above all, "repair" processes of the body take place. Therefore, do not let the thoughts on your mind disturb your proper sleep. A good way to do this is to read a book before going to bed - not only will you focus on something else, but above all it will calm you down and it will be much easier for you to fall asleep;

4. Do what you enjoy! Set aside time during the day when you are doing something that makes you happy! Joy, smile, satisfaction - all these features not only reduce the feeling of stress and anxiety, but most of all infect other people with positive energy! So learn to manage your time during the day in such a way as to have time for yourself and your loved ones and do it every day!

5. Adaptogens - substances that increase the human body's resistance to stress, support the work of the cardiovascular system, reduce fatigue, thus enhancing the regenerative processes of the body. Briefly summarizing - they are designed to help restore the physical and mental balance of the body. The adaptogens include, among others: Ashwagandhe, Bacopa Monieri, Rhodiola Rosea, ginseng or Gotu Kola. It is not without reason that I wrote Ashwagandha in the first place, because it is the king of adaptogens. It increases resistance to stress, supports adaptation to changing conditions, improves concentration and memory, accelerates the regeneration of the body, and also improves endurance. First of all, it allows you to maintain mental and physical balance, which is a great advantage in terms of feelings of stress and anxiety!

6. Talking to someone close to you - talking about your problems, feelings is also a therapy to reduce the feeling of stress and anxiety. Your loved ones will certainly help you cope with stress and anxiety and make changes to your life. So open yourself to your loved ones, do not suppress it within yourself, and you will see that it will be much easier.

Long-term feelings of stress and anxiety - what can it lead to?

Unfortunately, long-term stress and anxiety can lead to many negative effects when it comes to human health, such as:

- cardiovascular problems;
- backaches;
- osteoporosis;
- digestive problems;
- obesity;
- skin problems;
- headaches;
- liver pain.

Of course, the occurrence of each of these ailments could be minimized if it were not for the feeling of stress and anxiety, but what to do to counteract them?

Undoubtedly, the most important counteracting the negative effects of the feeling of stress and anxiety, apart from its prevention, will be a proper diet. It should be based on the most nutritious products, rich in vitamins and minerals, as well as an adequate supply of macronutrients such as proteins, carbohydrates and fats. You can't move without a diet, and at first glance, how is it possible that a diet can have a positive effect on, for example, backache? It just so happens that it can, because in many cases back pain arises from stress and the inflammation that comes with it. Thanks to the appropriate supply of, for example, Omega-3 fats, you can reduce inflammation in the body, which may reduce the feeling of pain. It is not without reason that I mention supplements as a support during long-term feelings of stress and anxiety. I mentioned that it can lead to digestive and liver problems.

The liver is responsible for many processes in the human body and its health is very important for proper functioning. Therefore, it is worth including in your daily supplementation products such as B vitamins (they will also support the nervous system), alpha-lipoic acid (ALA), curcumin, or milk thistle.

Feeling of stress and anxiety - the sooner you act, the better!

If you have a few symptoms that indicate a feeling of stress and anxiety (palpitations, insomnia, stomach trouble, memory loss, lack of appetite or excessive appetite, irritability or lethargy) - don't wait and start making changes to your life right away! The earlier you change your behavior during the day, make changes in your diet and use the necessary supplements that Essence has in its product range - the sooner you will overcome the negative effects of stress and anxiety, thus improving your well-being during the day. Stress and anxiety may accompany you to a greater or lesser extent throughout your life, but it depends on you how much. However, it is worth taking care of yourself and I hope that after reading this article you will make many changes and your well-being will be better and better every day!