

Anxious for a Reason

Why you feel anxious – and what your body may be trying to tell you



Do you wake up in the night with your mind racing?

Feel shaky or irritable when you haven't eaten?

Crash in the afternoon but feel wired at night?

Feeling overwhelmed by small things, or notice your heart racing for no clear reason?



For many people, anxiety starts in the body not just the mind. Your body may be stuck in

“fight-or-flight” mode.

And there is usually a reason.



4 Common Patterns of Anxiety.

1. Blood Sugar Swings

Do you skip meals? Drink coffee before eating? Eat mostly carbs alone? Your blood sugar can rise and fall quickly. When it drops, your body releases stress hormones. That can feel like anxiety

Signs:

- Jitters or feeling nervous after caffeine,
- Feeling shaky when hungry
- Afternoon crashes
- Strong cravings

2. Stress Hormones Stuck 'On

If you are always busy, always thinking, and always pushing through, your body may stay in stress mode.

Signs

- Feeling wired at night
- Tired in the morning
- Trouble relaxing
- Restless sleep

3. Low Nervous System Support

Your body needs minerals and fuel to stay calm.

Signs

- Muscle tension
- Heart pounding
- Feeling overstimulate
- Feeling drained but alert.

4.The Gut-Brain Imbalance

When your gut is off it can send stress signals to your brain making anxiety worse.

Signs

- Bloating
- Upset stomach
- Nausea after meals
- Diarrhea or constipation



3 Simple Steps!

Feed Your Body First

- Eat within an hour of waking and include good quality protein.
- Avoid coffee on an empty stomach.

Wake Up Your Nervous System

- Get some morning light or do a short walk in the morning.
- Incorporate grounding techniques- stand barefoot on the grass

Calm Your Gut & Mind

- Take a few slow belly breaths before meals
- Chew food thoroughly and be mindful of your pace of eating

