

- **Sleep is the most important way to combat anxiety**
- **Lack of sleep could increase anxiety levels up to 30%**
- **7-9 hrs night**
- **Avoid eating 3 hrs before bed**
- **Avoid high carbohydrate foods-insulin spikes than you wake when blood sugar is low again**
- **Affirmation/personal declaration - (separate handout on this)**  
**“Do not conform to the pattern of this world, but be transformed by the renewing of your mind” (Romans 12:2)**
- **Visualizations**
- **Deep breathing (4-7-8 method) deep breath in through nose for count of 4, hold breath for count of 7 and exhale loudly and forcefully through mouth for count of 8 doing 4 cycles perform 2x/day or whenever feeling anxiety (after 4-8 weeks, can work up to 8 cycles)**
- **Gratitude journal (Gratitude Channel)**
- **Prayer**
- **Exercise (at least 3 hrs before bed) lack of movement increases stress hormones**
- **Avoid screens 1 hour before bed (blue light filter or blue light blocking glasses)**
- **Get sunlight exposure daily (at least 30-60 minutes)**
- **Avoid bright light exposure after sunset (incandescent bulbs are better than LEDs)**
- **Lavender essential oil (diffuse or drops on pillow)**
- **Supplements (melatonin, valerian root, chamomile, 5-hydroxytryptophan (5-HTP), CBD oil)**
- **No electronics/TV/cellphone in bedroom**
- **Complete darkness in bedroom is ideal**
- **Intermittent fasting**

## Nutrition for Anxiety: Adopt an Anti-Inflammatory Diet

### Anti-Inflammatory Foods



Grass/pasture Fed Meat, Poultry, And Wild Game



Sweet Potatoes and Other Root Vegetables



Raw Nuts



Green Tea



Vegetables and Fruits



Turmeric



Wild-caught Fish



Bone Broth and Vegetable Broth



Apple Cider Vinegar



Ginger



Organic Extra Virgin Olive Oil, Organic Coconut Oil, Organic Grass-fed Butter



Dark Chocolate



Organic Omega 3 Eggs



Cumin, Marjoram, Etc.



Garlic

### Pro-Inflammatory Foods



Refined Grains, Whole Grains, Grain/flour Products



Deep Fried Foods, Processed Foods, Most Packaged Foods



Grain-fed Meats/eggs, Fast Foods, Soda Pop



Most Commercial Salad Dressings, Trans Fats, Margarine, Some Oils (Corn, Safflower, Sunflower, Soybean)

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Study by Dr. Cyrus Raji and his colleagues published a study reporting that as a person's weight went up, the size of his or her brain went down