



## Top 10 Foods and Drinks to Reduce Your Anxiety <sup>[1]</sup>

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Since our minds and bodies constantly influence each other, it is only natural that what we eat and drink has an impact on our mental functioning. Believe it or not, there are actually some foods and drinks, which can help you reduce your anxiety and its symptoms!

Although consuming the right things is not enough of a lifestyle change to completely transform the experience of social anxiety, it is a wonderful addition, to the other steps suggested in this manual. Take the time to integrate the following food and drinks into your menu, and you will soon notice a positive change.

### **1. Green Tea**

Because it's rich in L – theanine, green tea has an incredibly soothing effect. If consumed regularly, green tea can have a calming effect on your anxious mind. Studies have shown that 200 milligrams of L – theanine supplement is enough to take the edge off, right before an important exam.

### **2. Fish**

But not just any fish. You need fish that are rich in fat like for example: tuna, salmon or mackerel. The omega-3 fatty acids found in these fish are particularly good for your brain. You can find these acids in the form of supplements but most experts recommend that we obtain them by consuming fish. When you buy your fish, remember to check if it cruelty-free and dolphin-safe.

### **3. Bell Peppers**

This vegetable is the perfect choice for a tasty, crunchy snack that is also full of vitamins, which will restore your energy levels. People with anxiety tend to worry a lot which will inevitably drain their energy and a diet rich in vitamins is exactly what they need. In addition, bell peppers are rich in fiber and low in calories, which makes them perfect for a balanced diet.

### **4. Spinach**

Anxiety and negative emotions cause a rapid decrease in vitamin C. Spinach is rich in vitamin A, C and K, which makes it a perfect food for people who struggle with social anxiety. Many experts recommend we eat raw spinach in order to fully benefit from its nutritional value. For instance, when making a salad, replace lettuce with spinach.

## **5. Blueberries**

Blueberries are much more than just delicious fruits. Many nutritionists consider them a superfood. Blueberries are rich in vitamins and phytonutrients, with a variety of antioxidants that are thought to have a positive effect on anxiety disorders. They make a perfect snack to be consumed between meals.

## **6. Eggs**

In order to function at full capacity, your brain needs B vitamins. A lack of vitamin B can cause irritability, confusion and symptoms similar to those of anxiety. Make sure to include foods that rich in vitamin B in your diet. Pork, beef and eggs are an excellent source of vitamin B. Besides, eggs have a high concentration of choline, a vitamin crucial to your brain's health. As a warning, do not eat too many eggs, otherwise you could end up having liver problems. When you buy your meat and eggs, make sure they have come from free-range animals.

## **7. Asparagus**

Besides being a great source of antioxidants, asparagus is also rich in tryptophan. This amino acid stimulates the production of serotonin, a hormone that prevents symptoms of anxiety and depression from occurring. Furthermore, according to specialists, serotonin deficiency is the leading cause of panic attacks. When released in the brain, serotonin molecules place themselves in the synaptic cleft, making it harder for electrical impulses to pass from one neuron to another. Under the influence of this hormone, the person becomes calm and relaxed.

## **8. Carrots**

This vegetable is rich in beta-carotene, an antioxidant that strengthens the body and boosts the immune system. They say a healthy body leads to a healthy mind and carrots are clearly a great way to maintain your physical wellbeing. If you're craving a crunchy snack, choose raw carrots instead of chips, crackers or any other junk food.

## **9. Chocolate**

Dark chocolate, the kind without milk or sugar, is also an excellent food for those who struggle with anxiety. Chocolate reduces cortisol, a stress hormone that can increase the symptoms of anxiety. You can eat one or two tablets a day, preferably in the morning.

## 10. Chamomile

For hundreds of years, people have been using chamomile as a natural remedy for anxiety. According to recent studies, this herb proved to be effective in treating mild to moderate anxiety. Chamomile is mostly consumed as tea, but you can also find it as a supplement.

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