

## Natural Remedies for anxiety and stress:

- Aromatherapy:
  - Valerian - said to promote sleep and calm nerves
  - Lavender - said to calm anxiety by impacting the limbic system
  - Jasmine - said to calm the nervous system without causing sleepiness.
  - Sweet Basil - said to calm the mind and relieve stress
  - Bergamot - said to relieve anxiety and improve mood.
  - Chamomile - known for its relaxing and sedating properties
  - Rose - said to relax the senses
  - Ylang ylang - said to promote relaxation
  - Frankincense - said to ease anxiety
  - Clary Sage - said to be a calming aphrodisiac
  - Lemon Balm - said to soothe and restore.
  - Fennel - said to treat anxiety side effects and digestive problems.
- Herbal Teas
- Time Management strategies
- Get more sleep
- Ditch caffeine
- Stop smoking
- Meditate
- Healthy Diet
- Deep Breathing
- Laughter and Comedy