

Upgrade Your Basal Ganglia

Become Aware of A.N.T.S (Automatic Negative Thoughts)

Stop Worrying about what Others Think of You

Adopt Assertiveness:

- Learn to Deal with Conflict instead of trying to Avoid it

Guided Imagery techniques

Diaphragmatic Breathing

Meditation

Follow a Balanced Diet to avoid getting too Hungry in the Day

Caffeine: Avoid or Minimize

Consider Herbal Options (consult Your Doctor):

- Kava Extract
- Valerian Root

B Vitamins (e.g. B complex supplements with B₆)

Consider Natural Scents:

- Chamomile
- Lavender