

EASE MORNING ANXIETY

Many people find that their anxiety is at its worst in the mornings. Racing thoughts, panic symptoms and excessive worry can strike as soon as you wake up, even before you have set foot on the floor. If you can relate to this, please be reassured, you are not alone. Morning anxiety is very common.

What causes morning anxiety?

- Studies have shown that the level of the "stress hormone, cortisol is quite often at its highest during the first hour of waking up.
- After a night's sleep the blood sugar levels in our bodies are low, this can trigger anxiety. The body needs re-fuelling. Little and often is a good tip, this keeps our sugar levels balanced.
- Too much caffeine and sugar can increase anxiety symptoms. So be aware on what you consume first thing.
- If you go to bed with anxious thoughts or lie awake worrying during the night, you are quite likely to wake up feeling stressed.



What can you do to ease Morning anxiety?

- Eat a healthy, well-balanced diet. Cutting out or reducing sugar, caffeine and processed foods.
- Limiting or cutting out alcohol.
- Keeping a healthy sleep pattern. Going to bed and getting up at the same time each day really helps.
- Reducing anxious thoughts before bed. Keep a pad and pen handy, write any worries down and promise yourself you will deal with them at a more appropriate time.
- Use meditation, mindfulness or relaxation exercises to fall asleep.

