

April Holistic Wellness Tips*

Written and Illustrated by Atlassian's Holistic Health Coach Lila Volkas N.C.

It is a stressful and strange time to be alive!

I want to offer you easy holistic tools for managing anxiety that you can add to your self-care tool belt during this unprecedented era. All experiences and feelings are valid and there is no one right way to be during this global pandemic.

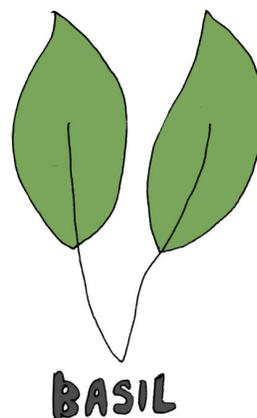
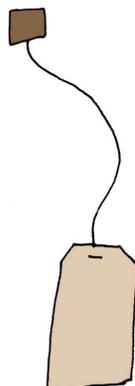
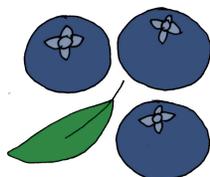
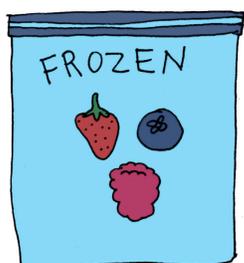
I wish each of you gentleness, safety and health!

Munch on those Antioxidants!

Oxidative stress in the brain leads to neurological dysfunction including anxiety and depression. This oxidative damage comes from the presence of toxins, free radicals, light heat and oxygen exposure. Anxiety, depression and panic speed up the rate of antioxidant deficiency. This is why it's important to eat lots of antioxidant rich foods!

Berries: blackberries, blueberries, cranberries, elderberries, goji berries and raspberries

Pro tip: buy organic frozen berries, they are often cheaper and frozen at the peak of ripeness, maintaining all of the beneficial nutrients.



BASIL



ROSEMARY

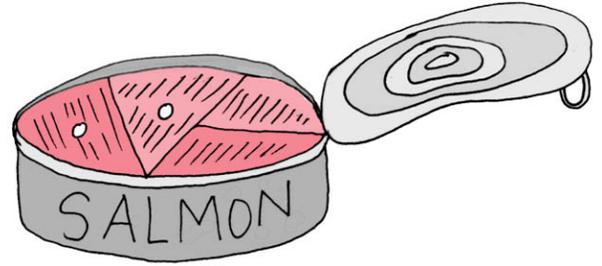
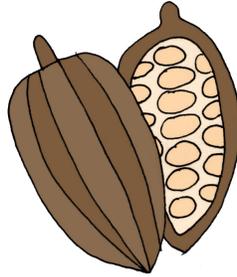
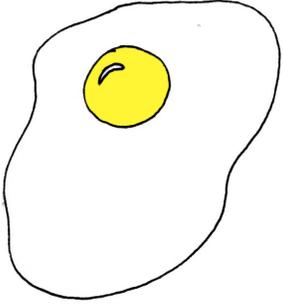
Fresh Herbs: Basil, cilantro, cinnamon, cumin, oregano, mint, parsley, and rosemary

Pro tip: herbs are really easy to grow yourself, check out this [guide](#).

Chocolate: Cacao powder, cacao nibs and cacao butter

Pro tip: skip the candy bar and make your own lower-sugar chocolate treat. My favorite is to add cacao nibs on top of smoothies, yogurt or in a trail mix.

Tea and Herbs: Ginger, turmeric, ashwagandha, and all types of tea (black tea, green tea, white tea, etc.)



More Minerals!

Minerals play a super important role in mood stability, muscle relaxation and neurotransmitter regulation. Below are some of the major players:

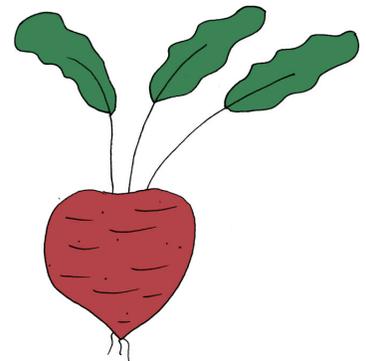
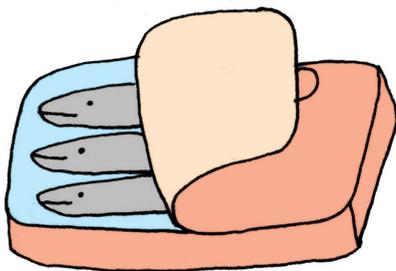
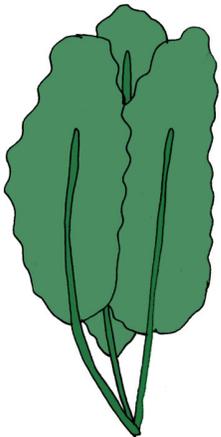
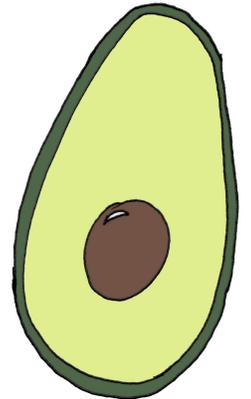
Zinc: oysters, meat*, egg yolks*, pumpkins seeds, chocolate, sesame seeds, and nuts.

Magnesium: dark leafy greens, dark chocolate, nuts, seeds, avocados and beets.

Selenium: Brazil nuts, shrimp, cashews, sardines, garlic, liver* and dark meat*.

Calcium: dairy products*, canned salmon and sardines* (with the bones!), sesame seeds, almonds and leafy greens.

*Whenever possible purchase organic, grass-fed, pasture raised, wild-caught (for fish) animal products.

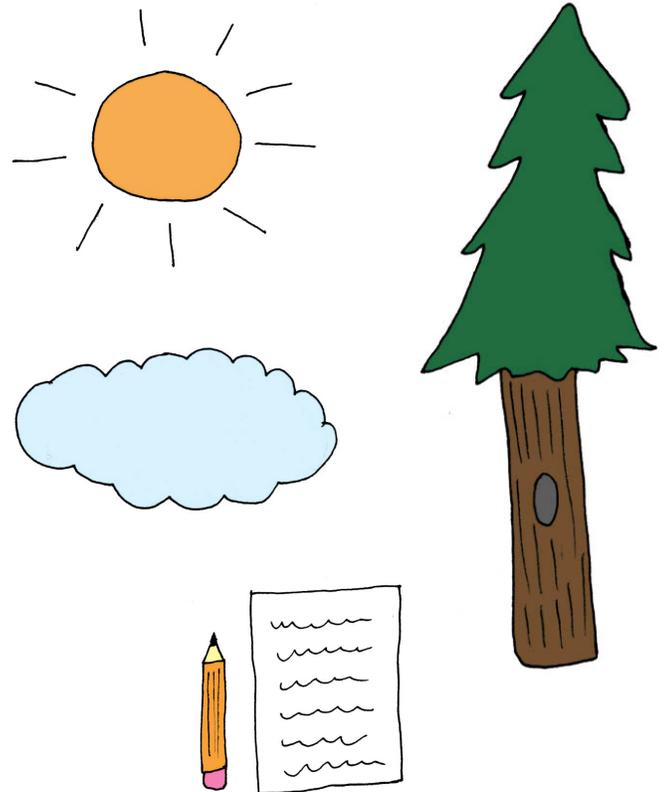
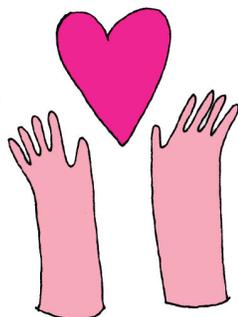
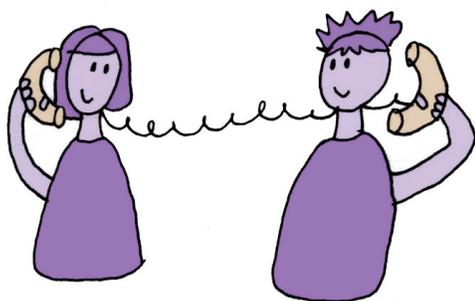


Lifestyle

Move ya Booty! Exercise stimulates the body's ability to produce serotonin and endorphins. Find a movement practice that works for you: hiking, dance, fitness classes, biking, running, walking, yoga, and playing sports are a few awesome examples.

Cultivate an Attitude of Gratitude.

Focusing on the positive things in our life can make real shifts in our body's chemistry. Try thinking of 5 things you are grateful for everyday and write



Social Support. Seeking connection with friends, family and community is a supportive way to combat feelings of anxiety. Reaching out a trained professional like a therapist or social worker can also help to pull you out of an emotional rut if you feel stuck.

Get Some Vitamin N, Nature! Take a walk outside, drive to the ocean or take a hike in the forest. Time spent in nature has been studied to lower stress, anxiety, and depression. Not to mention that getting into the sun for 10-15 minute per day can also boost your mood and help regulate your sleep.

* Note: This information is not meant as medical advice or an alternative to treatment by a doctor.

Additional Resources:

- Check out [this study](#) about antioxidants and anxiety.
- [Harvard post](#) about anxiety and nutrition.
- [The Anti-Anxiety Diet](#) by Ali Miller
- Benefits of time in nature studies from [Yale](#) and [science daily](#).
- The science of gratitude [article](#).