



FIERCE BABES

Empowering Single Women

ANXIETY & DEPRESSION

Now I'm not a psychologist so none of this information should replace you seeking professional help should you need it. This information through my experience has helped me and my clients naturally; this should not replace any professional advice.

When looking at fuelling the body properly what you need to understand is that you are not only fuelling your body and its organs you are also fuelling your brain which is also an organ. So it makes sense that the way you are living your life will affect your mental health as well.

Your emotional wellbeing is highly reliant on what you are eating and how well you are looking after yourself.

EXERCISE

Exercise is probably the best thing you can do to help with depression and anxiety.

Exercise releases those feel good endorphins which make you feel happy. Remember that. Exercise will always make you feel better. Exercise also increases your self-esteem, boosts your confidence and gives you a sense of empowerment which can really help.

POOR SLEEP

Sleep can really exacerbate depression and anxiety. Your brain is replenished while you sleep. So a lack of sleep can really affect your mood, big time.

ANXIETY

I've had many years of struggle with anxiety in my life and if I could recommend just one thing to do it would be to give up coffee. If you are prone to anxiety and panic coffee will only add to your symptoms it could even be causing your anxiety in the first place.

CONTROLLING YOUR THOUGHTS

You know a lot of people dwell over things they cannot control but what you have got to always remember is that you CAN control your thoughts.

There are 3 things that you can do to change your thoughts and change your negative state.

1. **Alter the negative situation** – by ending the bad relationship or change jobs or whatever it may be that is causing you unhappiness. You are never stuck. You are stuck if allow yourself to be. Take control of the things that you can change and let go of the things you can't.
2. **Pay attention to the positive things** – What we focus on expands, so if you find yourself always focusing on the negative things in life you will just find more things to feel negative about. Try to focus on the positive things every day. This is the choice you have every single day.

3. **Change your perspective** – A lot of the time our perspective of a situation can have us worked up for no reason. Choose to see the positive perspective and possibility in every situation rather than jumping to conclusions.

REDUCING STRESS AND LEARNING TO RELAX

If there is one thing I wish I learned how to do sooner it is relax. When you are calm and relaxed, anxiety and panic cannot live at the same time. You can't experience both at the same time.

Remember that your mind and body are linked so being tense mentally will reflect physically in your body.

Life will always have stressors. Learning how to cope well is the best thing you can do.

Focusing on being a healthy person both physically and mentally will Allow you to handle life's challenges better.

PURPOSE

It is found that people who have a strong sense of purpose and are pursuing that purpose tend to handle life's ups and downs much better.