

1. MAKE A DR APPOINTMENT TO GET A FULL COMPREHENSIVE BLOOD PANEL.

We must rule out anything medical that could be causing the anxiety and depression.

- THYROID
- VIT D
- IRON
- OMEGA 3
- MAGNESIUM
- FOLATE
- AMINO ACID
- VITAMIN B
- ZINC
- IODINE
- SELENIUM
- TEST ACTIVE EPSTEIN BARR

OTHER THINGS TO REVIEW WITH YOUR PRACTITIONER

- HORMONE TESTING, IMPORTANT FOR MEN AS WELL
- REVIEW MEDICATIONS THAT YOU ARE CURRENTLY TAKING
- MANAGE ANY EXISTING CHRONIC ILLNESS
- LONG HAUL SYMPTOMS FROM COVID, EPSTEIN BARR OR OTHER DISEASES
- BRAIN HEALTH, ANY PAST BRAIN INJURY
- REVIEW SUPPLEMENTS THAT COULD HELP STABILIZE YOUR MOODS SUCH AS THEANINE AND/OR SAM-E

EVALUATE OTHER CONSIDERATIONS

- MERCURY FROM FILLINGS IN YOUR MOUTH
- MOLD EXPOSURE
- IF CHOOSING TO GO ON PRESCRIPTION MEDS FOR YOUR MENTAL HEALTH INQUIRE ABOUT GENETIC TESTING TO DISCOVER WHAT WOULD WORK BEST FOR YOU.

2. DIET

Plain and simple; If you eat bad, you will feel bad. I recommend researching online or hiring a nutritionist to get you started on an anti-inflammatory diet. Do not proceed with fad diets, which could cause further problems, instead begin making healthier eating choices that will start to heal your gut and eliminate toxins that contribute to anxiety and depression.

- ELIMINATE SUGAR. IT IS IN EVERYTHING. ONLY STEVIA OR HONEY
- EVALUATE IF YOU ARE GLUTEN INTOLERANT
- EAT AN ANTI-INFLAMMATORY DIET
- TAKE A FOOD ALLERGY TEST AND THEN ELIMINATE YOUR FOOD ALLERGIES
- REDUCE ALCOHOL OR QUIT ALL TOGETHER
- REDUCE MARIJUANA USAGE
- IMPLEMENT GOOD FAT INTO YOUR DIET

PLAN:

3. SLEEP

Are you getting adequate sleep? Are you waking up at 3am every night due to your cortisol levels? Do the homework, find resolutions and create a nighttime ritual.

PLAN:

4. EXERCISE

Do you exercise? Are you exercising too much straining your adrenals and hormones? Get started or adjust to where your body will thrive! Even a short walk will raise those happy hormones!

PLAN:

5. START A MINDFULNESS PRACTICE

Breathwork, a gratitude and/or a meditation practice needs to be implemented into your daily routine. It can help shift thoughts, help your stress hormones settle and start to create a habit of mindfulness. Don't forget prayer if that speaks to you also! This is not about perfectionism, do not get anxious over this. It is about making the effort. Every intention is a step in the right direction to healing yourself. Even 5 minutes has been proven to medically enhance your being. Remember it is called a practice for a reason because it does take a lot of practice. No self-judgment here.

PLAN:

6. MANAGE YOUR BAD DAYS

Download my Management of Bad Days and implement the things that can help you function a bit better on the bad days. Trust me, it works.

7. DO THE PERSONAL WORK

Time to do this hard work. I recommend not dwelling in the past but instead learning from past experiences. Be in charge of who you are today. Work on where you need to grow, what bad habits you need to change. What characteristics do not serve you? Do the work, it's a bit scary but the other side of this work is peace and joy.

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- MEET WITH A LIFE COACH AND/OR A THERAPIST
 - GRIEF THERAPY IF NEEDED
 - DO A HONEST LIFE ASSESSMENT. DO YOU NEED TO CUT OUT ANY RELATIONSHIPS, CHANGE JOBS, MAKE HEALTHY BOUNDARIES IN YOUR LIFE?

PLAN: