What makes it worse:

Caffeine: Increases stress hormone levels, and can affect sleep by blocking sleep-promoting adenosine receptors in the brain.



Alcohol: as it wears off, mini-withdrawal symptoms can range from restless sleep to bad dreams to fullblown panic attacks

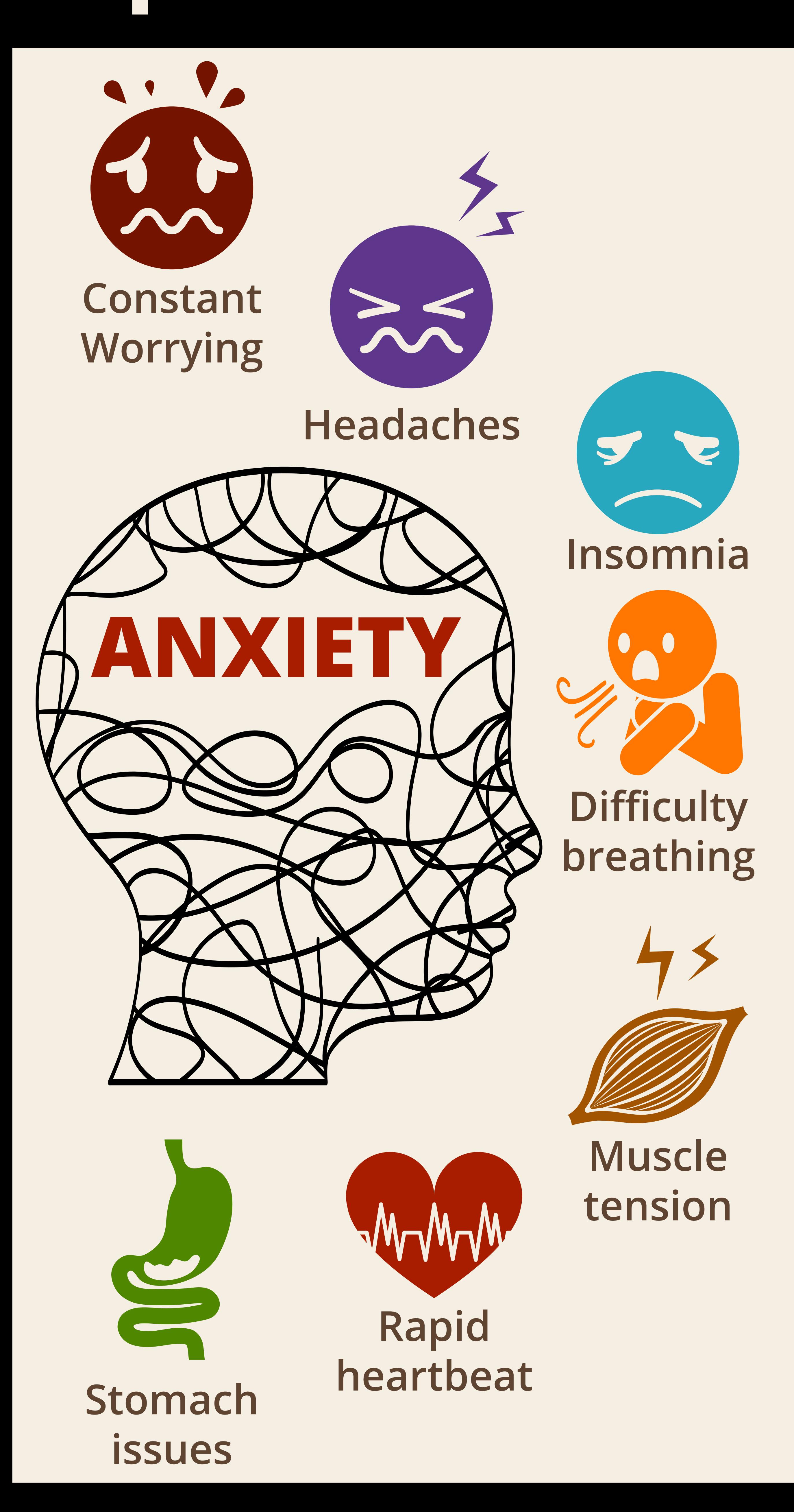


Aged, fermented and smoked foods (cheese, red wine, salami): some people to break down the histamine they contain, causing their adrenaline to rise and making them anxious



Sugar and refined carbs: blood sugar spikes cause stress hormones to surge. Adrenaline can cause panic symptoms such as sweating, light headedness and palpitations.

Nutrition-centred Wellbeing Tips for ANXIETY



What makes it better:



