

“Help! I’m worried all the time!”

More than 40 million Americans deal with anxiety or chronic worry. The good news: With our experts’ proven steps, you can quickly and easily quiet your inner worrywart and take back control!

1 Soothe with supplements!

Beat your worries with B!

Vitamin B, which helps boost the production of the calming brain chemicals serotonin and dopamine, is proven to help tame everyday worries and more, reveals nutritionist and food-mood expert Trudy Scott. “Recent studies show that by soothing the nervous system, vitamin B complex minimizes anxiety,” she says. “And vitamin B-6, in particular, has been shown to help alleviate the anxiety we often feel during PMS.” One option: Simple Truth Magna B Stress, \$11.99, Vitacost.com.



Melt stress with GABA!

Did you know that there’s a special brain chemical designed to lock the door on worries? “The neurotransmitter GABA (gamma-aminobutyric acid) inhibits unwanted thoughts, and helps alleviate the annoying physical sensations of anxiety, such as butterflies and tense muscles,” reveals Scott. “GABA is my favorite anti-anxiety supplement,” agrees integrative dietitian Ali Miller, R.D. “It works rapidly by soothing the brain’s behavioral center.” One option: Now GABA, \$8 for 100 500-mg. capsules, Amazon.com.



2 Tame worry with foods!

Enjoy a juicy burger!

Lean red meat helps quell anxiety, thanks to its high iron and zinc content, both of which are needed to make calming brain chemicals. Grass-fed burgers have an added benefit: They’re loaded with omega-3 fatty acids, “which help alleviate depression—and its close cousins, worry and anxiety,” Scott notes.

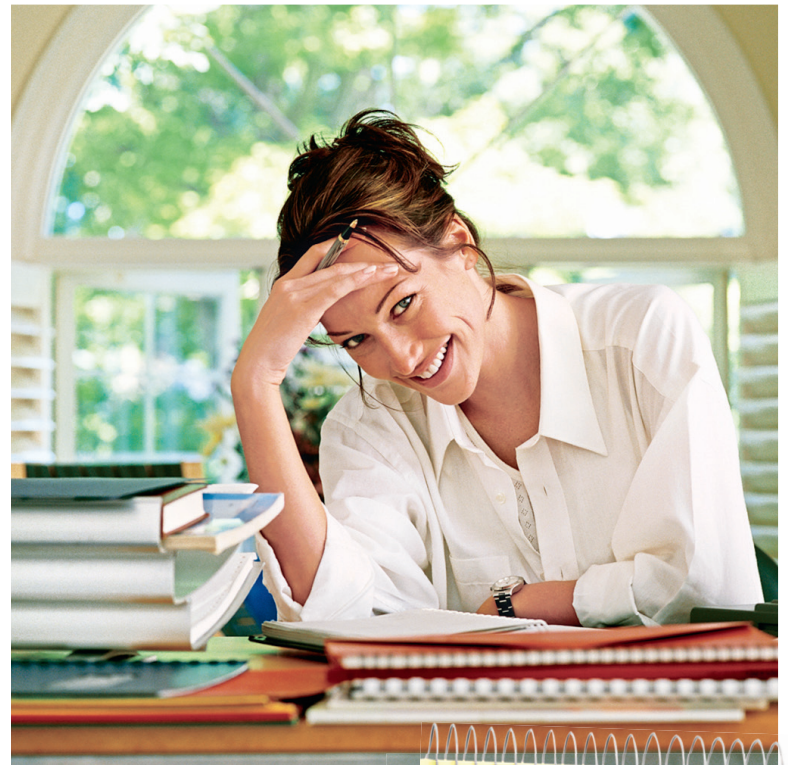
Snack away social anxiety!

“Pumpkin seeds are rich in tryptophan, which helps minimize anxiety and, in particular, social anxiety,” Scott says. “So if you tend to worry about, say, having to make small talk at a gathering or give a presentation at work, consider adding pumpkin seeds to your diet. I love them roasted with olive oil, sea salt, ginger, turmeric and pepper!”

3 Cue calm!

Open a “worry window”!

“Trying to control worries makes them worse,” says psychologist David A. Clark, Ph.D. “Instead, tell yourself, I’m going to come back to this later, and choose a specific time. Then say, it’s time to start worrying, and give yourself up to a half hour.” The benefits of a “worry window”? “You’ll distinguish between realistic worries that you can problem-solve and ‘what ifs,’ outside your control and unlikely to happen.”



Keep a worry diary!

A surprising way to quash worries? “Write down what you fear might happen with as much detail as possible,” advises psychologist Sarah Allen, Ph.D. Then come back to it later and write down if what you were worried about actually happened, whether it was as bad as you expected, and what you did to cope. “This will help you distinguish which worries are useful and spur you to act—worrying about a job interview, say, spurs you to prepare for it.”



Treat yourself to anti-anxiety gummies!

Ginger and turmeric soothe worries by slashing stress hormones and boosting levels of feel-good brain chemicals, says Miller, so it’s no wonder they form the basis of her anti-anxiety “candies”—turmeric orange gummies! To make: Add 2 Tbs. gelatin to 1/2 cup coconut water; stir until dissolved; set aside to thicken. Heat 1 cup orange juice, 2 tsp. dried turmeric powder and 1/2 tsp. dried ginger powder in a saucepan until just simmering. Pour the heated liquid into the gelatin mix; stir to combine. Pour into silicone molds or into a shallow 8"x8" glass baking dish. Refrigerate 4 hours or overnight, then pop out of molds or cut into fun shapes!

—Kristina Mastrocola

Our expert panel



Trudy Scott, C.N., is the author of *The Anti-Anxiety Food Solution* and host of The Anxiety Summit (TheAnxietySummit.com), which provides anxiety-nutrition education.



Ali Miller, R.D., is the author of *Naturally Nourished* and the forthcoming *The Anti-Anxiety Diet*. Learn more at AliMillerRD.com.



David A. Clark, Ph.D., author of *The Anxious Thoughts Workbook*, is professor emeritus of psychology at the University of New Brunswick in Canada.



Chicago-area psychologist **Sarah Allen, Ph.D.**, specializes in treating anxiety. Her free guide to overcoming anxiety can be found at DrSarahAllen.com.