



# Symptom: Anxiety

## What's Happening

Hormonal changes can affect neurotransmitter activity and mood regulation, potentially contributing to feelings of anxiety.

## What to Do

Practice relaxation techniques, deep breathing, engage in regular exercise.

## Supplements

Ashwagandha, passionflower, magnesium

## Food to Consider

Complex carbohydrates (whole grains, legumes), lean proteins, foods rich in magnesium.

## Lifestyle Changes

Get regular physical activity, consider meditation or yoga.