15 Natural Remedies For Anxiety

**Diet**
1. Eat a clean & well-balanced diet
2. Avoid sugary & processed foods
3. Limit caffeine & alcohol

**Supplements**
4. Ashwagandha
5. Kava root
6. 5-HTP
7. GABA
8. Magnesium
9. Vitamin B complex

**Essential Oils**
10. Lavender oil
11. Roman chamomile

**Lifestyle**
12. Physical activity
13. Get enough rest
14. Meditate
15. Find support