

- **Kava Kava.** Kava kava is a psychotropic pepper family member. Long used as a sedative in the South Pacific, it is now being utilized to treat minor tension and anxiety in Europe and the United States.

Some supplements might mix with drugs or have negative effects, so if you have a medical condition, you should talk to your doctor before using them.

Light a Candle

Using essential oils or lighting a scented candle may help you feel less stressed and anxious.

Some smells are very relaxing. Here are a few of the most soothing scents:

- Lavender
- Rose
- Vetiver
- Bergamot
- Roman chamomile
- Neroli
- Frankincense
- Sandalwood
- Ylang ylang
- Orange or orange blossom
- Geranium

Aromatherapy is the use of smells to cure your emotions. Several studies have found that aromatherapy can help to reduce anxiety and promote sleep.

Reduce Your Caffeine Intake

Caffeine is a stimulant that may be found in coffee, tea, chocolate, and energy drinks. Anxiety can be exacerbated by high dosages.

Caffeine tolerance levels vary from person to person. Consider reducing your caffeine intake if you discover it makes you jittery or agitated.

Although several studies demonstrate that coffee can be beneficial when consumed in moderation, it is not for everyone. A reasonable quantity is defined as five or fewer cups per day.

Write it Down

Writing things down is one technique to deal with stress. While writing down what you're stressed about is one way, writing down what you're grateful for is another.

By concentrating your thoughts on what is great in your life, gratitude may help ease tension and anxiety.