

Care for yourself today

GET UNANXIOUS NOW

Eliminate your anxiety and
live freely

WITH HAUNANI RAMIL

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Hi Beautiful! I'm Haunani and I am a
Women's Holistic Health & Life Coach.

I help women get unanxious, follow their intuition and create a
life they love. I want to help you to be *your* badass self and the
anxiety-free goddess you are at your
true essence.

You are worth living a life without anxiety and I want to help
you because I onced lived a life full of anxiety. I know how
crippling and painful it can feel to live that way. And there are
ways to break free of that anxiety you're feeling right now!

Your body and soul are thanking you right now because you
just downloaded an amazing resource to help you get
unanxious now. Below are some practical tools to get you
started on living a life without anxiety.

Sending you so much love right now.



Here are my favorite first steps to getting unanxious right now:

Gratitude Journal-

A gratitude journal is a powerful tool! Use it to reprogram your mind to focus on all the good in your life instead of the worries. This tool will retrain your brain to actively notice all the good that is going for you!

Try it: Find a journal with lots of writing space. Every morning, for 30 days, set an intentional time to write out at least 10 gratitudes (if you can fill an entire page, go for it!). Start with the basics! Think of all the reasons you're thankful for your body, your fingers, your legs and skin and work your way up to the larger things like WHO are you thankful for, WHAT in your near or far surroundings are you thankful for. Are you thankful for your home, your noisy neighbor because they share veggies with you from their garden or your pet that loves you unconditionally? Every small or big gratitude counts!

Meditation-

All right, I know, when people hear the word meditation sooooo many thoughts come up for people. Meditation is about slowing down and really connecting to your inner wisdom, your inner voice and your true intuitive power. Meditation helps you seek within yourself the answers you are looking for. Meditation does not need to be like sitting in a forest like a monk kind of mediation. It can be as little as 5-10 minutes or as long as 30 minutes to an hour. There are many different forms of mediation, so it's about finding the kind of meditation that works for you and benefits you the most.

Try it: Find a quiet space where you can either sit or lie down comfortably. (Tip: Play some calming music in the background to set a vibe). Place your hands palm up next to you or on your lap. Close your eyes and look up at a 45 degree angle in between your eyebrows (your third eye). Take some deep breathes IN filling your belly and slowly

exhaling OUT. Start to relax your shoulders and feel into your body. Set a mantra for your self such as: "I am safe, loved and supported right now. I have everything I need right now." The practice of being still and quiet can go a long way for the mind and body! Check out my website for meditation resources.

Moon Magic-

Learning to work with the energies of the moon is a super tool especially as a woman. Consciously creating a new reality without anxiety is much easier with the support of some moon magic! Working with the moon is simple, but you do have to do the work. Break through your anxiety with release and forgiveness as well as intentional wishes and actions.

Try it: Look up at the night sky and start to notice the phases of the moon. You'll want to start working with the New and Full Moon especially. Each New Moon is a time to get in your zone of feeling into your desires. Make a list of all the things you are wishing for this new moon and then write out your *action* steps towards fulfilling those wishes. Each Full Moon is a time to release, forgive and let go. Letting go of what is no longer serving you is just as important as taking a shower! Write a forgiveness list on the next full moon and then burn it! This is about emotional cleansing and clearing and letting go of that anxiety and what is no longer serving you.

Cleanse-

The word cleanse is very broad, so I'm going to suggest a simple food cleanse. A simple food cleanse would be eliminating all of the inflammatory foods in your diet. This will help to flush out toxins and support your organs cleanse naturally. Of course there are much more in depth cleanses that can be done, however please do your research or consult with a practitioner for more advance cleanses.

Cleanses are sooo beneficial for your body because your gut and brain have a direct connection to each other.

Always remember, ***foods affect your moods.***

Try it: For a minimum of 4 days remove inflammatory foods from your daily intake. The main inflammatories are: processed foods (fast or boxed foods), processed sugar, coffee, alcohol, milk & cheese, gluten and processed soy (soybean oils or soy fillers). Next ADD into your daily meals more fresh fruits and veggies. Try adding fruits to your morning meal or a fruit smoothie. Add in green leafy veggies to your meals such as broccoli, spinach or even parsley. Add in more root veggies to your meals such as sweet potatoes and carrots. Eat your veggies first before your protein. This will support your digestion and digestive enzymes . Include nourishing teas between or with meals such as green tea, raspberry leaf, dandelion, nettles, oat straw or turmeric.

EFT-

Emotional Freedom Technique (EFT) is a therapy technique used to help manage difficult emotions and anxiety. It's a method of tapping on specific acupressure points on the body combined with a mantra to relieve and release physical and emotional ailments including anxiety. I have found this technique extremely helpful and was a little skeptical at first. But I've tried it and it works! It's also been researched and there are now a number of studies out there on its efficacy.

Try it- Set yourself up by beginning with this affirmation "Even though I'm feeling anxious, I deeply and completely love and accept myself". Say this mantra while tapping on the side of either hand. I've created a full EFT video for you on my website where we will go through all the acupressure points together.

Yoga-

Anxiety can often bring on the feeling of stagnation or feeling stuck in life. And the act of just moving our body can be so powerful to release and flow the anxious energy out of the body and mind. Yoga has been a life saver for me and releasing anxiety. Yoga combines breath work and movement to balance the mind, body connection; it is also a very

powerful remedy to remove any stagnant energy that is being held in the body.

Try it- Find somewhere quiet. Create a space where you can have a moment of calm. Set an intention to use this yoga practice to release any stagnation or anxious thoughts. If you have a yoga mat, use it. Close your eyes and take some deep belly breaths. Focus on a long exhale and release the anxious thoughts. Repeat this breathing pattern until you start to feel relaxed and centered. I've created a short yoga video for you on my website where we can practice together. You may also go ahead and complete a yoga sequence you're familiar with. Also, there are many free yoga videos on the internet, so please find one that works best for you. Remember to make this yoga practice intentional, calming and relaxing. Adding yoga to your daily routine will be so helpful in reducing anxiety in the body and mind.

Essential Oils and Herbs-

Do you gravitate towards plants and nature? Do you find nature a place of solace? You may or may not, but I invite you to explore mother nature's gifts to reducing anxiety. I naturally gravitate to plants and nature, so it was no surprise when I was introduced to essential oils, I was so intrigued. Essential oils are like having calm and peace in a bottle. And herbal remedies and plants are our allies. The healing power of plants play a strong role in human history and have been an essential part in helping my anxiety as well. I do think in combination with the many practical resources here, it has brought some alleviation and joy to my life. I don't go anywhere without essential oils with me because that is how important they are to me in my wellness toolkit. Herbs and essential oils can be useful for many ailments and are very helpful with reducing anxiety as well.

Try it- When using herbs and oils always choose high quality and pure products. Here are some of the main herbs and oils I recommend to lower anxiety: Lavender + wild orange, diffuse 2-3 drops or dilute 1-2

drops of oil each and rub on the wrists or back of the neck. Adaptiv Calming Blend by doTERRA is a wonderful blend for anxiety and consists of essential oils -wild orange, lavender, copaiba, spearmint, magnolia, rosemary, neroli and Sweetgum. For further relief from anxiety the supplementary Adaptiv capsules are also very effective. Peppermint oil or tea is a wonderful uplifting and energizing herb. Herbs (teas) such as kava, lemon balm, turmeric and passion fruit are also very relaxing and calming when you are experiencing anxious thoughts. Floral herbs and oils such as jasmine, neroli, rose, ylang ylang and bergamot are wonderful for calling in self-love and relieving anxiety. Pick a tea of choice and create a ritual (scheduled time) to intentionally brew some herbs and take a moment of self-care and relaxation in your day.

Shift your Environment-

Your environment can play a role in the energy that you take on or even your state of being. For example, working in a toxic environment with negative co-workers or maybe negative customers, could possibly do damage to your nervous system and create unwanted anxiety. It may also create stress on your mind, body and soul. It's said that "you become the average of the 5 people around you", so it's important to surround yourself with the kind of people that inspire, love, support and care for you.

Another example could be living in a space that feels stagnant. Maybe you're feeling stuck in life or procrastinating and keep putting things off for another day. The idea of shifting your environment is to create a space or be in an environment that makes you feel **lit up** or gives you that warm and cozy feeling inside.

Try it- Maybe experiment with moving some of your furniture around?

Make it simple to start (we're not creating overwhelm or unrealistic expectations, okay, so keeping it simple is always best when you're starting something new). Maybe move a piece of furniture to a different side of the room or add some beautiful or inspiring wall art to your room. Try bringing in some indoor plants to cleanse the air. Some easy low

maintenance plants are zee zee, pathos or a small raphis palm. If you're in a toxic work environment ask yourself - Is this really what I want? What are the ways I can create a work environment I do enjoy? How could my life be different working in a space I love? Getting curious and asking yourself questions are always a good start to shifting your environment because you already have the answers within you. Another example is clearing or cleansing your space. Pick a section of your home and throw away or donate any of the things you no longer use. Also a good deep cleaning will definitely shift your environment and energy of your space! Try it and you just might be inspired to start that creative project you've been putting off.

Hi beautiful!

I hope you practice these tips.

I hope you find these helpful and useful.

I hope you start to feel unanxious starting today!

www.wildfloweryouandme.com