



## Morning Anxiety

Why do we wake up with that awful sense of doom and worry?

**When we are feeling stressed, our bodies produce a hormone called Cortisol. Cortisol levels are naturally at their highest in the morning and lowest at night.** Our bodies will also produce Cortisol when we are feeling anxious to help with the “fight or flight” response.

It becomes a vicious cycle. We wake up feeling intense because of the stored up Cortisol levels throughout the night, which makes us feel anxious, so our bodies continue to pump out Cortisol, which creates more anxiety, which produces more cortisol, which causes us to feel more anxious, etc.

### Low Blood Sugar

“Another reason why symptoms can be worse in the morning is because your blood sugar is low when you first wake up. You have gone all night without food. It’s important to maintain a constant blood sugar level because the brain uses sugar, also known as glucose, as its fuel. If blood sugar levels are too low or drop too fast, then the brain starts running out of fuel.”

Running out of fuel causes the brain to trigger **the “fight or flight” response which will send cortisol through our bodies** to help fight or flee the perceived threat which in this case is low fuel.

To **balance your blood sugar levels and minimize symptoms**, keep a small snack that contains "good" complex carbohydrates and protein by your bed. Eat it when you first wake up. You will likely notice that your symptoms improve shortly after eating the snack. You might try a combination of whole grain crackers and a handful of nuts, or a high-protein granola bar.

Try doing a few simple stretches before getting out of bed. Morning stretching stimulates the body’s blood flow, helps balance the hormonal system and promotes more energy and alertness.