

# WORKBOOK

## A Holistic Pediatrician's Guide to Back-to-School Success

Part 2: How to Reduce Your Child's Anxiety  
Naturally!



# Get the MOST VALUE from This Workbook & Our Time Together

1. PRINT this workbook and use it during our master class.
2. Take notes on the action steps that you can take tomorrow!
3. Use it as a reference to refer back to when you need!
4. Jot down any questions you want answered while we're live together. If I don't answer your question during the workshop, you can ask it during the Q&A session.

Question 1:

Question 2;

Question 3:

What is the vicious cycle of Emotional Stress?

What is our "Second Brain"

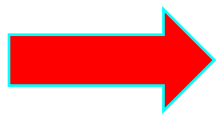
What are the Dietary Principles for Supporting Mood?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

What Magnesium-Rich Foods can I incorporate into my child's diet NOW?

What Fermented Foods can I incorporate into my child's diet?

What are the hidden food triggers of anxiety?



**ACTION ITEM: Listen to my 3-part FB Masterclass series on Gut Health & Kids**

**Part 1: Foundations of a Healthy Gut & Kids:** <http://bit.ly/GutHealthPart1>

**Part 2: Leaky Gut & Kids:** <http://bit.ly/GutHealthPart2>

**Part 3: Heal Leaky Gut To Help Your Children Thrive:** <http://bit.ly/GutHealthPart3>



## What are the Top Stress-Busting Supplements?

Supplement #1 \_\_\_\_\_

Supplement #2 \_\_\_\_\_

Supplement #3 \_\_\_\_\_

Supplement #4 \_\_\_\_\_

## The Best Acupressure Point for Anxiety

## The Top Essential Oils for Anxiety

## What is Your Child's SOS?

S: \_\_\_\_\_

O: \_\_\_\_\_

S: \_\_\_\_\_

S: \_\_\_\_\_

## How much sleep should my child be getting?

Child 1: \_\_\_\_\_

Child 2: \_\_\_\_\_

Child 3: \_\_\_\_\_

## What Mindfulness Resources Will You Try?