How To Overcome Depersonalization and Derealization

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Depersonalization and Derealization

Depersonalization and derealization, are merely products of a tired mind, weary from excessive worry. Neither of these unusual sensations qualify as an illness. Although DP/DR might seem frightening and confusing, they have simple explanations and are easily remedied.

Without explanation, one might fear these unusual symptoms and wonder if they are ill. Nothing could be further from the truth. This is merely an offshoot of the anxiety condition, and a temporary phenomenon at that. Fear only serves to fuel these feelings, which is why understanding is such an important and useful tool.

DP and DR are merely a mild form of fatigue related to exhaustive concern, ruminating and worry. Although these feelings may seem quite unusual, they are not an indication of mental illness. In fact, they are quite harmless. These are temporary sensations, which always dissipate when understanding, coping skills and proper diet are correctly applied. Fearful offshoots of the anxiety condition, such as these are temporary in nature and easily resolved. Frustration is a common complaint but do not waste precious energy on worry. The worry cycle continues to exhaust the mind, extending the sensations of DP/DR.

Your “what if” thinking tires and depletes. Acknowledge and relinquish your fears and worried thoughts. Your first step forward toward complete recovery is understanding. A tired mind is less resilient. Thoughts may linger, some may stick. Concentration is often difficult. Feelings of recession and unreality slip in as the mind takes a well needed “time-out.” The mind tunes out stimuli, leaving one feeling slightly “unreal” and “detached,” but this is the mind’s way of protecting, or taking a break from the constant onslaught of worried thoughts. The mind has been inundated with worries and fearful thoughts. It is now showing the signs of fatigue. This is a temporary situation. It is not harmful. It ALWAYS reverses, with understanding, coping skills and the discontinuation of constant “what if” thinking.

Recovery is based upon rejuvenation of the mind. Refreshing the mind is an elementary process. The goal is elimination of constant worry. The goal is to break the habit of introspection. Recovery involves a simple, basic process. It begins with understanding...
Definition of Terms

**Depersonalization**- Sensation of unreality, detachment, disassociation. The experience of feeling disconnected from the body, a dreamlike state. Often referred to as disassociation. Depersonalization is the sensation or experience of watching oneself or feeling outside the body...hyperawareness of one’s actions and reactions.

**Derealization**- Sensation or experience of one’s environment looking or feeling “different,” “strange,” or unusual. Slight unfamiliarity in one’s surroundings.

Understanding

DP and DR are common and understandable symptoms of the anxiety condition. Although frustration and confusion are part of this experience, these sensations are **not** serious, **cannot** harm you, and **always** pass. They are **temporary** in nature and dependent upon fatigue.

The **KEY** is to surrender the FEAR and realize they are merely the product of a tired mind. The strength of these sensations is dependent upon your fear of them, which further exhausts, leading the way to continued symptoms.

**TWO TYPES OF FATIGUE**

Be assured you are **not** losing your mind and this is **not** a mental problem. When one experiences strange sensations, such as disorientation, it is **normal** to wonder about a physical cause. Again, depersonalization and derealization are merely by-products of a mind tired from worry. This is not to be confused with mere lack of sleep. This fatigue is related to a mind tired from constant worried thought and the habit of “checking in.” This is perpetuated on a daily basis as continued worry is depleting.

**Rejuvenation** always occurs when **“what if”** thoughts are discontinued. The mind is able to refresh and restore. The body and mind possess wonderful restorative powers. It’s about moving out of your own way, and allowing the mind to refresh. It sounds simple but takes a little practice. It’s about learning to turn off those “what if” thoughts. It’s about breaking the habit of worry.
ADULT VOICE

Always inject your adult voice, the voice of truth and reason. This is the inner maturity we must call upon when restating the facts. This is the voice of strength and responsibility. This voice often gives way to the frightened child when fears overwhelm. It is essential to bring forth your adult voice when changing thoughts. Override “what if” thoughts with the truth of the situation. Replace fearful thoughts with facts. Stay on track by continuing to see the reality of the situation.

Choices

You have CHOICES. You always have a choice. You might think you cannot choose or even think clearly but you can. The choice is always available and it is up to you to recognize it. You merely have to acknowledge your worry cycle and break the habit of “what if” thinking. Choose to alter your thoughts. Become aware of how many times a day you begin sentences with “what if.” Whenever you begin to feel tension or stress, which fuel DP and DR, identify the first thought that crosses your mind. Does it begin with “what if?”

LOGICAL EXPLANATION

Similar to other anxiety symptoms, DP and DR each hold a logical explanation and are 100% reversible.

When an individual is caught in this worry cycle they begin to think deeply and intensely. They study themselves deeply, checking in and focusing on symptoms. They study as intensely as if studying for an exam. They concentration on their worries for long periods of time. They often begin upon awakening in the morning, continue this habit throughout their day. This is exhausting to any mind. They are thinking about their worries, examining symptoms and noticing body reactions. This constant “checking in,” this continuous assessment of unusual or “strange,” symptoms, eventually takes its toll. It becomes their habit…a learned behavior…but habits can be broken.

This habit has a way of creating more worry, which produces greater amounts of adrenaline. This creates an excess energy in the body and
if not burned off (through coping skills or exercise) surfaces through anxiety symptoms. This is only cause for more worry.

All this worry eventually leaves the mind feeling drained and less flexible. Thinking becomes slower, thoughts often stick, worries seem larger than normal and problems appear amplified. Confused and frustrated, the individual naturally wonders about their general health.

Eventually, they begin to feel distanced from their surroundings, as if they are watching themselves live their lives. In some cases, their surroundings even appear different. They begin to feel out of sync and frustrated by these unusual sensations. They fearfully wonder what could possibly happen NEXT!!! Although this is upsetting, these symptoms are HARMLESS and are easily reversed.

IF they were to understand the concept of worry-produced fatigue, they would instantly lose their fears over these feelings. They would breathe a sigh of relief and allow their body to find its own sense of balance. Unfortunately, many add worry upon worry and the sensations continue. There is a better way to break this cycle.

Many refer to this symptom of a tired mind, as “brain fog” or plain exhaustion of the mind.

Before you begin to panic over these sensations STOP logical explanation: and ponder another

How many times when studying for exams did you find it difficult to concentrate due to exhaustion? This was the result of deep and focused thought. The resiliency of the mind was taxed due to constant study. A break in concentration is always a relief. Compare this to the constant focus on self, as in the case of a worried individual. No breaks, no time-outs. When deeply focused on worry, the mind has little room for other thoughts and often ignores a much needed time-out. Tiredness settles in and energy is sapped. If little energy is left after a few hours of focused schoolwork, can you imagine the effect of constant worry? Sitting in that chair and studying was more exhausting than a day’s worth of exercise. Continued worry is even more exhausting.

Sometimes one becomes so exhausted and tightly wound after constant study, that sleep becomes impossible. This is because the mind is more tired than the body. Long-term focus often tenses muscles. This tension produces internalized energy, if not expelled.
This repressed energy makes sleep difficult, and this additional fatigue only adds to feelings of DP and DR.

Take a look at family members seated for hours in a hospital waiting room. They look completely exhausted. They have been sitting and worrying about their loved ones all day long, and similarly, this takes its toll. No exercise in the world could produce such a strong sense of fatigue as worry. If you find yourself worrying and “checking in,” you too might be stoking the fires of depersonalization and derealization. This is why it is essential to break the worry cycle.

How easy to understand how depersonalization or derealization evolved. Similar to the person studying or sitting in that waiting room, you have spent hours, days, weeks and even months studying your symptoms. You have examined every change in your body. You have focused on one topic. You have studied YOURSELF. Some have worried for years. This constant “checking in” and taking your emotional temperature is depleting and fatigue producing. It is equal to a student studying for finals or the person sitting in that hospital waiting room, except finals come to an end as does sitting in that waiting room. The worry cycle, on the other hand, will continue as long as you allow it. You may continue this habit or opt to TERMINATE the focus. It is up to you to interrupt this cycle of worry, to break the habit. This will set you free. The creation and progression of DP and DR makes perfect sense. They are borne out of the constant focus, the continued study of oneself.

The result is fatigue, and the sensations of depersonalization and/or derealization are created out of this extreme tiredness…nothing more.

Nature’s Protection

Studies have shown the sensations of depersonalization and derealization are actually a natural protective device provided by the body. They are naturally summoned when constant thoughts and worry overwhelm the mind/body. When worries grow out of proportion the mind temporarily takes a step back in order to avoid the effects created by the constant onslaught of worry. A natural shield of sorts arises, to protect an already tired mind. Described as taking a step back, the mind shifts into automatic, providing a less stressful environment in which to function. Surroundings appear less harsh, almost filtered or fuzzy, protecting from the harsh reality of worried thoughts. This built-in protective device often occurs when one is sick with a virus or flu. One often feels “fuzzy” and removed from the situation, as the body shifts into healing mode. DP/DR shields the mind from the affects of worry and apprehension, enforcing a well deserved break from the constant onslaught of introspection.
Coping Techniques

Once the facts are understood, DP/DR is not as formidable an opponent. It actually makes sense, as a logical culmination created by the understandable progression of the anxiety condition. With this knowledge you are able to set your fear aside and begin your journey forward. The fuel removed from the equation, allows healing to begin. The pressure removed, allows you to step out of your own way. Analyzing a situation only serves to exhaust the mind. You now possess the logical explanation and it is time to move on.

There are coping skills, which act as tools to avert the build-up of DP/DR. They disable these sensations and prevent their reoccurrence in the future.

Recovery from an existing bout of DP/DR will be remedied in short order, with application of the following coping skills. The goal is to remove the pressure, allow the mind to rest, which initiates a full and attainable recovery.

Release the Worry...No longer will you have to ponder the whys and wherefores of these feelings. You have your answers. Your mind was merely tired and craving rejuvenation.

A rested mind requires more than a good night's sleep. This worry produced fatigue, although confusing and frustrating, is effortlessly relieved when the proper steps are taken. Constant introspection was the basic culprit, but you have the ability to interrupt this habit and remedy the situation permanently.

PHASES OF RECOVERY

Phase One: Recognize the habit of introspection. Acknowledge it. Boredom often creates the environment for introspection, especially for the intelligent, active mind. The creative, analytical mind is primed for this introspection. When you are busy, you generally do not have time to hone in on your worries. Therefore, it is essential to acknowledge this pattern of behavior and recognize the pattern.
Phase Two: Learn to interrupt the thought pattern which fuels this symptom.

Whenever a worried thought (usually beginning with “what if”) enters your mind, summon your ADULT VOICE and STOP the thought. It’s that simple. Choose to break the pattern, interrupt the habit and discard the negativity. Replace negative thoughts with positive ones. You are always able to choose, even if this seems unimaginable.

Example:
Worried Thought: “What if this feeling remains forever?”
This is “black or white” thinking. There is always the gray area.
Alter your belief, modify the thought and create a positive reaction.

New Thought: “This temporary sensation will pass when I stop fueling it with ‘what if’ thoughts.”

Phase Three: Move forward: Continue with the task at hand, and do not look backwards. Do not ruminate on how you felt a moment ago or yesterday. Remain in the present moment and you will always feel secure.

Do not ruminate over the past or lament about the future, These are two situations you cannot change. Remain in the present and you will always feel at ease. Your goal is to break the worry cycle which fuels DP and DR.

Phase Four: Trust the healing powers of your body, and learn to step out of your own way. The worry habit often takes on a life of its own. Break the worry cycle and healing begins. You will have removed the catalyst for DP/DR. The wheels are set in motion. Rejuvenation begins as the mind refreshes. Your mind has the power to recharge and restore, once you step out of your own way… once you delete worry from your life. The process of depersonalization and derealization is reversible. It is up to you to start this process in motion.

Phase Five: Douse your fears by using your Adult Voice. This voice of truth and reason will always steer the correct course. Continue to draw upon your inner strength as you allow this voice to remain in the forefront. Never fear these reactions because they are merely the product of worry. You are now informed as to what they are, what they are not and how to deal with them. Let go of the past and the worry cycle.

Final Phase
Eventually, these upsetting sensations become merely a nuisance. They begin to diminish and eventually disappear completely. Just as they appeared, they will fade and dissipate. You have learned to interrupt this process and permanently clear your mind of excess worry. Practice these phases and you will gain full control over this symptom. With the excision of worry and stress, the fuel for DP/DR is extinguished.
**Stresses**

If, sometime in the future, you find yourself experiencing upsets or life stresses, you always have the option to enforce these principles. They are readily available and will always work for you, blocking future interruptions of depersonalization or derealization. You will always have the choice to select the correct path. Choose to disarm the path of worry and opt for the path leading to comfort and ease. There is always a choice concerning our thoughts. Do not allow worries to override your happiness. You have the power to take charge whenever you choose to do so.

It is interesting to note, that our greatest fears always diminish when we tame our worried thoughts. When a worry or fear loses its importance, it loses its power. It no longer has the ability to hit us where it hurts. This is why it is essential to forfeit the idea that these sensations are harmful or serious. When you lose your interest in these sensations, they are no longer powerful. You have removed the force. They lack the fuel that made them significant. They shrink in size and affect. They no longer carry the same punch.

**Triggers**

There are identifiable triggers which produce tension, necessary to the development of DP (depersonalization) or DR (derealization).

**Triggers include:**

Anger  
Loss of Control Over Situations  
Frustrations  
Fears  
Inability to Cope  
Grief  
Boredom

Therefore, resolution of problems and difficulties are encouraged rather than repression of emotions. Vented emotions are essential in dispelling tensions. The build-up of tension often leads to scattered feelings which add to the production of depersonalization/derealization.
Diet and Nutrition

Food choices will support a healthy way of living and aid in rejuvenation of the mind or fuel tension, and sustain feelings of DP and DR.

It is important to recognize foods which will work for you as well as the ones which work against you. The correct selections will create a calmer environment, less conducive to DP or DR.

Many foods have a tendency to induce sleepiness, especially those high in carbohydrates. Depersonalization and derealization often produce a “fuzzy” sensation, a dreamy feeling. Therefore, too many carbohydrates will only enhance this sensation. We do not recommend elimination of carbohydrates, but overeating too many simple carbohydrates is not recommended. Lean toward complex carbohydrate selections and balance them with proteins and fibers. Example: If you find yourself craving pasta, choose a smaller portion and balance with fish, fowl or lean meat. These proteins energize (without stimulating). Too many carbohydrates often leave one feeling “boggy” and “lazy.”

The following diet/nutrition plan is a guide which will aid and hasten your journey past depersonalization/derealization. It will also prevent future occurrences. Along with your coping skills, these food selections will complete the process, allowing you to formulate positive and productive choices. The unusual sensations connected with depersonalization and derealization will quickly diminish as you continue forward with your life.

Your goal will be to eat well, use your foods judiciously and maintain good health, both physical and emotional. Again, be aware of the effects of simple sugars. Consumption of excess sugars (candy, cakes and sweet snacks) might initially feel wonderful but the feeling is short-lived. Sleepy reactions may add to already fuzzy sensations. The object is to heal and relax. With this diet plan, you will learn to use your foods to relax without eliciting feelings of sedation. You will feel energized without feeling hyper. There is a way past DP and DR. This food guide will help steer the way.
Depersonalization / Derealization Diet Plan Prescription

Understanding, coping skills, prevention and DIET are all essential elements for overcoming feelings of depersonalization and derealization.

This symptom of the anxiety condition is born out of stress and constant worry. It is a minor, temporary feeling that can be confusing, upsetting and very distressing to someone who is unaware of its source. Naturally, more worry only adds to these feelings. Good strong coping skills allow the mind to overcome fears and constant worry connected with anxiety symptoms. Without the fear as a catalyst, the worry cycle is shattered and symptoms such as depersonalization begin to subside. Eventually the mind becomes more resilient, and this strange sensation fades away. Just as it came into focus, it recedes from the mind of the person struggling with it. Without worry as a trigger, with good coping skills and the proper diet, one can easily gain control of this troublesome sensation.

Foods can affect your moods. There is no doubt about it. Foods can be used to alleviate sensations, to perk you up when you are down, to calm you into a restful night’s sleep. It is all about learning to use foods correctly. It is making your foods work for you, rather than against you!

Remaining calm when experiencing depersonalization is essential. Diet and nutrition are tools you can use to gain control over these feelings and overcome them in a much swifter fashion.

Changes are worth making, when the result is feeling strong again. Using these foods along with coping skills and self-nurturing will ensure a positive alternative to aid you in overcoming these uncomfortable sensations.

Carbohydrate Sensitivity

Many who experience depersonalization/derealization find they are sensitive to carbohydrates. Not all carbohydrates are created equal. Therefore you would never want to eliminate all carbohydrates from your diet. Carbohydrates are an essential part of good nutrition and work for you rather than against you when used properly. It is your selection of carbohydrates that is important and how you build your food plan around them, proteins and fats.

**Avoid Simple Carbs:** Also called, Simple Sugars, these foods only add to tension, which exacerbate sensations of depersonalization. It is best, at this time to avoid candy, cakes, pastries, jellies, syrups, soft drinks and fruits that rank too high on the Glycemic Index. Enclosed is your glycemic index scale.

**Better Carbs:** Stick to complex carbohydrates during the day, such as fibers and starches. Avoid foods that are refined or processed, such as instant rice, instant potatoes, white bread, white pasta, white flour, and any carb that isn’t naturally collected. Aim for the carbs that are whole grains, beans, fresh vegetables, peas, yams, for example.
Proteins for Good Health: In order to maintain good blood sugar balance, which will result in a calmer body, protein is recommended at every meal and snack. This does not mean one should overdose on huge steaks and chops. All it does signal is that protein, along with carbohydrates, builds a sound diet/nutrition plan, resulting in feelings of wellness and stability. The goal is to feel grounded, and secure within oneself. A good nutritional program is a major factor in these feelings.

Good Proteins: Lean meats but less frequently. Lean towards poultry (chicken, turkey), fish, eggs, low fat cheese, and milk are all complete proteins. Many meats contain antibiotics and adrenaline also found in meats, therefore, opt for meats on a more limited basis. Soy products are also proteins. Yogurt is another protein, best used unsweetened. They all contain essential amino acids for your good health. Proteins are also found in other foods, such as legumes, leafy green vegetables and grains. They are incomplete proteins and contain lesser quantities of amino acids. By combining an incomplete protein with another food you will build a complete protein. Examples are brown rice and beans, natural peanut butter on whole grain bread, vegetarian chili and cornbread.

Good Fats: Avoid too many saturated fats in your diet. These fats raise cholesterol levels. Stick with the monosaturated fats such as olive oil, which contains the greatest amounts of monosaturated fats. Avoid hydrogenated oils. Opt for butter over margarine since there are chemicals in margarine. Natural always wins over chemical, especially when you are detoxifying your body or refreshing an exhausted mind.

Hints and Tips for Overcoming Depersonalization / Derealization

Depersonalization can become your “habit” and this is an important fact to remember. Be aware of your body when you begin to discover feelings of depersonalization slipping in.

Most people find they do contribute to this habit, by assuming specific postures and attitudes. The way one perceives the situation is the way one will react to the situation.

For instance, someone is diagnosed with the flu and the body immediately takes on “sick mode” posture and attitude. It’s as if one takes a step back, retracts from life in a “time-out” as they shift into “automatic” rather than being completely “present.” Recall a time when you came home from the doctor’s office, put on your pajamas and bathrobe and decided it was time to stop the world and take that well needed “break.” You have a stuffy nose, fuzzy head and give yourself permission to turn off to life’s stresses. Well, this time you might not have the fuzzy head and stuffy nose, but you may have felt overstressed and turned off to life’s pressures. Think about facial expressions when home sick and tuning out. Think about posture. Think about the way your body shifts into automatic and how it feels. Many find it feels similar to feelings of depersonalization.

The eyes in particular narrow to a softer focus, “fuzz out” many report. It’s as if you take
a step back from the harsh stimuli of life in order to heal. Be aware of your body during this time and notice your stance, your posture, and your facial expressions. Are you reverting back to the persona one takes on when ill?

There are moments when you “snap back,” eyes wider, body poised for action, when you are very “present” in your situation. Compare this with the way you are standing, thinking, acting, mindset and also your facial expressions. You might find some interesting clues to why this has become your habit. You might be falling into the posture of someone who is feeling “ill” as a habit and nothing more.

**Breathe-** In order to shatter that “fuzzy” feeling you might often associate with depersonalization, full, smooth breathing is essential. Mouth closed, air in through your nose, hold a few moments and slowly exhale through your mouth...as if exhaling cigarette smoke. One or two of these cleansing breaths will add oxygen to your system and eliminate carbon dioxide. Breathe and feel more alive.

**Outdoors-** Being outdoors, in fresh air and “in oxygen” will snap you out of many of your depersonalized feelings. It will also lift your spirits. Take your meals outdoors during sunny days and receive multiple benefits, sunshine, good food and change of scenery. Oxygen breaks through that fuzzy brain sensation too.

**Pass on the Sweets-** As we’ve mentioned, it is not in your best interest to indulge in simple carbohydrates (other than fruits found on the lower end of the Glycemic index).

Give yourself the upper hand in overcoming depersonalization / derealization by giving up simple sugars for the time being. It is well worth the sacrifice. Simple changes can bring about large results.

**Lose the Refined Breads, Rolls and Pastas (for now)-** Meats, fishes, and poultry will taste just as delicious with unprocessed rolls, breads, and pastas. There are other choices, which benefit your condition at this time. Meats and fishes with vegetables, chicken with baked yams, salads and tuna, all offer alternatives. Opt for the less starchy, more grainy rolls. Whole grains are delicious and very satisfying. Rye bread toasted with eggs for breakfast is a favorite of many. Whole grain bagels are also a positive choice, as is whole grain pasta. You might be pleasantly surprised at how much better you feel when you make this change. You will feel more energetic and less woozy, without feeling anxious and overwrought. Without that fatigued feeling, you will begin to feel connected to your life again. The tension will ebb and you will experience greater windows of feeling strongly connected to your life. You will have more moments of breaking through the depersonalized feelings. Eventually you will feel more yourself and move ahead with your life completely.

**Frequent, Smaller Meals a Day-** Maintaining stable blood sugar levels also means frequent, smaller meals a day. Protein snacks (not the sugary protein bars) but nuts, seeds, nut butters, whole grain crackers, low fat cheeses, celery with cheese spreads and nut butters, chicken and turkey on whole grain rolls. These foods will energize you without putting you in a tired, dreamlike, sleepy state.
Hydrate with Water and Decaffeinated Beverages- Drink at least 6-8 glasses of pure water a day. If you are coming off medications or simply detoxifying your body from stimulating substances, pure water will help you do so. A hydrated body performs better, functions smoothly and rejuvenates itself. Keep hydrated with water and feel the difference. Decaffeinated beverages are soothing without sedating. This is key to feeling calm yet not fuzzy headed. Chamomile tea and Sleepytime Herbal tea is a soothing way to feel in control yet peaceful.

Soak up the Sunshine- Break the chain of “sameness” by going outdoors. Even if it’s cloudy, it is still brighter than indoors. Sunshine lifts your spirits and places you in a new environment. Take your meals outdoors if weather permitting. Feel the sun on your face as you drink in its healing and healthy essentials.

Raise Your Serotonin Levels Naturally- Serotonin levels can drop as stress hormones rise, when the body is under constant stress and tension. Serotonin levels can be replenished by proper use of foods. This is why it is important to eat lean proteins during the day. This prepares the body to absorb the proper carbohydrates 3-4 hours after the proteins are eaten. At this point, a handful of dry cereal, a few pretzel rods, a bagel or toast will enable the brain to produce serotonin. This is the only time simple carbohydrates work positively, for serotonin production. Foods high in tryptophan that aid in this process are taken in during the day. They are: Turkey, Cottage Cheese, Tuna, Peanuts, Oatmeal, Cottage Cheese and Soy Products all contain tryptophan. This tryptophan aids in raising serotonin levels when you eat a carbohydrate 3-4 hours after eating a protein rich/tryptophan rich meal. This is why it is recommended to eat a carbohydrate before bedtime, to make sure the brain has use of all the tryptophan it accumulated during the day. The carbohydrate is the catalyst for serotonin production. If not, the tryptophan in the body does not offer this calming effect. This serotonin levels ensure a good night’s rest, which is needed when overcoming depersonalization and derealization. Worry tires the mind. A good night’s rest, and higher serotonin levels adds to one’s sense of good health and well-being, both physically and emotionally.
Remember, when stress hormones rise, such as cortisol, you begin to crave carbohydrates. Less, stressful experiences (arguments, traffic, lack of sleep, work issues), more serotonin, and less stress hormones.

Time-Outs- Give the brain a rest by partaking in activities that do not involve deep thought. Run for the fun of it, swim for the way it eases tension, listen to music and walk in the park. You do not have to analyze every moment. Just do and “be.” Give your mind a well-deserved rest from thought. Grab a bottle of cool water or decaffeinated tea, and spend the day outdoors, being a part of nature. This also serves to bring you back into your reality.

Lose Your Anger- It certainly is frustrating when you are dealing with depersonalization, but anger only lowers serotonin levels and increases stress hormones such as cortisol. Be patient and remind yourself this is temporary. Continue on with your diet/nutrition plan, learn strong coping skills in order to lose your fear and worry, and allow time to be your healer. Trust this will pass and it will.
**Exercise**- Another great healer and distracter from depersonalization. Getting up, out and moving off excess energy built up by worry is a sure-fire way of feeling better. With the proper foods in your system combined with a good exercise program, you will feel stronger, and more in control. Be careful about over-exercising since you do not want to stress your body beyond its capacity, which only results in lowering serotonin levels. Moderation in everything!

**Music**- Another great healer….and not necessarily classical. The music of your choice is the music that will work for you. Dance away your cares as you focus on movement and the joys of music. With proper diet and nutrition, you might enjoy moving around more and using this form of relaxation to your best benefit.

**Avoid Caffeine**- Caffeine only serves to stimulate your body and your goal is to feel peaceful and calm. Your mind needs a respite from worry and deep thinking. It is overwrought and stimulation only adds to feelings of anxiety and exhaustion. The goal is to heal, to give the mind a chance to refresh. Caffeine adds to overall energy but you pay the price in the long run with jittery nerves, racing heart and an overactive mind. This is far from a positive approach to the feelings of depersonalization.

**Lose the Cigarette Habit**- This might be a good time to consider crushing out the cigarette habit. It is stimulating to your system and only exacerbates feelings of depersonalization. Your aim is for a rejuvenated mind, after the exhaustion of tension and worry. Cigarettes are not the answer since they increase your heart rate, stimulate the body and add to nervousness. Cigarettes give you a false feeling of calm due to the smooth breathing in and out. Why not just breathe, instead of adding nicotine to the picture?

**Give Up the Alcohol**- You lose vital nutrients through the use of alcohol. Increased urination causes your body to lose many of the nutrients needed to feel calm and in control. Dehydration from excess urination also leaves a person feeling below optimum health and wellness standards. Alcohol also interferes with sleep patterns. Interruption of sleep is a common reaction after drinking alcohol. Alcohol is depleting to the body. Your goal is to relax and refresh, not sap energy through alcohol use. Giving up alcohol will only be to your best benefit. Alcohol increases the feelings of depersonalization and continues on into the next day. Hydration through pure water is certainly the better choice.

**Fresh Fish and Omega 3’s** – Fresh water fish contain Omega 3 fatty acids. These are known to aid in mood disorders, heart disease, and prevent clogged arteries. It is found in cold water, fatty fish such as salmon, mackerel, sardines, lake trout, and tuna. They all contain omega-3 fatty acids and aid in promoting good health.
**Fresh Fruits and Veggies...You Can’t Go Wrong!** - Substitute these instead of “junk” foods as snacks and you will notice a calmer sense of well-being. Watch the glycemic scale here too. Choose the items from moderate to lower values on the index. Avoid dried fruit for now (raisins, apricots, prunes), as they are too high in sugar, with a high listing on the glycemic index.

**Sugars** - Steer clear of sugar for the present time. If you must use sugar in a recipe, stick with regular sugar in small portions. Sugar substitutes can cause anxiety symptoms, panic attacks and stomach upsets. Chemicals still place a stress on the body. When one is detoxifying and rejuvenating their mind, *natural* is the preferred choice.

**Lower Salt Use** - Too much salt use interferes with sleep and raises blood pressure.

**High Fiber Foods** - Select high fiber foods as a part of your diet. These vegetables, beans, brown rice, cereals and grains will help maintain blood sugar levels. Remember, the more fiber, the more liquids, to maintain regular digestion and elimination.

**Glycemic Index** - Always choose the moderate to low foods on the glycemic index. These are the less sugar foods. Even vegetables can rate high on this scale (carrots, for example) and therefore you would want to choose the lowest glycemic values as possible for your food choices.

**Digestion** - Remember meats take longer to digest than other foods. Plus they contain more antibiotics and adrenaline than other foods. Select fowl or fish over meat for a healthier choice. They can remain in your digestive tract for 24 hours. Grains for half to a one quarter of that time. Fruits for 30 minutes to one hour. The faster the digestion, the less stress on your body to work the food through.

**DiETING:** Strenuous dieting can deplete serotonin levels as can strenuous exercise. Moderation in everything!

**Helpful Supplements** - Vitamin B and C complex, Vitamin E, Multiple Vitamin and Calcium and Magnesium. Check with your physician or pharmacist as to amounts.

Herbals can be soothing such as Chamomile tea late in the evening, to help soothe you into sleep. Remember there are certain herbals that interact with medications and therefore you must check with your physician or pharmacist before taking any herbals.

**Avoid Stimulants** - Many over the counter medications are stimulating. Cold formulas, antihistamines and diet products may cause excitability. Check out labels before purchasing.
Depersonalization / Derealization Seven Day Menu Suggestion Plan

Day One

Breakfast

Small juice glass of Orange Juice or Whole Orange Sections Cheese Egg Omelet (made with low fat cheese) and Turkey Bacon 1 Slice of Rye Toast with small pat of Butter 1 Cup of Unsweetened Decaffeinated Tea or Coffee

Late Morning Snack

Cottage Cheese with strawberries

Lunch

Lean Turkeyburger, whole wheat roll Green salad with lemon and olive oil Citrus Fruit Cup Decaffeinated Unsweetened Tea or Coffee

Afternoon Snack

Deviled Egg and Celery

Dinner

Baked Chicken Breast, Green Beans, Baked Yam Baked Apple with Cream Cup of unsweetened decaffeinated herbal tea or club soda

Bedtime Snack

Handful of dry cereal (Cheerios) or 2 Pretzels Rods
Day 2

Breakfast

½ Grapefruit
Poached Egg, Canadian Bacon and Whole Wheat Toast 1 Cup Unsweetened, Decaffeinated Coffee or Tea

Mid-Morning Snack

½ Cup of Sunflower Seeds and ½ Cup of Blueberries

Lunch

Cup of Vegetable Soup
Tuna Salad on Rye Toast with Tomato
Small Green Salad (Romaine Lettuce) with lemon and olive oil Glass of Unsweetened Decaffeinated Iced Tea

Mid-Afternoon Snack

Natural Peanut Butter on Whole Wheat Crackers, Glass of Milk

Dinner

Cup of Lima Bean Soup
Grilled Salmon with lemon and dill
Brown Rice and Steamed Mixed Vegetables Tomato Salad with Vinegar, Olive Oil and Oregano
Strawberries and Cream
Cup of unsweetened Decaffeinated Herbal tea or Iced Coffee

Bedtime Snack

½ Bagel or ½ baked potato (good carb to increase serotonin levels).
Day 3

Breakfast

Small glass of Tomato Juice
Bowl of Oatmeal with butter and
milk  3 Strips of Turkey Bacon

Mid-Morning Snack

Cup of Plain Yogurt and
blueberries

Lunch

Caesar Salad with Grilled
Salmon Whole Wheat Roll
and butter
Blueberries and Cream
Unsweetened Decaffeinated Tea or Club Soda with Lemon
or Lime

Mid-Afternoon Snack

Apple slices with Natural Peanut
Butter

Dinner

Cup of Chicken Soup with Long Grain Rice
Bowl of Turkey Chili, garnish of shredded low fat cheddar and low fat
sour cream  Crusty, chewy piece of whole grain bread
Assorted Melon cup
Cup of unsweetened Chamomile Tea or club soda

Bedtime Snack

Bagel and sliced
berries
Day 4

Breakfast

Juice glass of grapefruit juice
Rye Toast, Cream Cheese and Turkey Bacon
Cup of unsweetened Decaffeinated Tea or Coffee

Mid-Morning Snack

Celery Sticks and Sour Cream
Dip

Lunch

Sliced Turkey on Whole Grain Bread with
Mayonnaise Small Caesar Salad
Apple Slices with low fat Cheddar
Iced Unsweetened Decaffeinated Coffee with
Milk

Mid-Afternoon Snack

String Cheese and Whole Grain
Pretzels

Dinner

Vegetable Juice
Grilled Tuna with steamed sliced
zucchini Cous Cous
Slice of Cantaloupe
Iced unsweetened Herbal Tea

Bedtime Snack

Whole Grain
Muffin
Day 5

Breakfast

½ Cantaloupe filled with Cottage Cheese  Slice of Rye Toast and Butter  
Cup of Unsweetened Decaffeinated Coffee

Mid-Morning Snack

Raw veggies with low fat yogurt dip

Lunch

Hearty Vegetable Soup with Shredded Low Fat Cheddar  Whole Grain Rolls  
Romaine Lettuce with Lemon and Olive Oil  Plums slices with cream

Mid-Afternoon Snack

Hummus with Pita  Triangles

Dinner

Roast Turkey, Fresh Steamed Green Beans with Butter and Lemon  Mashed Yams  
Small Garden Salad with Lemon Juice and Olive Oil  Hot Bread Pudding (made with whole grain bread) and cream.

Bedtime Snack

Handful of dry cereal, 2 Pretzel Rods
Day 6

Breakfast

Juice Glass of V-8 Vegetable Juice
French Toast made with Whole Wheat Bread  Turkey Bacon
Cup of Unsweetened Decaffeinated Chamomile Tea or Coffee

Mid-Morning Snack

Plain Yogurt and Strawberries

Lunch

Tuna on Pumpernickel with Sliced Tomatoes  Olives
Fruit bowl with scoop of cottage cheese
Unsweetened, Decaffeinated Iced Coffee with Milk

Mid-Afternoon Snack

½ Whole grain bagel and natural peanut butter

Dinner

Shrimp Scampi over Whole Wheat Pasta  Italian Green Beans
Caesar Salad without croutons
Fresh Fruit Platter with Brie Cheese

Bedtime Snack

Whole Grain Muffin and Slice of Cantaloupe
Day 7

Breakfast

Fruit Cocktail
Poached Eggs with Canadian Bacon on lightly buttered Rye Toast Cup of Unsweetened Decaffeinated Tea

Mid-Morning Snack

Slice of Cantaloupe with cottage cheese

Lunch

Tuna Antipasto (Tuna salad, romaine lettuce, olives, artichoke hearts, provolone) Vinegar and Oil Dressing
Crusty whole grain Bread Fruit Smoothie Beverage

Mid-Afternoon Snack

Cup of Blueberries and Cup of Popcorn

Dinner

Vegetable Lasagna with Tomato Sauce and Fresh Parmesan Cheese Caesar Salad Whole Grain Toasted Garlic Bread Fruit Platter with Wedge of Sharp Cheese Cup of Sleepy time Tea

Bedtime Snack

3 Pretzel Rods, Toasted Whole Grain Blueberry Muffin
DAY PLAN FOR DEPERSONALIZATION / DEREALIZATION

8:00 AM: Rise when you awake and after your breakfast, grab your walking shoes and out the door. Lying around in bed, dwelling on how you feel, just does not work with depersonalization. Getting busy does. I'm not suggesting you run around furiously, *trying* to block this sensation from your brain, but I am proposing you fill your mind with more positive and productive ideas, suggestions and shatter the pattern. The pattern is set as a habit and in order to break it up, it's important to shift thoughts, visuals and focuses. The shock, the startle of a new routine helps tremendously. It's time to get out of the rut and break out of the set pattern. Go outdoors, regardless of the weather and walk. Do not check in every minute to see how you are feeling. You ate a good breakfast and now it is time to move off some of your excess energy caused by worry. This whole condition, this depersonalization is dependent on your worry cycle. Let go of the worry and you give your mind a chance to refresh. Walk, look around you and forget about the "checking in" and deep thinking. Be in the moment and walk, breathe in oxygen (to clear your head and crack through the fuzziness), and enjoy the moment, the now.

10:00 AM- Do something different. It's about continuing to change the routine, to break it up all through your day. Have a *protein rich snack* about this time of morning and keep yourself hydrated with pure water. Forget about protein bars. They are high in sugar. Instead, try some peanut butter on whole-wheat crackers, or cheese and fruit. A little plain yogurt and fresh fruit will fuel you too. If you normally do the same thing every morning at this time, shake it up a bit, try doing something new. Break the pattern and continue doing so. Change your work routine if you are at work. If you are at home, go somewhere different, do something different. If you do the wash at this time of day, change your routine and prepare your dinner menu or go to the store. It's time to shake it up and crack through the depersonalization. Be aware of your body language. Is it reflecting a different stance when you begin to feel depersonalization? Check out your facial expressions, eyes, posture, etc. We tend to take on a different physical stance when retreating into this symptom. Be aware of this is the way past it. Learn to recognize the posture, the attitude and the physicality of it.

12:00 Noon- Lunchtime and a time-out for a relaxing and balanced meal. Lunch should be a strong meal, and leave you feeling energized, rather than sluggish and lethargic. This is why your lunch meal should be high in *protein* and lower in carbohydrates. This is *not* complete elimination of carbohydrates. It is simply keeping your proteins as the main part of the meal and not centering on carb loading, which many tend to do, in an effort to feel well. Too many starchy or refined carbs can only add to feelings of depersonalization. It's time to break the cycle.
4:00 PM- Late afternoon, the crucial point of your day. This is because most people notice a drop in blood sugar around this time, but by taking a time-out and having a **protein rich snack**, you can avoid this pitfall. Cheese and whole grain crackers, hummus and pita, natural peanut butter and whole grain pretzels. These will all bolster you for the rest of the afternoon, well into dinner. Relax, approach this time of day by focusing on anything that brings joy into your life. Self-nurture by taking a break at this time, and doing something different...something for yourself, to add to your feelings of health and wellness.

6:00 PM- Dinnertime, and a time to wind down. Keep your dinner table a relaxing and interesting place to be. Use this time to eat a nourishing meal, and focus on the new events you achieved during your day. Lower fat chicken, turkey or fish with a fresh vegetable, leafy green salad, and complex carbohydrate, low on the glycemic index. 
The less sugar content, the better. A cooling fruit with a little cheese rounds out the meal and leaves you feeling full but not uncomfortable. There will be a lot to reflect upon once you begin making changes. This is key to shattering the existing pattern. This is the time of day to enjoy a good meal, keep the sugars down and feel proud of yourself for making changes. You might want to eat in the dining room instead of the kitchen or vice versa. Whatever you’ve been doing, make a change. Try a new restaurant, eat with a friend, experiment with a new recipe. Shake up the pattern. It's sometimes difficult to make a change but in a way it also feels rewarding.
Have the courage to begin making changes. You will notice changes in the way you feel and less depersonalized as the days go on. Enjoy your meal and enjoy your evening.

8:00- Evening and time to gear down even more. If it’s the weekend and you are hesitating about going out, GO. Don’t let this feeling of depersonalization hold you back.
Most people state they feel much better in new surroundings, dancing, talking with friends, at the movies or shopping. They are occupied and it’s a change in their routine. 
Give yourself this opportunity to shift your focus. Don’t hesitate, take the risk. If you are at home, then you might want to invite some friends over for some good conversation. Whatever you do, make sure you are doing something that shifts your routine in some positive way. Even if it is merely changing a few small things in your schedule. If you bathed and watched television, shift it from watching television first and then bathing. Small variations can bring big changes. Sip some Sleepy time Tea as you pat yourself on the back for taking the initiative to make changes. Patience will bring you what you want, patience and applying the right attitude and dietary plans.

11:00- Relax in the knowledge that you made changes today. Remind yourself that each day will bring you renewal and a refreshed mind. Depersonalization is only the product of constant worry...an exhausted mind, vulnerable to this symptom. When you lose your fear, apply good coping skills, follow a strong diet/nutrition plan and lose the “what if” thinking, you will see favorable progress. Remember, this is temporary. Your fears are its only fuel. Relax with a **snack** before bed, a soothing **carbohydrate** such as a warm whole grain muffin or even a warm baked potato will enable your brain to produce extra serotonin for relaxation and a strong sense of well-being. Relax in the knowledge that you are building a stronger, more resilient you...and you will succeed in all your aspirations. Sleep well and have a good day tomorrow.
GLYCEMIC INDEX

Those prone to the anxiety condition respond to sugary foods in a negative fashion, for the most part. Sugar stimulates, sensitizes, irritates and in most cases, leads to anxiety reactions. This is why it is essential to monitor your sugar intake. There are “hidden sugars” in more foods than you can imagine. Pickles, ketchup, salad dressings, soups, even mouthwash and toothpaste might contain sugar. Therefore, if you can avoid extra sugars in your diet, above and beyond all the sugars you are ingesting, you will find your reactions are not as automatic or as intense. This is a positive step against anxiety reactions, insomnia, fatigue, depression, depersonalization, hypoglycemia and all other anxiety related responses.

Certain carbohydrates stimulate higher insulin secretion, therefore rank higher on the glycemic index. All carbohydrates break down into sugar during digestion...some slower than others and some with far less insulin secretion. This is why it is important to select carbohydrates that rank lower on the glycemic index as they will secrete smaller amounts of insulin, resulting in a lower response. The glycemic index, provides a number to each carbohydrate based upon how this food affects blood sugar levels. This translates into a calmer, more peaceful body, for someone prone to anxiety symptoms! Always opt for foods lower on the glycemic scale and you will be contributing to your sense of well being. Never stop eating one food group or another. Carbohydrates are essential for good nutrition. It’s your choices that are important. Watch your numbers!

Avoid high numbers (as much as possible) and choose from foods lower on the chart

Glycemic Index FOOD RATINGS

High Range

Sugar =100  
White Bread = 95  
Instant Potatoes = 95  
French Bread = 95  
Baked Potato = 95  
Instant Rice =90  
Honey =90  
Jam=90  
Pretzels=85  
Popcorn=85  
Carrots =85  
Rice Cakes=80  
Rice Krispies=80  
Corn Flakes=80  
French Fries=80  
Corn=75
Corn Chips=75
Bagel=75
Cheerios=75
Graham Crackers=75
Corn Meal=70
Taco Shells=70
Potatoes=70
Watermelon=70
Pasta=65
Raisins=65
Banana=60
Ice Cream=60
Dried Fruit=60

Medium

Pita Bread=55  Rye
Bread=55
Wild Rice=55
Brown Rice=55
Oatmeal=55
Whole Wheat Bread=50
Grapes=50
Yams =50
Peas=45
Pears=45
Pita Bread=45
Rye Bread=40
Green Beans=40
Peaches=40
Plums =40
Oranges=40
Apples=40
Wild Rice=40

Low Range

Kidney Beans=30
Dried Beans=30
Dried Apricots=30
Milk=30
Grapefruit=25
Cherries=25

Slow withdraw from any substance is always recommended, including sugar. Take your time and slowly wean yourself off of foods high on the glycemic scale. Slowly but surely you will feel the difference. Eventually you will not crave sugar and notice a strong sense of well being.

Foods Rich In Tryptophan

Tryptophan is an essential amino acid and it aids in the production of serotonin in the brain. It is the precursor for this neurotransmitter called serotonin, which establishes a sense of calm and well-being.
throughout the body. Tryptophan ingestion directly affects the levels of serotonin. Therefore, it is essential to eat foods high in tryptophan if you would like to maintain good serotonin levels. These levels are natural rather than quick spikes in serotonin levels that may be chemically induced by medications. Foods can alter your moods in a gentle and safe manner. No side affects, withdrawal symptoms or nervousness. A natural alternative for a stronger sense of health and 'well-being.

Foods Rich in Tryptophan are as follows

Highest concentration of Tryptophan in foods is found in: Soy Products
Soy Beans
Dairy Products
Turkey
Tuna
Shellfish
Nuts
Seeds
Red Meat
Bananas

Other Food Sources HIGH in Tryptophan are: Fish- Snapper' Halibut' Tuna
Shellfish- Shrimp,
Scallops Mushrooms
Chicken
Tofu
Lamb
Liver

MODERATE levels of Tryptophan are found in: Spinach
Mozzarella
Cheese
Asparagus
Peppermint
Leaves Broccoli
Milk
Beans
Brussels Sprouts
Green Beans
Pumpkin Seeds
Oats
Almonds

FAIR Amounts of Tryptophan are found in the following foods:
Strawberries
Tomatoes
Yogurt
Potatoes
Long Grain Rice (cooked variety) Walnuts
Eggplant  
Beets  
Peanuts  
Barley  
Cabbage  
Garlic  
Celery  
Onions  
Peas  
Sunflower Seeds

Include these foods in your diet and you will receive the benefits of Tryptophan. This essential amino acid will add to feelings of peace and calm. It’s a natural nutrition route to good health.

These foods are recommended for those struggling with anxiety conditions such as insomnia, generalized anxiety disorder, anxiety related depression, depersonalization/derealization, obsessive/compulsive disorder, low serotonin/high stress hormones, menopause, PMS, and fatigue. Tryptophan aids in the healing of the mind and body due to stressful conditions and anxiety symptoms. If your tryptophan levels are too low, you become more vulnerable to the conditions listed above.

Therefore, ingesting foods rich in tryptophan is an advantageous way to alleviate feelings of stress, along with a good diet/nutrition plan and strong coping skills. This combination ensures a healthier life and a strong sense of well-being.

Potassium-Rich Foods

In most anxiety conditions the adrenal glands are mildly stressed or under a strain, due to constant production of stress hormones epinephrine, norepinephrine and cortisol. Epinephrine and norepinephrine are the adrenaline hormones or also known as catecholamines. They are the hormones responsible for the stress response. Naturally if they were called upon more frequently, as in anxiety reactions, the adrenals would be taxed more often. This is why it is important to eat fewer foods containing sodium (which would add more stress to the body) and more foods rich in potassium to aid in restoration of the adrenal glands. Also recommended are less processed and refined foods, less sugar, less alcohol and less stimulants in general such as caffeine and nicotine. Again, five small meals a day rather than 3 larger meals also gives your body a chance to heal. Minerals such as Potassium supply the body with healing sources

FRUITS Moderate to High in Potassium

Apricots (3)  
Avocados  
(1/4) Bananas (1)  
Dates (6)  
Figs (3)  
Kiwi (1)
Melons: cantaloupe, honeydew (1/4 of 5” diameter melon)
Nectarine
(1) Oranges
(1)
Papaya (1/2 c)
Peach, fresh
(1)
Raisins (1/4 c) Prunes (5)
Watermelon (6” x 1” slice)

VEGETABLES  Moderate to High in Potassium

Artichokes (1)
Beans: kidney, lima, and nav pinto (1/2 c) Greens: beet, collard, mustard, and turnip (1/2 c)
Nuts: all kinds (1/2 c) Parsnips (1/2 c)
Potato (1 small or 1/2 c) Pumpkins (1/2 c)
Spinach (1/2 c)
Split peas, black-eyed peas, and lentils (1/2 c)
Tomatoes (1) Tomato sauce (1/4 c) Winter squash (1/2 c)
Yams (1/2 c)

JUICES  Moderate to High in Potassium

Orange (1/2 c)
Prune (1/2c)
Tomato (1/2 c) V-8 (1/2 c)

Vitamins For Anxiety Conditions

A good multi-vitamin is recommended for those struggling with anxiety, especially if there is lack of appetite, resulting in minor nutrition deficiencies. Recommendations of whole grains, fresh raw or lightly steamed vegetables, lean proteins (meats, fowl, fish, nuts, soy products) and limited good fats are also recommended for proper intake of vitamins and minerals. If not, supplements are helpful along with a strong diet/nutrition plan, designed with foods both nutritious and rich in essential vitamins.

B Complex: The B Complex consists of Riboflavin, biotin, niacin, B6, pantothenic acid, folic acid and B12. Recommended dosage of B complex is advised on package. Check with your pharmacist or physician for proper dosage or if you are taking any medications. B Vitamins are a recommended addition as a restorative supplement when healing from the anxiety condition. B vitamins support the nervous system, neurotransmitters in the brain, and aid in balancing the lactate concentrations in the body. Panic attacks and lactate levels are connected and therefore B vitamins are an essential part of healing and restoring the nervous system. A calmer body is the result of using B vitamins. This complex helps reduce anxiety and yet strengthens the body at the same time.
B Complex Vitamins are:
B1 (Thiamine) is found in enriched grains pork products and cereal. This B1 vitamin supports nerves and mental attitude. It can be found in wheat germ, bran, whole wheat, brown rice and brewer’s yeast or black strap molasses.

B2 (Riboflavin) aids in stress situations and anxiety conditions and it also combats fatigue and boosts energy. It is found in poultry, dairy and fortified grains.

B3 (Niacin) contributes to the health of the nervous system. Good sources of B3 are poultry, liver, fish, organ meats and peanuts. These foods also contain tryptophan.

B5 (Pantothenic Acid) aids in adrenal gland functions. It supports healthy nerves as is known as a natural stress fighter. It combats fatigue and other stress induced difficulties, mainly by its supportive role with the adrenal glands. It is found in fish, chicken, egg yolks, brewer’s yeast, whole grains, cereals, peanuts cheese, sweet potatoes, peas, avocados and cauliflower.

B6 or pyridoxine aids in the conversion of tryptophan into serotonin in the brain. It is helpful for those struggling with anxiety, fatigue and stress conditions. It is also a natural diuretic. B Vitamins and water-soluble which means then have to be replenished daily by foods or supplements. Do not go overboard on B complex. Too much B6 is known to cause difficulties. Follow the RDA (recommended dosage) for best results. Good sources of B6 are organ meats (liver), whole grains, wheat germ, poultry, fish, egg yolks, soybeans, brewers yeast, peanuts and walnuts. potatoes, cauliflower, avocados, cabbage, prunes and bananas.

B12 (Cobalamin) increases energy levels and supports the entire nervous system. It aids in fatigue and is known as the natural fatigue-fighting vitamin. It is also used as a supplement for many psychological symptoms such as anxiety, fatigue, irritability, depression, balance problems and memory difficulties. Good sources of B12 are meat, fish, egg yolks, milk, yogurt, and liver.

Biotin aids in processing amino acids into protein, metabolism and treats muscle pains. Only trace amounts of biotin are found in foods. Sources of biotin are liver, brewer’s yeast, egg yolks, milk, rice and nuts.

Choline aids in memory, brain chemistry and the functioning of the nervous system. Good sources of Choline are fish, wheat germ, brewers yeast, liver, organ meats, egg yolks and leafy greens.

Folic Acid is an essential nutrient for those who are dealing with stress, anxiety or fatigue. Folic acid aids in restoring the adrenal glands as well. It will also help to stimulate a lack of appetite.

It is recommended to take your B and C Complex after lunch for best absorption!
Vitamin C is recommended along with the B complex. It is essential for proper brain and adrenal function. Many companies manufacture an All B and C complex, combining the benefits of these vitamins. Vitamin C is known to reduce anxiety as it produces a calming effect. Besides supplements, vitamin C can be found in the following foods: Tomatoes, Citrus Fruits, Cantaloupe, Broccoli, Strawberries and Parsley, to name a few.

Vitamin E is an important vitamin for it’s own restorative powers. It protects the body from cell damage by free radicals. It is the vitamin that aids in bringing more oxygen to the brain cells as well. Good sources of Vitamin E, besides supplements are: Nuts, green leafy vegetables, vegetable oils are the main dietary sources of vitamin E. Fortified cereals are a strong source of Vitamin E. It is not recommended to take high dosages of Vitamin or any other vitamins. Vitamin E is fat-soluble and will accumulate in the body. Therefore begin by low dosages (100-200 IU’s) and see how it works for you. Check with your doctor before taking any vitamin or supplement.

GABA- Gamma-aminobutyric Acid -This brain chemical called GABA is another one of the body’s natural tranquilizers. It is an amino acid neurotransmitter said to alleviate stress reactions. It has in some cases been linked with panic disorder. Tests are still inconclusive, although low GABA levels have been connected to anxiety conditions.

Alpha-linolenic Acid is an essential fatty acid found in oils such as linseed or flax oil, canola oil and soybean oil. Fish is also a good source of Alpha-linolenic acid. Many with anxiety symptoms have noticed improvement after a few months of Alpha-linolenic acid use.

Multi-Vitamin w/Minerals- A good multiple vitamin is especially helpful when feeling rundown due to anxiety and stress. We do not always eat correctly when stressed out and therefore a good vitamin supplement aids in maintaining good nutrition levels. Added minerals added are helpful as well. One a day recommended dosage. Take after meal for best absorption.

Minerals

Potassium is recommended as a vitamin supportive to your adrenal glands. Chart included on Potassium with its benefits and specific foods with high potassium content.

Calcium and Magnesium are very helpful for insomnia in reducing anxious reactions. They aid in calming the body and are very helpful for those with insomnia. Calcium is also known as nature’s tranquilizer. If you drink alcoholic beverages you might find your magnesium needs increase, since alcohol depletes the body of this precious vitamin. Magnesium is a reliever of anxiousness and tension. It can also aid in muscle spasms that interrupt sleep. We recommend you take these supplements together. As a bedtime supplement, some find they sleep a sounder more relaxing sleep.
Zinc is another mineral that is useful to calm your nervous system. Zinc can be found in meat, seafood and legumes.

All vitamin and mineral dosages must be advised by your physician or pharmacist. If you have a history of allergies or are using prescribed medications, please check for drug interactions.

Herbal Remedies for Anxiety

Chamomile- A mild, nerve calming relaxant for anxiety and gastrointestinal upset as well. A warm cup of chamomile between meals or at bedtime soothes nerves and calms the quiets the stomach. A natural and available method for calming, whenever stresses take their toll. Chamomile teas are a soothing addition to one’s day. It is also a great reliever of insomnia when sipped before bed. No more than two or three cups a day is recommended.

Valerian Root- A calming and sedating root used in teas for insomnia. It’s relaxing actions are helpful in the soothing relief of tensions and mildly tranquilizing effects. A cup before bedtime will aid in relaxation and a good night’s rest.

Kava Kava- This herb is known for it’s mellowing effects on the anxiety condition but is not recommended if other medications are being used, due to interactions. Reduces anxiety symptoms and has been found to be effective in reducing the anxiousness related to menopause. Many find this a relaxing, calming and natural way to reduce tension and the symptoms of anxiety. Check with your doctor before assuming Kava Kava is for you.

St. John’s Wort- An herbal remedy for relief of depression. Has been valuable to many with depression as a natural and comes in teas and capsules. Unfortunately this herb interacts with other medications, interfering with their actions. Therefore, check with your physician before using St. John’s Wort.

Sleepytime Tea and other Herbal Tea- Celestial Seasonings, and all the major companies are now manufacturing herbal formula teas. This is a delicious way to take a time out during your day or a steamy cup of comforting tea before bed. They are safe, mild and calming, when used occasionally.

Along with coping skills, proper diet and nutrition, prevention and understanding, herbal remedies are a nice addition on your path past anxiety.

Remember: Herbs are still substances that should not be overused or used with certain prescription medications such as SSRI’s as they might interact. This is why it is imperative to check with your doctor before using any herbal formulas. Many herbs are not regulated so we advise you purchase from a reputable manufacturer with a recognizable name. We recommend Celestial Seasonings who manufacture mild products in tea form. Follow suggested recommendations accordingly.
Summary

Depersonalization and derealization are a product of the anxiety condition, produced by a drained and tired mind. When one understands the logic behind these sensations, the fear is removed, allowing them to move forward with their life.

Worry is the main catalyst for these sensations. It is the trigger, for further depersonalization and feelings of derealization. This is why it is essential to break the worry habit.

You no longer have to fear these sensations because you now understand what they mean, their true significance and how they logically occurred. They are a temporary respite the mind creates to protect you from the onslaught of constant worry.

The phases of recovery equip you with everything necessary to disarm these sensations. Your understanding dissolves all fears and fear is the fuel needed to perpetuate fatigue, which fuels these symptoms.

Above all, remember, these sensations were never dangerous or harmful. They were the understandable result of tension coupled with sustained worry. There is complete logic to these sensations.

Alleviation of worry is key to full recovery of depersonalization and derealization. Choose to view this situation with logic as well, realizing how insignificant these sensations actually are…and how much control you actually possess. Then move forward. Do not linger in a state of worry or despair.
Questions and Answers (Q&A)

Frequent questions arise concerning Depersonalization and Derealization. Examples of recurring concerns and explanations are as follows:

**Question:** This DP/DR feels serious...is it something more?

**Answer:** No this is purely an offshoot of anxious worry. It is a symptom of fatigue, a tired mind. Once the mind rejuvenates the symptoms will abate. Less worry equal swifter rejuvenation of the mind.

**Question:** “Am I going crazy?”

**Answer:** No, this is not a mental illness...never was. Although you may feel “fuzzy” or disoriented, it is a harmless, though annoying, sensation. You may feel temporarily removed from a situation or as if you are watching yourself but this is your body protecting you from the onslaught of stimuli. This is temporary and not associated with mental illness.

**Question:** “Have they missed something?”

**Answer:** No! Although the sensations are strange, they are not harmful or carry a serious connotation. This is an experience associated with continuous worry. You have been bombarded with worry, working an already tired mind overtime. An exhausted mind is protecting itself.

**Question:** “Will this last forever?”

**Answer:** No! Let go of these fears now. This is merely your belief system at work. You have convinced yourself, due to the sensations, that you must be ill. Again, nothing could be further from the truth. When you unmask the fears, operate from logic, and let go of worry, you will begin to unwind from both depersonalization and derealization. This temporary reaction to constant stress and worry will melt away. Just as it appeared it will disappear. Feel secure in the fact that your body and mind are ready to refresh, just as quickly as you change your attitude and method of dealing with these sensations.

You have the skills and understanding to move forward with your life from this day forward. Do not stress over depersonalization or derealization. The path past this condition is not a difficult one. Choose to let go of your need to constantly examine, investigate and evaluate
all aspects of every situation. Give up the habit of “what if” thinking. Abolish negativity, as this too may become your habit. There are often positive options you might have overlooked. The need to explore the symptoms of DP/DR is eliminated once you embrace the **facts**.

The truth is your way out, past anxiety and all its offshoots, including depersonalization and derealization. You are capable of moving out of your own way with these techniques. You have nothing to lose except the sensations of depersonalization and derealization.

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