



Test anxiety

This **Personal Coach program** is designed to help you take simple steps to live more serenely. The objective is to help you achieve a healthy lifestyle using easy-to-adopt measures to adapt effectively.

✓ DEVELOP THE RIGHT HABITS!



IN THE MORNING

- **Do a few stretching exercises** when you get out of bed. Exercise helps put you in a good mood.
- **Think positive.** Your meeting, your trip, etc. will go smoothly.
- **Plan your day.** Draw up a realistic to-do list.



DURING THE DAY

- **Take short breaks.** Have fun with someone. Laugh.
- **Take a step back.** Get perspective on what is worrying you by discussing it with family and friends.
- **Visualize a joyful image** (e.g. your child's face, a beautiful place or a positive situation) to counteract moments of anxiety.
- **Eat a balanced meal rich in antioxidants** (vitamins C and E, beta-carotene and selenium), vitamin B and magnesium, for optimal nutrition.
- **Have a massage.** An excellent morale booster, it triggers the production of endorphins, relieving tension and promoting relaxation.
- **Breathe deeply throughout the day.** Being active will boost your circulation, improve your concentration and reduce aches and pains.



AT THE END OF THE DAY

- **Choose exercise over sitting on the couch:** exercise helps you unwind, but not after 8pm so as not to prevent sleep.
- **Practice a calm,** creative activity or opt for relaxation or yoga.
- **Disconnect.** Unplug all electronic devices (cell phone, PC, tablet and television) one hour before going to bed. They stimulate the brain and make it harder to sleep.
- **Get enough sleep.** Your body needs to recover.



LACTIUM® RECOMMENDED DOSAGE

To ensure Lactium®, your daily partner, is as effective as possible, **take 600mg per day⁽¹⁾ for two days (one day before and on the day of a particular event).**

⁽¹⁾ Messaoudi M. (et Al.), Stress, 5 (suppl.), 124, (2002)

Lactium