

# STRESS LESS

Stress is pervasive in our go-go-goo society. Whether it be physical or emotional stress, the effect on the body is the same. More stress = more inflammation and therefore decreases the efficiency of our important bodily functions.

## 1 EXERCISE

Exercise will help regulate stress hormones and release feel-good endorphines. Find exercise that you enjoy! It could be yoga, running, strength training, walking, or a combination of all. Even a 10 minute walk will do wonders.

## 2 MEDITATE

Meditation will reduce pro-inflammatory molecules in the body and regulate the stress response. A simple 5 minute body scan can be a great way to start a daily practice.

## 3 WRITE IT OUT

Journaling is a great way to handle stress and anxiety. Try these simple exercises every day to help reduce stress:

1. Write down three things you feel grateful for, no matter how big or small.
2. Do a stress purge. Write down everything you feel stressed about on a blank piece of paper. The focus is not to dwell on what you are stressed about, but rather to get it out of your head so you can focus on other things.
3. Finish the sentence "right now i am..." and end it with "I want to be..."

## 4 LAUGH!

Laughing can help reduce stress, while also improving immune system function. Watch a funny show, chat with a funny friend, or just simply find the humor in every day life.

## 6 AROMATHERAPY

Diffuse calming essential oils to promote relaxation and better sleep. Try lavender, vanilla, rose, geranium, jasmine, bergamot, sandalwood, or a blend of these.

## 7 NUTRITION AND STRESS

Nutrition is the most important factor when improving your body's stress response and reducing anxiety. Get rid of foods that are impairing your sleep and incorporate stress-busting foods.

### Ditch these

- Sugar
- Processed foods
- Processed/junky wheats and grains

### Eat these

- Salmon, sardines, anchovies,
- Leafy greens, broccoli, etc
- Nuts (almonds, cashews, brazil nuts)
- Avocados



## 8 SUPPLEMENTATION

Ask your practitioner to test supplements that aid in stress reduction, such as magnesium, flower essences, and minerals.