

3 Novel Ways to Manage Stress



Everyone feels stress from time to time. Stress is how the brain and body respond to any urgent physical demand or social pressure.

There are two types of stressors that we react to differently: eustress a good stressor (like a happy occasion) or distress, a bad stressor, (like receiving sad news, grief, loss of job, divorce, illness, etc).

While the stressors of the job interview, world problems and family drama may not diminish or disappear, there are effective ways for you to manage stress in your busy, crazy lives.

The basic techniques involve self care, such as regular movement or exercise, getting 7-9 hours of restful sleep, connecting with your inner circle of support and practicing a relaxing and mindful stress-coping program like yoga, meditation or tai chi.

Here are 3 additional and novel ways to manage the way you view your stressors:

1. CBD drops, gummies, or capsules.

What is it?

Cannabinol (CBD) is a non psychotropic compound from the hemp plant in the cannabis family. It is non-addictive, non-intoxicating and numerous studies show CBD lowers the stress-induced cortisol in the body to healthier levels.

While CBD is known for its anti-inflammatory effects, it also helps to reduce anxiety and depression, which can result from long term or chronic stress. Organic is definitely recommended.

How much should you take?

5-15 mg provides a more relaxed state of mind, while 15-25 mg creates an environment for sleep. Since CBD is processed through the liver, do not consume alcohol when using CBD. No one wants a hangover!

CBD drops or liquid has an almost immediate calming effect, especially if held in the mouth for 30 seconds before swallowing. CBD capsules or gummies have to be digested before entering the bloodstream, so they need 30-45 minutes to take effect.

Try various types and amounts to discover what works to keep you calm during times of stress.

2. Essential Oils for Stress Reduction How do they work?

Pure, therapeutic grade essential oils react to neurotransmitters the same way that many anti-anxiety medications do! Studies have shown that applying specific essential oils to the skin or just inhaling their aroma can relieve stress, relax the body and promote better sleep.

Which oils should I get?

Pure **lavender essential oil** has been the go-to oil for centuries. However, there are so many cheap knock-offs, you have to make sure you are getting pure **lavender** without fillers.

Another great de-stressing oil is **bergamot**. A citrus fruit from southern Italy, **bergamot** works well on all reducing anxiety in all types of stressful situations.

Wild Orange is an uplifting aroma for the mind and emotions. It can elevate your mood and bring on feelings of abundance and the promise of life's potential. Often, the overwhelm of stress is due to feelings of sadness and depression.



3. Navy Seal Breathing Technique or Box Breathing Technique

Research has shown that Navy Seal or Box Breathing is a powerful tool for managing stress, regaining focus and bringing on positive emotions and a calm mind.

This is perfect when you are stuck in traffic, the pick-up line at school or when your co-worker is driving you crazy and you can't escape.

1. Expel all of the air from your lungs.
2. Keep them empty for four seconds. (relax)
3. Inhale through your nose for four seconds.
4. Hold for a count of four (don't clamp down or create pressure; be easy).
5. Exhale for a count of four.

The beauty of these 3 novel techniques is that they are easy to do anywhere. It makes sense to take a **lavender** bath or get a massage but sometimes there's just not time for that!

When you are in the middle of a life of stress, use a combo of these 3 techniques for instantaneous stress reduction!

I hope you will benefit immediately from these stress reducing techniques

Stress is here to stay. The key is how you manage stress so that you avoid burn out, overwhelm and anxiety. If you would like to discuss how to increase your ability to deal with stressors, book a FREE 30 minute consult call.

There are many ways to tackle stress. I can help with nutrients, diet and lifestyle changes that will tackle stress head-on. Reserve a 30 minute consult here.



I'd love to meet you!