

Stress-Proof Your Life

#1: Leave white space on your calendar & learn to say NO!
Make a point of NOT over-committing yourself. Leave plenty of room for downtime!



#2: Use your breath. It's free and available to you 24/7/365! Breathe deeply and evenly, in through your nose, out through your mouth.

#3: Strike a power pose! Try a star pose with feet wide and arms outstretched. Or stand like a superhero with hands on your hips, chest lifted, and chin raised.



#4: Try guided meditation, tapping, or breathwork to help release mental and emotional stress.

#5: Go for a massage, reiki, acupressure, or biofeedback session. All of these are excellent ways to release physical stress and get energy flowing smoothly through the body.



#6: Listen to peaceful music or music based on healing frequencies. Create a playlist of music that leaves you feeling calm and able to rest.

#7: Prioritize sleep! Set up your schedule to allow for 7-8 hours of sleep. Even if you don't fall asleep right away, get horizontal and relax.



#8: Nourish yourself with plenty of pure water and focus on whole foods. Plant foods are high in the micronutrients your body needs most when under stress, so make sure to include plenty of them!

#9: Get outside for some fresh air, sunshine, and movement. This helps release feel-good hormones and neurotransmitters to boost your mood!



#10: Use gratitude to shift your perception of stressful or challenging situations. Try keeping a gratitude journal to keep your mind and spirit focused in a positive direction. Aim to list 3 things you are grateful for every day.