



**Top 5 Key
Stress Management
Strategies
to Start TODAY!**

By Natalie Mich

Stress Management Matters



Stress is the Cause of 1000 Diseases

According to the National Institute for Mental Health, stress is the body's reaction to a challenge or demand that includes a feeling of emotional, psychological, or physical tension. Stress can come from any event or thought that makes you feel frustrated, angry, or nervous. Short term stress can be positive: helping you avoid danger or meet a deadline. However, chronic stress harms your health. Luckily, we can easily manage stress using the 5 strategies I talk about next, and avoid common stress related health conditions like:

- Mental
 - Forgetfulness
 - Irritability, Frustration
 - Anxiety
 - Depression
 - Poor Concentration
 - Cravings
 - Drugs
 - Alcohol
 - Shopping
 - Gambling
- Physical
 - Weight Gain/ Hard to Lose Weight
 - Digestive Issues: IBS, Diarrhea, or Constipation
 - Fatigue and/or Insomnia
 - Pain
 - Neck/Shoulders
 - Headaches
 - Low Back Pain
 - TMJ

Stress Management Strategy 1: Get Daily Exercise



5 Health Benefits of Doing a Little Exercise Every Day:

1. Circulates Blood, Nutrients and Oxygen throughout your body which boosts metabolism, cellular repair, and detoxification.
2. Stimulates the brain to secrete substances that regulate and improve mood, energy, cognitive function, and aging.
3. Distracts you from your thoughts to take your mind off your worries and concerns and lower your stress levels.
4. Deepens and improves your quality of sleep, so you sleep better and wake up feeling more rested.
5. Improves overall immunity and reduces the risks of many medical concerns and diseases.

My TOP 2 Stress Busting Exercises:

1. Walking Outside: It's easy to do and requires no classes or special equipment! Daily 30" walks in nature are very effective for lowering stress levels. Aim for 10,000 steps a day to see the most benefits.
2. Yoga: this type of strength training not only makes you more resilient and flexible, but it also relieves physical and emotional/mental tension. Just 10" a day can change your life! Check out my favorite yogi:

<https://www.youtube.com/user/yogawithadriene>

Stress Management Strategy 2: Cut Caffeine and Hydrate



Caffeine is NOT your friend when you're stressed.

Caffeine actually amplifies the negative effects of Stress. Because both Stress and Caffeine elevate your blood pressure, heart rate, and your Norepinephrine (stress hormone) levels, combining the two elements together dramatically increases the negative impact stress already has on the body. These effects are very significant because the effects of caffeine taken at 7am persist until 9pm or later according to a study from Duke University. The study also showed that the body does NOT grow tolerant to these changes, regardless of how long or how much caffeine they consume.

Best Caffeination Advice:

1. Start the day focused on HYDRATION first. Drink 16-20oz of water when you first wake up. **Limit to 1-2 caffeinated beverages a week.**
2. Quit Caffeine for 30 days if you struggle with Insomnia, Anxiety, Depression, Adrenal Fatigue or High Stress.
3. Treat underlying conditions that make you tired or affect your sleep so you don't depend on caffeine: vitamin deficiencies, hormone imbalances, diet, exercise, lifestyle activities.

Stress Management Strategy 3: Get Good Sleep!



How Your Sleep Impacts Your Stress Response

1. Your perceived Stress Level increases if the length and quality of your sleep decreases.
 - a. NOTE: 7-9 hours a night is the minimum general recommendation for an adult.
2. Your need for sleep increases as your stress levels increase.
3. The more stressed you are, the harder it is to get a good quality and quantity of sleep. This "Sleep/Stress" pattern is very destructive to your physical and mental health.

Top Patient Recommendations

1. Get weekly professional care for 3-6 weeks (Acupuncture, Massage, Bodywork) if you're really stressed and having sleep difficulty.
2. Cut Caffeine from your life. 100%
3. Alternatives to Medication
 - a. Vitamins: Vitamin D, B complex Vitamins, Magnesium
 - b. Tea: Chamomile, Lavender, Kava Kava
 - c. Herbs: Ashwagandha, Passion Flower, Valerian
 - d. Chinese Herbs: Suan Zao Ren Tang, An Mian Pian, Tian Wang Bu Xin Dan, Xiao Yao Wan, Liu Wei Di Huang Wan
 - e. Supplements: GABA, 5HTP, L-Theanine
 - f. Essential Oil Diffusion: Spruce, Lavender, Bergamont, Peppermint, Marjoram, Fir, Geranium, Rose, Blue Tansy

Stress Management Strategy 4: Playtime



Balance Work and Stress with the Benefits of Playtime and Social Activities

1. Engaging in Playtime and Social Activities improves brain function, mental health, and physical health.
2. Repetitive motions like knitting, walking, or running activate a "flow state," when you are totally absorbed in the activity and lose sense of time. Flow states often include the chemical dopamine and a feeling of happiness and wellbeing.
3. Play stimulates the brain and reduces dementia and symptoms of cognitive impairment.

Playtime Ideas:

1. Color in a coloring book and use specific colors to express your mood and energy levels.
2. Resume activities you enjoyed in the past: sport activities, roller skating, book clubs, karaoke, fishing, bird watching, etc.
3. Be open to trying new things - even if you feel nervous that you might fail or it won't work out. Your brain loves novel stimulation; it will keep you younger physically and young at heart!
4. Block out 15-60" every day to do something fun that you enjoy for the sake of its enjoyment.
5. Throw a social gathering! The work of relationships is staying in contact with the people you most care about - why not host a Brunch, BBQ, or PJ party and nurture a few of those relationships at once!

Stress Management Strategy 5: Self Care



You will manage stress better when you are feeling physically and emotionally strong than you will if you feel depleted.

Self care is a term used to describe the activities we need to do on a regular basis to maintain brilliant physical and emotional health. During times of stress, we need to be diligent about self care, so that we can meet and overcome challenges rather than be eroded by them. It is especially important to maintain your self care practices during times of stress and not push them aside because you feel "too busy" - in fact feeling "too busy" is a sign you definitely need to do self care today!

My Favorite Ways to Self Care for Stress Relief:

1. Professional Care: Acupuncture, Massage, Therapy
a. my clinic: www.ocfamilyacu.com
2. Epsom Baths (3c epsom salt plus Lavender and Basil oils.)
3. DIY Foot Massage or Foot Spa with 1c epsom salt
4. Yoga: I love Yoga with Adriene on Youtube
a. <https://www.youtube.com/user/yogawithadriene>
5. Breath Work (Wim Hoff, Yogic Breathing Techniques)
6. Guided Meditation: I really like Mindvalley programs.
a. <https://www.youtube.com/watch?v=oeQfRtiY-ZM>
7. Self Hypnosis: My favorite hypnotherapist is Marisa Peer
a. <https://marisapeer.com/free-gifts/>
8. Essential Oil Diffusion

Reflection:

How well have you been managing your stress lately?

What is one new stress management technique you can add to your routine this week?

Where can you add more fun to your daily routine?

Do you have sleep issues? Should you see a health provider?



Natalie Mich
www.NatalieMich.com

As a Weight Loss Coach and Acupuncturist, I am uniquely trained to help people reach their goal weight by cultivating balance using my program The 5 Elements of Weight Loss Based in Chinese Medicine.

Contact:
support@nataliemich.com
971-361-6140