

## Stress Busting Tips to Survive Hard Times

### Body Support...

1. Recharge your batteries. Head to bed 30-60 minutes earlier than usual
2. Take a Stress Tab or supplement that contains extra vitamin C and B-complex
3. Eat your oats! Organic, steel cut are best--super anti-stress, anti-depression food
4. Power up with peanut butter balls or protein drinks when your energy dips
5. Sip green tea to nourish nerves and adrenals
6. Dose with Rescue Remedy (flower essences) when emotional emergencies arise
7. Take 5--get into intentional breathwork breaks to slow down and relax naturally
8. Splurge on a massage when the going gets rough

### At Home...

1. Stock up on simple anti-stress foods (organic rolled oats, herb teas, flax seeds, nuts, green drinks, protein drinks). Eat out less.
2. Turn off stress-stimuli and tune into harmony--music you truly love
3. Create a mini spa sanctuary in your bathroom
4. Snuggle into a comforting reading corner; maybe supply it with journals, art supplies
5. Clear out clutter, make room for exercise, yoga and stretching indoors
6. Be an environmental detective; look for home toxins you can eliminate
7. Cook for friends and family at home--enjoy celebrations, express gratitude
8. Unplug electronics in your bedroom--let it truly be a stress free zone

### At Work...

1. User-friendly emails and communications create happier workspaces
2. Dim the lights when possible during breaks; take a breather
3. Ask for eco-green products, replacing those that are harsh on the environment
4. Get outside in nature to breathe in real air, listen to the birds, feel the wind...
5. Stash some protein bars in your desk drawer for super busy days
6. Do one work task with extra special creativity each day
7. Step out of emotionally toxic situations
8. Practice compassion in the workplace

**You get the idea! This is just the beginning of how you can make small daily changes. Have some fun. Create your own personalized list. Enjoy life! Here's to your health!**

**Join us for a stress-busting & make-n-take session or host a session with Dr. Stafne at your location: [gigigreenwisdom@gmail.com](mailto:gigigreenwisdom@gmail.com)**

