Tips to reduce the stress in your life



Stress is the new black

Being busy, overworked and tired is not something that you should wear as a badge of honour. It seems like our society is rewarding people who are busy. This status symbol of being important comes at a great cost. We get it, it takes a lot to slow down but your body will thank you for it.

What happens when you're stressed

Running on adrenaline and cortisol keeps us in the fight/flight mode. This is only sustainable for short periods of time. Being stuck in 'pressure mode' leads to poor health both physically and mentally. Chronic stress impacts every function within the body and is now the world's biggest killer. It can cause heart disease, nervous system dysfunction, adrenal fatigue/exhaustion, insomnia, cancer, to name just a few.

Signs your body is telling you to slow down

You're tired. This one is pretty obvious, if you're exhausted, overworked or stressed, you need to take a break.

You keep getting sick. When your body deals with stress, the brain triggers the release of cortisol. Elevated cortisol levels decrease the response of your immune system to fight off germs.

You experience constant muscle tension, soreness and stiffness. Muscle tension is a natural part of the fight or flight response as your body prepares to deal with the threat. This is normal and healthy. What's unhealthy is when the muscle tension becomes chronic and unrelenting, often resulting in physical pain and degeneration.



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5 tips to restore your life balance

The good news is you don't need to stress about your stress. We've got some excellent tools to reduce stress in your life.

1 Try Box Breathing

Deep breathing is one of the best ways to lower stress in the body. Breathe in for 4, hold for 4, breathe out for 4, hold for 4. Repeat.

2 Get Into Nature

Research has shown, barefoot contact with the earth can produce nearly instant changes in a variety of physiological measures, helping improve sleep, reduce pain, decrease muscle tension and lower stress. So, take off your shoes and find a patch of grass to dig your feet into.

$oldsymbol{eta}$ Have a Cuddle Puddle

Relaxing endorphins are released when you snuggle a kitten or pat a dog.

4 Download SOLFEGGIO frequency music

Its frequency works on your DNA to relax you.

5 Meditation

Whatever it means to you, sitting still or going for a run, just take time out and go to your happy place.





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WHERE YOU COME TO HEAL

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