



Holistic Health Tips When Stressed or Anxious

As we consider stress awareness month, we need to be mindful of all aspects of our health & wellbeing – both physical and mental. Here are some day-to-day tips to help your wellbeing holistically, now and in the future.

Start with Breakfast.

Power your plate with healthy foods to fuel your day. Carry on this healthy habit throughout the day to feel energised and ready to conquer the day. Don't forget to stay hydrated with water too.

Maintain a Daily Routine.

At a time when uncertainty prevails, it is very important to develop and keep up a daily routine. A regular schedule brings a sense of stability that is good for your mental health and can encourage you to adopt healthy habits that reduce stress.

Change the Scenery.

Suggest a walking meeting or lunch break outside. Taking a walk not only clears your head, but it helps you get in steps for the day. Fresh air and movement are great ways to reinvigorate your mind and body.

Exercise.

Regular exercise helps boost energy, reduces stress and strengthens the immune system. A training routine that includes endurance, strength, balance and flexibility exercises is optimal. There is a lot you can do to stay fit at home, and if you can take it outdoors while keeping your distance from others, even better!

Eat Balanced Meals.

Keeping up a regular routine includes eating three balanced meals per day to support immune function. Adopt a whole food, plant-driven diet with as little processed food as possible. Focus on fruits and vegetables, healthy fats (nuts, seeds, cold-pressed oils, avocado) and clean proteins to achieve a good balance.

Take Time Out.

Spend at least 20 minutes a day in a quiet space that allows you to express your inner voice. Put down your smart phone, turn off the TV and walk, meditate, play an instrument, draw, dance or write in a journal.

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Limit Social Media Scrolling.

A number of research studies have proven that prolonged social media consumption is negative for mental health. The information overload that comes from long periods of scrolling social media accounts creates unnecessary stress. Discipline yourself and limit your intake to one hour per day, max. You can use the extra free time to discover a great book!

Help Others.

Assisting other people, such as volunteering or performing a random act of kindness, can have multiple health benefits, including lowering blood pressure, boosting self-esteem and relieving stress.

Unplug and Recharge Before Bed.

Set aside your electronic devices and practicing 10 minutes of mindfulness to clear your mind and unwind after each day.

Sleep Hygiene.

Sleep in a cool, dark room. Aim for seven or eight hours a night. Gentle stretching before bed can relax your body and help you get to sleep. But avoid vigorous exercise, alcohol and caffeine before bedtime. Lavender, an essential oil, can be calming and sedative before sleep. It's also okay to use the supplement melatonin occasionally to reset your sleep-and-wake cycle. If you still have trouble falling asleep, don't toss and turn. Get up and do something relaxing for a while, such as reading or meditating.