



Soul Therapy Wellness Spa

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# Top 5 Ways to De-Stress

Simple ways to lower and manage stress and find way to balance your life.



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The point of this article is not to try and do everything at once, but rather select one thing and adopt this into your daily life. Do not feel the need to tackle everything all at once because that alone becomes stressful. Choose the things that come easiest and stick with it. This is most important. Small daily actions can reap big rewards!

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START SMALL, START EASY. But make the choice and apply it.



## 1. Exercise

But not crazy exercise. Marathon runs NO! Heavy weights NO! 2 hours every day? NO!

Even if you have been HITT you should stop. Or lighten the workout. The truth is you are hurting your adrenal glands and your body if you are doing intense workouts while stressed. Okay. I know what you are thinking, but the truth is being gentle with yourself is more important than the adrenaline rush you can get by intense workouts. Walking is still the best exercise. Every day if possible and about 45 minutes. That's it. If you can't do 45, do 20. If you can't do 20, do 10. But start. Then, if you get good at that after three weeks or so, incorporate yoga or Pilates. Because those are body alignment exercises. Once you're adrenal glands are healed, can go back to the intense exercise again. But for now, just take it easy.

## 2. You are what you eat. Think of food as medicine.



On this topic alone, there has been so many rules about food. However, let's go by what our body tell us. When we are in tune with our body we realize it really is telling us what's good and what isn't. Living in Canada, there are some major points to consider. One is our winter time. It's cold. The days are very short. There's limited access to truly fresh produce. And people don't seem to cook at home anymore. As a reflexology therapist, many people treated all have problems with feelings of lethargy and fatigue. This leads to the suggestion

that a complex of B vitamins are usually needed, either through diet or a supplement. It's best to take supplements only in the morning as they give concentrated energy and you won't be able to sleep at bedtime. But the all time food favourite is the infamous avocado. It's like a double whammy of good fats and B vitamins! The next is vitamin D which is a fat soluble "vitamin". Using a natural source like COD liver oil is awesome! Yuck you say? Not so. They actually have replaced those awful tasting oils that were of yesteryear and have replace them with tasteless oils that slide down just like olive oil. The last, is vitamin C which we can get through many different foods like berries, citrus fruit and vegetables. For supplements, one favourite of holistic health practitioners is Ester C or acerola cherry with bioflavonoids. And lemons. Slice the lemon and pour hot water over one slice to soften it. Let it cool slightly. Then squeeze the juice into the water and eat the slice, then drink the water. The rind of lemon is so rich in rutin which strengthens the capillary walls of our



blood vessels. Super food? Yes, it is!

**3. Reflexology** This is the easiest to incorporate because you only have to book an appointment and show up! Your therapist does the rest. Out of all holistic therapies out there, this is still the quickest way to quiet your nervous system and put you in a parasympathetic state. The only two things to advise are this. One, is to be consistent with it, either once a week, every two weeks, and the minimum is once a month. Second is communicate with your therapist. Ask for a gentle treatment when you begin, unless you love deep pressure. But most people who are stressed, have sensitive feet so it's important to start gentle and build up to medium pressure.

**4. Sleep.** If you can't sleep, then you have a problem. The body heals when sleeping. If you have sleep deprivation, then that means your body is missing out on healing time. This can lead to all sorts of problems later on. Google it! There are countless studies about sleep. So what to do? First is identify if there are any other problems. Your doctor is a good person to ask. Consider sleep apnea because many people have it and don't even know. However again, stress itself causes problems, so it time to tackle other things. One is pattern. Until you can sleep well, consistently go to bed and get up at the same time. No sleeping in on weekends. You can nap, 20 minutes a day. But no sleeping in. The second is, no electronics two hours before bed. No tv. No cell phone. No tablet. You can read. Listen to music. Have a cup of herbal tea. Consider meditation. You can listen to a meditation video on YouTube or use an app. If you can't turn off your brain when your head hits the pillow it means you trained your brain to do that. It's time to untrain it.

5. **Aromatherapy** It's been proven that lavender really works. Lavender augustifolia more specially. It's wise to respect oils and not practice them without the knowledge of a certified aromatherapist. Light and gentle aromatherapy is ok in moderation and is quite effective. Using a diffuser is great because it is the lightest and gentlest way of allowing your olfactory glands to do some work. If you have any problems with allergies, again it's best to consult a professional.
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