SELF CARE MADE SIMPLE

diet and lifestyle strategies for stress management and better sleep

Welcome to your Self Care Made Simple survival kit!

Your body doesn't distinguish one kind of stress from another. Whether you have a deadline at work, a long commute, or are burning the candle at both ends getting your business off the ground, stress is stress. When you can alleviate stress in your body, you help to support your body's body systems to function optimally and feel your healthiest and happiest.

In this guide you will learn what foods to eat, which ones to avoid, how to finally get a good night's sleep, and what supplements and essential oils you can incorporate to finally feel your best.

Using Your Essential Oil Samples:

Wild Orange: Open this up and smell it, and I guarantee you will smile! In addition to smelling fresh and happy, Wild orange has been studied to reduce stress hormone levels (cortisol) in the blood, as well as perceived levels of stress. It's a nervine and a calmative, meaning it helps support your nervous system. It's uplifting if you're down, and calming if you're up. It's also helpful with sleep issues.

Lavender: This is a well-known oil traditionally used for relaxation and helping insomnia. It is also a nervine and a calmative, and

Use: Put 1-2 drops onto the palms of your hands, cup over your nose and mouth, and deeply inhale (inhalation was the method studied to reduce anxiety, specifically for 5 minute intervals), or rub it into the pulse points on the inside of your wrists to inhale when needed during the day. You can also apply 2-4 drops directly to the bottom of each foot, massage in, and cover with socks (great for sleep!)

If you have a diffuser, you can diffuse Wild Orange during the day and Lavender at night to help reduce stressful feelings, and promote relaxtion and good sleep.

You have enough essential oils to last seven days; try them consistently for a week and notice the difference!

10 TIPS FOR BETTER SLEEP

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1. Make sleep a priority.
Make getting a good sleep a priority, even when you're "too busy". Aim for 7-9 hours a night.

2. Be consistent with your sleeping times.
It's best to go to bed and wake up at the same time every day, including weekends. Pick a bed time that works for your schedule and be consistent.

3. Eliminate stimulants after noon.
This includes caffeine (coffee, black and green teas, chocolate) and nicotine (cigarettes).

4. Get some exercise and sunshine during the day.
Sunshine and exercise tell your brain that it's daytime, so it can help to set your body's 24 clock.

5. Stop eating and drinking a couple of hours before bed
Your body has a lot of restorative work to do when you're sleeping, and it's ideal that it doesn't also have to worry about digesting foods.

6. Lower your lights when the sun goes down
Artificial light, including computers and phones, are like sunlight to your brain. If your brain thinks it's daytime it will not make the sleep hormone melatonin. If you need to use electronics, use a blue light blocking filter and limit the amount of time you use them.

7. Create a relaxing pre-bed routine.
Choose something that you enjoy and will help to relax your body and mind and prepare it for a good night's sleep, like a warm bath, reading a book, or journaling.

8. Keep your bedroom comfortable
Keep your room will be cool, completely dark, and either silent or with white noise.

9. Get light as soon as you wake up
This tells your brain to wake up and start the day, and helps set your circadian rhythm (natural body clock).

10. Essential Oils
Use your oils daily to support your 24 hour sleep cycle.

10 STRESS BUSTING TIPS

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1. Hydrate. The link between water and stress reduction is well documented. All of our organs need water to function properly. If you're dehydrated, your body isn't running well - and that can lead to stress. Studies have shown that being dehydrated can increase your cortisol levels (stress hormone), so to maintain a healthy balance strive for 7-8 glasses of pure water/day.

2. Exercise. Need to blow off some steam? Move that body. Almost any form of exercise will help boost our feel-good endorphins and acts as a stress reliever. Regular exercise can also encourage better sleep, which is often affected during times of stress.

3. Find Your Happy Place. We're continually bombarded on a daily basis with stress. Make a commitment to yourself and retreat to your happy place a few times a day. This can be as simple as closing your office door for an undisturbed break, creating a blissful room/corner in your house, doing 5 minutes of meditation, etc.

4. Unplug. Being surrounded by technology all day every day is very taxing on our mind, body, and soul. As much as possible, step away from the over-stimulation of electronics. Not only does constant emailing and phone calls trigger stress, but electronics actually emit electromagnetic frequencies which aggravate our body.

5. Get Outside. The simple act of stepping outside can do wonders for stress. Go for a nature walk, leave your phone behind, get grounded, and soak up all Mother Nature has to offer.

6. Avoid Stimulants. We're already wired/high strung enough and adding stimulants such as caffeine, refined sugar, processed foods, and alcohol make matters worse. Instead of reaching for these typical go-to's, grab a herbal tea, green smoothie, or glass of water which can help support the way your body reacts and handles stress.

7. Supplement. When we're stressed out, our body becomes depleted in nutrients which are meant to protect us from stress. Supporting your body with a top quality multivitamin and fish oil may help balance your stress hormones and potentially ward off stress in the first place.

8. Sleep. While we sleep our body repairs itself to encourage optimal health. At times of high stress we tend to lack in deep, restorative sleep which may trigger a vicious cycle. We simply cannot perform to the best of our ability with a lack of sleep.

9. Eat A Rainbow. Consuming a colourful plant based diet helps ensure we're obtaining a variety of crucial nutrients for proper health. If you gravitate towards processed foods, chances are you're lacking in some key essential nutrients. Processed foods offer zero support in terms of providing our body with stress protection. The more fresh, natural produce you consume, you'll typically be receiving higher levels of vitamins, minerals, and enzymes which can help bust stress.

10. Breathe. Breathing exercises are a great way to calm the mind and become grounded and centered. Breathing exercises give us a point of focus which allows us to turn inward and forget about everything else that might be buzzing around and for a few brief moments find stillness in our day. Deep breathing exercises also have an incredible physical benefit on the body, they not only decrease the stress experienced, but they also help to circulate our lymphatic system which boosts our body's immune system.

Useful affirmations to help deal with stress

Choose an affirmation below and repeat it throughout times of stress:

• I can allow myself to enjoy this moment
• The more I let go of stress, the easier my life gets
• I am able to relax whenever I choose to do so
• Everything is okay. I am okay
• I allow myself to take a break and do something I enjoy
• I release the things that are not my responsibility to control