



Optimal Health

For longevity, happiness, and fullness of life!

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STRESS MANAGEMENT - SOOTHING SOLUTIONS

In our video lesson we talked about properly management stress by our through process, or using CBT, and through lifestyle choices like simplifying, exercise, and a health diet do much to help reduce the effects of stress. But there are times we can't avoid all stress or combat it with healthy thoughts. So here are 10 ways to reduce stress even further.

Stand up: And get some exercise. This will pump up the endorphins and reduce the built up stress hormones coursing through your veins.

Schedule: Prioritize the important things and put those into the schedule first. Then add the necessities - food, sleep, exercise, and work. Notice work is last. If you have a heart attack or never see your children, what good is work?

Sea Breeze: Fresh air and deep breathing are great tools to reduce blood pressure and other effects of stress. Air blowing over moving water is rich in negative ions which are helpful too.

Solar Power: Like exercise, the sun has many benefits for mental health. It will also add a little serotonin (the happy hormone) to your day!

Sound sleep: Sleep is needed in the production of melatonin, which is vital in the body's arsenal of stress coping mechanisms.

Song: Singing helps re-direct thoughts. Making music can improve mood, and can even reverse stress genes.

Service: Doing something for someone else and remember what others have done for you. An Attitude of Gratitude can go a long way.

Self-examination: Are you causing your own stress? Expectations, Erroneous thoughts, and Ego can all play a part in stress.

Spiritual: When POW's are asked what is the most important thing, "faith" is the answer. We cover more about science and spirituality of all kinds in lesson 14.

Sabbatical: Take a trip, a few days or a few hours, in nature. Nature has healing properties.

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