

April is Stress Awareness Month

April is stress awareness month, and given the current circumstances we could all use a little guidance on how to manage our stress. Stress is a normal part of life, but while occasional stress is natural and even healthy, chronic or acute stress can be harmful. Here are some great tips to help get you through. Still have questions? We have the best tools to help discover your body's response to stressful situations, and can provide a natural stress relief program custom to your individual needs. Reach out today, we are here for you!

Meditate



Improves sleep, mood, and emotional regulation, and circadian rhythm,
Sharpens focus, mental clarity, attention, memory, and recall.
Can help lower blood pressure, heart rate, and stress hormones.

Practice Self-Compassion



Ask for help and support when needed
Get coaching if you feel stuck
Get counseling if you feel helpless
Know your limits, honor them
Unplug once and awhile
Ask us how we can help!

Get Outside



Being in nature can help you relax, recharge and lowering stress hormones, and heart rate. This will help improve your mood, and immunity, giving you motivation and energy to take on your next challenge.

Balance Your Exercise Routine



Exercise relieves stress by increasing blood flow, burns calories, and stimulates your parasympathetic nervous system. .
Be sure to mix it up with a mix of cardio, strength conditioning, and low intensity recovery.

Practice Parasympathetic Activities



Yoga and Slow Stretching
Hot tub or Sauna
Massage
Laughing
Deep Breathing
Walking outside
Moderate Sun Exposure

Take our Stress Assessment



That's right, we can help develop a custom natural relief stress plan. We have amazing products that can help relax your nervous system, combat that fatigue, and improve your physical and mental health. Contact us today to get started!

