

22 Tips for Coping with Stress

1 – Exercise often – The more you move your body, the more you will reduce anxiety and fatigue which will make you calmer and stress-free day to day. Ideas: Biking, Rowing, Dancing, Tennis, Jogging, Walking (briskly)

2 – Sort out your finances – Like it or not, money plays a major role in the world. If you want to enjoy a comfortable standard of living, you must make sure you have enough money in the bank. Unfortunately, this can be a major stressor. Stay in the green and live within your means. More security in this way, creates less stress.

If you need help, go to a credit broker, binge watch Dave Ramsey and do what he says, join a financial class at your local church.

3 – Cut down on caffeine. Caffeine is a major stimulant that can be stress inducing. A few ideas:

- Know the ingredients in your coffee. Go for organic.
- Withdraw gradually – go half-caf and then decaf.
- Get a smaller cup and cut down that way.

4 – Make sure you are getting enough good sleep. Get rid of the technology at bedtime. Make sure the room is completely dark.

5 – Get into nature – Go for a walk, hike, boat ride, ski, ride in a convertible.....

6 – Try a meditation app – There are many in the app store on your phone. “Calm” is one.

7 – Read the bible daily. If you’re a techy person, get the YouVersion bible on your phone and pick a plan.

8 – Learn and practice yoga or tai-chi or something similar.

9 – Eat healthy well-balanced meals and take the supplements you need.

10 – Get a planner and manage your time better. Plan out exactly what you will do each day.

11 – Learn to say no when someone ask you to do something and you feel that check in your spirit that this might not be for you. If you can’t say no, say “let me give it some thought.”

12 – Don’t rely on drugs and alcohol or compulsive behaviors to reduce stress. They will only lead to a downward spiral.

13 – Take a detox bath. 2-4 cups each of baking soda, hydrogen peroxide and Epsom salts. I’ve been doing this for years at least 2 times a week. Ahhhh.....

14 – Seek out social support – Join groups doing fun things.

15 – Use and carry therapeutic grade essential oils with you. Put them on topically and take deep inhales from a drop or 2 rubbed in your palms. The molecules will go into your nose, to the limbic system of your brain (the seat of your emotions and memory) and calm you immediately. Also get a diffuser for your home and office. There are certain oils specifically for calming. Let me know if you want to know which ones.

16 – Measure your stress levels at the end of each day for a week – Give yourself a score from 1-10 and assess at the end of the week just how stressed you are. Knowing where you stand is important to understand what kind of a grip stress has on you.

17 – Reduce the amount of time around the stressor – Whether it is the news, your ex, politics – whatever it is, reduce the time you engage in it. Do whatever you need to do to be done with this person, conversation, situation so you can move on and feel better. For the situations you can't avoid, ask yourself, "What is the healthiest way I can respond?" You cannot control the stressor, but you can control your response.

18– Deep breathing – Most people breath too shallow in their upper chest. Deep breathe down to your diaphragm pushing your stomach out on the inhale for 7 seconds, hold for 7 seconds, exhale for 7 seconds as your stomach contracts. It will feel strange for a while but will become normal over time. You will feel calmer and your body and mind will reset.

19 – Take an alone break for at least 30 minutes daily – No matter where you live or what you do we all need at least 30 minutes to ourselves to relax, recharge, refresh your mind and body so you can function optimally.

20 – Take a Freedom Day – A longer version of #18 where you take an entire mental health day all to yourself. You spend the whole day doing what you want, where you want with whom you want. No rules except getting away from the grind and have fun. Plan it!

21 – Slow down – We are all fast-pace, super-connected, multi-tasking people in a modern world. Walk instead of run. Take the scenic route, Complete one task at a time, taste your food slowly, disconnect from social media for a day, be present.

22– Stop being so rigid – Having strict expectations isn't healthy. Be more fluid and go with the flow. Intentionally practice that if it sounds hard to do. Things don't always have to go your way. Learn to let go and follow where life is leading.

I hope this was helpful!! Contact me if you need help in holistic health and products that will support your health.

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Compiled from CPR, AZ Big Media, Libertarian Republic, Personal Experience