

Dangers of Excessive Stress

Signs and symptoms of excessive stress can show in our health, our thoughts, our feelings, and our behavior. Excessive and chronic stress can create disease and discomfort physically, mentally, emotionally, spiritually, and socially.

The effects of excessive stress appear in mild and acute forms, like a cold or flu virus; upsetting dreams; occasional depressed, irritable, or anxious mood; or occasional insomnia.

However, if stress continues over time without appropriate relief or other healthy interventions, it will cause more problems in your body because of the harsh effects of the stress response hormones that are trapped inside.

Find and identify the sources of stress in your life. Do what is possible to minimize or eliminate these stressors. Simplifying life as much as possible can help reduce stress levels tremendously.

Engaging in stress relieving activities can help to reduce or negate the negative effects that stress has on the body.

Remember, that poor diet, and the use of stimulants like sugar and caffeine add to the stress your body is under, and can contribute to adrenal fatigue.

When under a great deal of stress, digestion is impaired. If feeling stressed, don't eat. Drink water or a soothing herbal tea. Create a relaxed environment to in which to enjoy food.

Signs & Symptoms of Stress

- Tension headaches
- Inability to concentrate
- Depression
- Overly emotional
- Panic attacks
- Insomnia
- Hyperventilation, dizziness, sharp pains in diaphragm, asthma, shallow breathing
- Ticks & twitching eye muscles
- Grinding the teeth or clenching the jaw
- Dull and/or graying hair; hair falling out
- High blood pressure, heart palpitations, chest pain
- Weakened immunity, illness, disease, cancer
- Joint & muscle pain
- Acne, rashes, hives, other skin conditions
- Digestive problems, IBS, ulcers, colitis, indigestion, diarrhea, constipation, incontinence.
- Hormonal imbalances, fertility problems, adrenal fatigue, etc.
- Weight gain, difficulty losing weight

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STRESS MANAGEMENT

Natural Methods and Tips for Reducing Stress

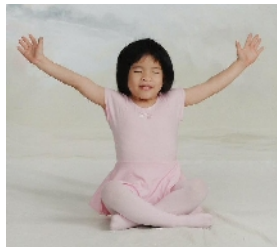


Are You Stressed? Is it Affecting Your Health?

TIPS FOR REDUCING STRESS

Activities to Assist in Reducing the Negative Effects of Stress:

- Get sufficient sleep
- Meditation/Prayer
- Yoga, Tai Chi, Qigong, etc
- Progressive relaxation
- Biofeed-back
- Deep breathing
- Hypnosis
- Massage
- Exercise (walk, hike, bike, jog, yoga, swim, garden, dance, etc.
- Engage in an activity you find enjoyable and absorbing—be creative (draw, paint, write, sculpt, crafts, sing, etc.)
- Have potted plants and fresh flowers in the home or office. Spend time caring for them.
- Diffuse a favored essential oil in your home or office.
- Eliminate the news. No TV, news programs or newspapers.
- Consume a healthy diet, with plenty of fruits and vegetables. Eliminate caffeine, sugar, alcohol, simple carbohydrates, highly processed foods, etc. Eat in a relaxed environment with the TV off.



- Take a fragrant bath, scented with lavender or rose essential oils. Play relaxing music. Remember to add the essential oil just before you get into the tub, not before as they will evaporate rapidly. A few drops is all that is needed.
- Join a yoga class. Experience different types of yoga and different yoga teachers until you find a class that suits you. Great for stress relief, to tone your body and gain flexibility.
- Enjoy life, walk in nature, do fun things, watch comedy, savor a great meal. Take the time to stop and smell the flowers.
- Every night before going to sleep, think of and/or write down 5 things you have to be grateful for in your life that day.
- Travel—Have a change of scenery, take a vacation (leave the kids with family).
- Spend time with pets/animals.
- Be sexually active (when appropriate).
- Attaining a normal weight will reduce physical stress on the body.
- Use herbal teas to assist in relaxation, good choices would include lemon balm, chamomile, lavender, catnip, etc.
- Supplementation may be helpful in assisting the body to cope with stress and recovery from stress, adrenal fatigue etc.



Relaxing Bath Recipe

Use this recipe only at night, since the essential oils have a powerful relaxing effect and can induce sleep.

- 4 drops Peru-balsam essential oil
- 4 drops valerian essential oil
- 2 drops basil essential oil

Fill the tub with water that would be comfortable to step into. When the tub is full, add the essential oils directly to the water and immerse yourself in the warm water for up to 20 minutes. Then go to sleep or rest in bed for at least 30 minutes.

Restorative Bath for an Overworked Body & Mind

- 2 oz. chamomile flowers
- 1 oz lemon-balm leaves
- 1 oz. St. John's wort or catnip leaves



Place the dried leaves and blossoms into a non-metal pot. Pour 1 quart of boiling water over the mixture and cover. Steep for 20 minutes.

Start your bath; when the water is ready, strain the herbs out of the liquid and add the liquid to the bathwater.

Enjoy a cup of relaxing herbal tea during your bath to further help with inducing relaxation and sleep.