

# WISH

World Integrated Systems in Health  
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## **Tips for Reducing Stress Levels**

Find and identify 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. The following suggestions can be useful in reducing and negating the effects of stress on the body.

- Get Sufficient Sleep
- Meditation – yoga, Tai Chi, Qigong, etc
- Prayer
- Progressive relaxation
- Biofeedback
- Deep breathing
- Exercise – walk, hike, bike, job, yoga, swim, garden, dance, etc.
- An activity you find enjoyable and absorbing – be creative (draw, paint, write, sculpt, sing, etc)
- Have potted plants and fresh flowers in home and office
- Diffuse a favored essential oil in your home and office (if appropriate)
- Take a fragrant bath, scented with lavender or rose essential oils. Play relaxing music. Remember to add the essential oils just before you get into the tub.
- Join a yoga class. Experience different types of yoga and 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 you go 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)
- Eliminate the News – No Tv, news programs or newspapers
- Spend time with pets/animals
- Be sexually active (when appropriate)
- Attain a normal weight

\*Remember that poor diet and use of stimulants like sugar and caffeine add to the stress your body is under.

\*When stressed digestion is impaired. If stressed, don't eat, drink water instead. Create a relaxed environment to enjoy food.

\*When stressed the body uses extra B vitamins. Consider supplementing with Shaklee B-Complex.