

Busting Free from Stress – Easy Tips

As someone who is still recovering from Post Traumatic Stress (PTS), I find these action steps to be the best ways to bust free from stress. I practice them as well. Implement one or two of them at a time.

1. Movement

Move your body. Pick something you enjoy doing that requires physical movement. The more you enjoy it the more apt you are to do it. Walking. Dancing. Running. Yoga. Pilates. Crossfit. Get your heart pumping. Movement releases endorphins which decreases stress.

2. Journal

Get a notebook or journal and write in it often. I prefer to use bullet points. Ask yourself “Today, I am dreaming of” and/or “Today, I am thankful for”. This helps create more positivity and optimism in your life. Dreaming expands your mind and possibilities.

3. Calm App

I love this app. It offers lots of peaceful sights and sounds that give you a mini respite during the day.

4. Listen to Music

What’s your favorite music? Create a play list on Pandora or Spotify. Listen to it when you need a pick me up. If you are an entrepreneur use your playlist as a way to get you motivated and energized for the day. I choose only upbeat songs to listen to. Alpha brain waves help me concentrate.

5. Hydrate

Drink more water. Hydration helps our bodies and minds in so many ways...mostly circulation. Add lemon or other fruits to infuse a hint of flavor. Find a way to love water. It is your friend.

6. Eating Habits

Support your body with good food. Find recipes you enjoy making and that are good for you. Avoid fad diets or eating plans. Focus more on a plant-based diet or Mediterranean diet. I enjoy trying new recipes and foods. Want some recipes? I have a great recipe book I can email you. Send me an email requesting them!

7. Consider Starting a Personalized Nutrition Program – with Meology

Your health is your #1 asset. Taking care of it should become a priority for you, especially as you age. Reboot your health routine in just 7 days with a body reset. Then, convert to a 30-day nutrition program that supports the foundation of your health and immunity. It’s simple and guaranteed. Take your assessment here to get your precise and personalized recommendations. <https://bit.ly/RhondasMeologyQuiz>

8. What Makes You Laugh?

Laughter is good for the soul. Do more of it. I like to watch comedians on Netflix. I also have a couple of friends on social media who are funny.

9. Get Plenty of Sleep

When your body is under a lot of stress and overwhelm you sleep more. That's ok. Sleep lets your body, mind, and spirit repair and recover.

10. Consider a "natural aid" to Manage Stress

Such as a B-Complex or Stress Relief Complex. Visit <https://bit.ly/TheWELLthyPeople-Shaklee> and check them out. I trust these products and the company that makes them. You can too!

11. Tapping (or EFT)

Tapping has been proven to reduce stress. It especially helps with PTSD. Visit Nick Ortner at www.TheTappingSolution.com to learn more. Or, follow Nancy Linnerooth on Facebook. She's a personal friend.

12. Practice Extreme Self-care

Massage. Acupuncture. Mindfulness. Manicures/Pedicures. Hobbies. Reading. aka: down-time activities

13. Create a To Do List

When I am overwhelmed dumping all the thoughts in my head on a blank piece of paper helps. Some call this a brainstorm. I call it a brain dump. Then, I prioritize them one at a time. Some need attention. Some don't. Eliminates overwhelm and gives you your next steps to a happier life.

14. Color, Word Search, Puzzles

When I was under an extreme amount of stress I had a book of word searches that kept my brain occupied. Nothing too difficult but required me to focus on something besides what was stressing me out. Puzzles can do the same. Now I "adult" color when I want to pass the time and have a creative moment. You can find coloring books and pencils in many stores. Several apps on our phones also provide puzzles, games and even coloring by numbers.

15. Get a Pet

We recently added a rescue pet to our family and household. We like having the fun energy in our home a pet brings. Play. Fun. Does a soul good.

Once you start implementing these tips, don't be surprised when you notice changes – for the better – in your life. That's a good thing!!

Health and Happy-ness Always,



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