

WHAT EVERYBODY OUGHT TO KNOW ABOUT REDUCING STRESS!

TEN EASY TIPS



 **Regina Sanchez**

Spiritual Life & Health Coach

Revive Joy ♦ Rejuvenate Destiny ♦ Restore Health

Ten Easy Tips

Living with stress and anxiety can become a way of life. I know it did for me. I was so used to feeling stressed and anxious that it did feel like a way of life. I learned to keep VERY busy during the day and didn't necessarily notice the stress after a time. But at night, it truly manifested its ugly head by waking me up at an hour that didn't give me the sleep my body needed.

It was my 2 am issue!

But by making some changes in my life, I was able to say "NO" to stress and anxiety and begin to not allow it any longer in my daily living.

1. ***Eliminate "inflammatory foods."*** Understand that your gut is your first brain. What happens in your gut will determine your overall well-being. What are those inflammatory foods?
 - Sugar
 - Processed foods
 - Artificial sweeteners
 - Meat that is CAFO (*Concentrated Animal Feeding Operations*) and NOT grass-feed/organic
2. ***Eat more "anti-inflammatory foods."*** These foods tone down internal inflammation. Some of those foods are:
 - Turmeric
 - Herbs such as St. John's Wort, mints, chamomile tea
 - Ginger
 - Pumpkin Seeds
 - Flaxseeds
 - Walnuts and Almonds
 - Avocados

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3. **Avoid tap water.** In order to keep your tap water “pure” from bacteria and viruses, there are many chemicals added to remove those toxins from our water. Chemicals such as chlorine. Drinking chlorine is not the healthiest for your body. Additionally, your water has more than likely fluoride added to it. Over time, fluoride can calcify your pineal gland and cause much damage. Put filters on your water both your shower and faucets.

 4. **Stay away from chemical cleaners.** Most standard cleaners have chemicals that are neurotoxins. They can disrupt your endocrine system and make you have those anxious and stressful feelings.

 5. **Watch your fish intake.** I love fish. Especially swordfish, fresh tuna and sushi. What do those 3 have in common? Mercury. Getting mercury poisoning is not a fun matter. I know. I’m speaking from experience. How did I know? My Naturopath had me tested because of my difficulty with sleep and my heighten level of anxiety. My Mercury levels were off the charts. Normal is 0 mcg. I had 24 mcg.

 6. **Journal.** I have been journaling since 1996 and many times I go back over them to see where I was at that time of my life and how the Lord was speaking to me. From this I could see the growth in my life and how the Lord answered my prayers. Journaling helps you get the emotion out of your heart and head and onto the paper. As you write you are releasing the stress, clearing your mind and allowing answers to flow to you.

7. **Breath.** When you are stressed and anxious, your breathing tends to be shallower. Taking deep breaths ... slowly can help your autonomic nervous system. Take time to really stop what you are doing and take deep breaths for 5 minutes at a time.

8. **Go for a Walk.** Being outside and breathing the fresh air is so relaxing (**PLEASE NO MASKS**). We need to breath in oxygen and release CO2. Seeing the nature around you and walking off the stress is a great way to bring in some joy and happiness. While you are walking have a conversation with God. He'd love to hear from you.

9. **Listen to calming music.** Calming music can help reduce the level of cortisol in your body. Sitting and relaxing while listening to calming music will lighten your mood and bring in some peace and joy. I love Classical music for this.

10. **Limit the use of plastics.** Plastics have so many chemicals that can be Xenoestrogens (*acts like an estrogen to our body but is a disruptor*). As best I can, I store my food in glass containers, don't drink water from plastic bottles and NEVER microwave in plastic ... even if the container says microwave safe.

What Everybody Ought to Know About Reducing Stress!

I hope you find this list helpful and will begin your journey to ***reviving the joy in your life!*** Don't let this list overwhelm you. Perhaps start with implementing one change a week. Once you have success in that one area, move onto the next.

For the next few weeks, you will receive 10 emails that will expand further on each of these tips. Each email will address one of these tips.

Know that I'm here to answer any questions you might have. I'm just an email away.

If you found this information helpful and have a friend or family member that would benefit from these tips, feel free to share this link.

<https://forms.aweber.com/form/69/1368441669.htm>

Click here if you would like a "Discovery Call" <https://reginasanchez.com/contact/> to know more about what I could do to help you in this transition to joy and peace in your life. I'd love to help you live in that place of abundance!

Your Spiritual Life & Health Coach ... believing in you!