

Three Easy Ways to Find Your Inner Calm

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If someone asked, "how are you feeling today" what would you say? Would your response include words like calm, peaceful, hopeful, or happy?

We certainly hope so, but chances are, you might not be feeling that great. The last couple of years has seen a massive global spike in mental health distress.

Stress is part of our evolutionary survival system that prepares us for dangers or threatening situations. Stress is the body's natural response that helps get us out of dangerous situations such as jumping out of the way of an oncoming car.

Problems arise when stress is switched on for long periods of time. Chronic exposure to the stress hormone cortisol can lead to feelings of being overwhelmed, worry and panic attacks and makes people withdraw socially – which also negatively affects mental health. If this sounds familiar and you want a way out of your funk, follow the three Rs:

Refuel - looking after wellbeing and finding the energy to refuel. Exercise is one of the best ways to look after your wellbeing.

Resolve – identify stressors and find solutions that can help overcome them. Talking to friends, family, and colleagues enables you to identify your stressors and is also one of the best ways to bring about a sense of calm and wellbeing.

Relax – find ways to switch on relaxation to rest and restore. Mindfulness works, and so does taking a long hot bath.

If you're looking for other ways to support a more positive outlook and sense of calm, [Serene Saffron](#) may be of help. Developed by Neuroscientist Dr. Amanda Wiggins, Serene Saffron contains premium, science-backed natural ingredients in the convenience of just two capsules per day.



We've Done the Research, so You Don't Have To!

Learn about three of the best ways to reduce stress backed by science. Simple yet highly effective, reading this blog could be the most important three minutes of your week!

[LEARN MORE](#)

Find Your New Happy Place

Each of the ingredients in Serene Saffron works together to help your body and mind achieve a positive outlook and restore a sense of calmness and wellbeing.

[SHOP NOW](#)



A Must-Have for Supporting a Positive Mood

Xtend-Life's omega 3 range makes it easy to get enough omega 3s daily. Providing 1,000mg DHA + EPA per serving of high-quality, sustainably sourced fish oils.

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"Less stressed with 2 capsules a day. I would normally wake in the morning and feel overwhelmed by the day. I have been taking Serene Saffron for almost a month now and have noticed a difference in the way I feel. When waking I am calmer and less anxious, while feeling focused to tackle the day. Thanks, Xtend-Life!"

Courtney F, New Zealand

Missed our last Newsletter?

The foundations are what make up the human body, and it is these same foundations that we are supporting with our signature range of supplements, Total Balance.

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