

4. Increase self-care

It is especially important during difficult times to increase self-care. Eating nutrient-dense foods, while also taking nutritional supplements and vitamins, is critical during stressful times. Stress depletes one's vitamin stores, so extra nutrients are essential. Increasing or adding therapeutic doses of **omega-3** supplements, **B vitamins** and supplements like **5-HTP** can be useful. Studies show that daily intake of **1,000-2,000 mg of omega-3 in EPA** (eicosapentaenoic acid) form reduces depression and anxiety symptoms. Are you taking these? Have you tried them? Many have found the a homeopathic supplement called "**Stressdefuser**" has helped them.

Ensuring that one gets exercise and obtains adequate sleep is also important. Stress can be exhausting, so extra sleep and rest may be needed. Exercise increases the feel-good chemical serotonin, so it is essential to find time to exercise, even for five minutes, during times of crisis.

Give yourself permission to grieve your loss. Crying is the body's natural way to release feelings of sadness. It is cleansing and therapeutic to cry. If crying becomes disruptive to daily functioning, scheduling crying at convenient times can be helpful.

5. Take action

When confronted with problems, taking action is therapeutic. If one is ill, it can be helpful to look for a healthcare provider who can offer hope for healing.

If dealing with the loss of a loved one, allowing time for grieving is an important and active step.

Grief has no time limits, but the intensity of feelings do generally lessen in time.

Assertive action is empowering. Saying "no" to unreasonable demands and expressing needs in a constructive manner help move us all closer toward meeting our goals.

There really is a 'Happy Ending'



**Anxiety
Depression
Burnout**

**5 Things
you can do
that may help you
get on with a
Happier Life
with
Less Stress**

5 Ways to minimize stress

1. Maintain hope

When things are rough, it is easy to get lost in feelings of depression and hopelessness.

It is important to remember that this is one point in time and that there is hope for a better future. It is even possible to come out stronger on the other end.

By believing that one will recover from their loss, find another job, discover healing to illness or find another companion, one's outlook can greatly improve.

Maintaining hope in the face of adversity is essential.

Right now,

Write down your hope.

2. Choose your "Support team"

Friends and family vary in their capacity to provide support at critical times in one's life.

It is important to carefully choose your "support team."

Only share problems with those who have a positive, empathetic nature and who can provide encouragement and guidance.

It is NOT necessary to share personal challenges with everyone. In fact, it can be beneficial to not discuss or think about problems at different times in order to provide a needed escape from stressors.

Right now,

Write down who your support team are:

3. Practice a positive attitude

*(This will work , **only** if you practice this)*

It is essential to give yourself positive messages during times of Stress.

... Be your own best cheerleader...

Very Important, Do This Right Now;

Follow this 3 step pattern

(1) **Acknowledge how you are feeling,** the emotion that you are feeling.

Example, "sad, angry, resentful"
say it! "I feel _____"

(2) **Now, say it out loud? .. say it!**

(3) **Now, think of the *most pleasant times in your life*, like a polaroid picture, *see the faces hear the sounds & words.***

Mental pictures of the past that were pleasant & wonderful. They are there, just bring them back and enjoy the wonderful feeling you had

Keep that picture in mind and the emotion will have less effect on how you are feeling. It works!

You can do this anytime, anywhere .
You can 'Change The Channel'
It *Will* defuse your upsetting thoughts