



STRESS LESS STRATEGIES – 5 KEY STEPS TO FEELING CALMER WITH MORE ENERGY AND IMPROVING YOUR HEALTH

1) NOURISH – get your diet right.

- Eat plenty of a variety of vegetables (fill at least half your plate), go easy on the fruit and fruit juices, enjoy nuts and seeds in moderation, have good quality protein with each meal and eat healthy fats (eg avocados, olive oil).
- Vastly reduce or eliminate sugar, white bread and pasta and processed foods.
- Drink alcohol in moderation, 3 or 4 glasses of wine per week (and not all in one go!).
- Go easy on the coffee, 1-2 cups per day.

2) SLEEP – get better quality sleep and aim for 7-8 hours each night.

- Have a bedtime routine and try to go to bed at roughly the same time each night.
- Come off social media and your phone 2 hours beforehand.
- No TV in the bedroom, only reading, sleeping and sex.

3) MOVE – try to move your body daily.

- Pick something you enjoy and start small.
- Be consistent and factor some sort of exercise into your routine, even if it's just 10 -20 minutes.
- Incorporate brisk walking or climbing stairs where you can.

4) PAUSE – take time out for any sort of pause during your day.

- Consider trying meditation, mindfulness or breathing exercises.
- Stop for a quiet cup of tea or take a relaxing bath with Epsom salts. Just find some time to be alone in a quiet space.

5) REFRAME – look at your issues in a fresh, new way.

- It's NOT the situation itself that is causing you to feel stressed, it's how you THINK about it.

[For further support and advice, please contact me at \[gail@drgailsharman.com\]\(mailto:gail@drgailsharman.com\).](mailto:gail@drgailsharman.com)