BLAKE'S TIPS
FOR LESS STRESS



THE TOLL OF STRESS –
In the short term, our natural stress response boosts energy and sharpens focus to respond effectively to challenges and threats and to perform under pressure and deadlines. However, long term chronic stress wreaks havoc on virtually all body systems (ie: immune suppression, digestive dysfunction, mental and emotional disorders, etc.)

SELF CARE –
Flight attendants say to put the oxygen on yourself before you help others. I am very deliberate about making sure I'm caring for myself physically, mentally, and spiritually, so that I have enough in the tank to meet the demands of each day and needs of people in my life.

HYDRATION –
Everything in the body functions better when hydrated including the brain, muscles and nervous system. The brain is actually 80% water. I drink half my body weight in ounces every day (ie: 160 lb person should drink 80 oz per day).

MAGNESIUM GLYCINATE –
Mag glycinate is magnesium bound to glycine. Glycine is an amino acid that helps the nervous system relax and helps with sleep. Magnesium calms the muscles and nerves in the body and can help with sleep. Most Americans are low in magnesium.

B VITAMINS B –
I take a B complex because I know how important Bs are not just for stress and the nervous system, but also for energy production. B vitamins are also critical for immune health and mental health.

LAVENDAR –
Lavendar flower has a calming effect on many people. It can be taken as a pill, a tea or essential oil. Lavendar supplements have been shown to be as effective as anti-anxiety meds.



VIBRANT YOU STRESS EASE –
Vibrant You Stress Ease is our top pick stress supplement packed herbs and adaptogens that help you manage stress, feel in control, maximize energy, sharpen focus, and help with sleep. Stress Ease contains Ashwagandha, Rhodiola, Lemon Balm, Bacopa, Passion Flower, and Holy Basil. Vibrant You is Nature's Pantry's very own brand made with the highest quality and efficacy standards. Come by the store to see our huge selection at great prices or shop online at www.naturespantry.life

EXERCISE & ENDORPHINS –
Find an exercise you enjoy, because if you enjoy it, you will do it. The post exercise endorphin rush is one way to sharply cut stress. There are other positive activities that also boost feel-good endorphins in the body like time in nature, singing in the shower, laughter, aromatherapy, classical music and hymns, deep breathing, prayer, gratitude journaling, deep etc.

SCREEN TIME –
A recent study attributed too much screen time to the rising anxiety epidemic in young people. We were designed to have quality social time and quality solitude. Social media gives us the illusion of quality social life and the illusion of quality solitude. The continual negativity and drama being broadcasted to us via news and social media is supernormal stimulation that leads to negative consequences over time for our mental, spiritual and physical health. Time in nature, exposure to sunlight and positive face-to-face relationships have profound health benefits. The book *Digital Minimalism* by Cal Newport shows us how to make healthy boundaries with technology while prioritizing real & healthy lifestyle habits.

LOVING RELATIONSHIPS –
Spend time with people who fill up your love tank and encourage you. Make healthy boundaries and love from a distance people who drain you and are continually negative.

DR. NEDLEY –
Dr. Neil Nedley specializes in helping people naturally recover from stress, anxiety and depression. You can learn more and watch the podcast I did with Dr. Nedley at www.naturespantry.life

TELLING MYSELF THE TRUTH
My own false beliefs and stinking thinking has led a lot of stress in my life. Beliefs lead to thoughts. Thoughts lead to feelings. Feelings lead to actions. Actions lead to results. My wrong thinking and beliefs were holding me captive to negative feelings and actions. I have found freedom in identifying these beliefs and thoughts and correcting them with the truth. Jesus said, “The truth will set you free.” (John 8:32) The book *Telling Yourself the Truth* by William Backus was also very helpful to me.

FAITH –
My faith is the cornerstone of my life and enables me to let go and let God. Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (Matt 11:28-29) Another of my favorite verses is “Cast all your anxiety on him because he cares for you.” (1 Peter 5:7)



