

8 things you can do in 5 min or less to relieve stress

1. **Take 6 deep breaths:** This is the only real way to switch from fight or flight to the parasympathetic (calm) nervous system. In hale deep into your belly and pair it with a calming essential oil to stimulate the limbic system for extra stress relief
2. **Eat Protein** This stabilizes blood sugar which is key to calming down cortisol. When you skip a meal your brain thinks there is a famine and raises cortisol.
3. Take **Magnesium:** Magnesium relaxes muscles, reduces inflammation and metabolizes cortisol. When stressed you secrete magnesium through your urine so replenishing this nutrient is key.
4. **Smile:** Smiling relaxes the muscles in your face, neck and shoulders. Smiling tells your brain that you are not in fight or flight and thereby calms down cortisol
5. **Acknowledge your Higher Power:** In most cases we can trace stress back to a desire to have more control over something or someone. The sooner we acknowledge that WE are not the ones in full control, the sooner we can calm down our cortisol.
6. **Repeat positive statements:** Instead of saying "I'm so stressed, or I can't handle this or I have too much to do "start saying "I can do this", I will be ok, God's got this, I am safe. Repeat these phrases to drown out the negative, stress inducing self talk
7. **Release Physical Tension:** Apply peppermint or wintergreen oils to your neck, shoulders, back or temples (carefully) and gently massage or stretch to release tension
8. **Do something nice for someone else:** shift your focus by doing a kind thing, pay someone a compliment, rub their shoulders (yes even if yours are the ones hurting). Doing for others lowers our cortisol and raises stress relieving hormones.