



Supportive

DAILY HABITS

Welcome!

We all know that self-care is important. But how often do you really engage in activities that are solely about taking care of YOU? If you are like most, this doesn't happen as often as you may need.

When we do not take intentional care of our body, mind and spirit, it can become very difficult handling the everyday challenges life throws at us. Our cups empty and our fuses get short. We have very little energy and motivation. Issues begin feeling bigger than they really are. At the end of the day we are overwhelmed.

I get it. I've been there. Not taking proper care of my body led me to numerous fad diets and fluctuating weight with no lasting results. The constant up and down on the scale did nothing for my energy levels and in fact it slowed down my metabolism. It wasn't until I began making healthier diet and lifestyle changes that I gained energy, mental clarity, confidence and improved health and you can too.

In this eBook, I am sharing with you some simple strategies, tips and tools to integrate self-care into your daily life. Don't feel pressured try to do them all right away. I encourage you to choose one or two items from each section and give them a try. Once you get the hang of them then try others. See what works for you and your routine....and what *feels good*.

YOU are worth this time and devotion! When we take intentional and loving care of ourselves, we are better able to serve and support others.

So, dive in and be sure to reach out to me if you need additional support. I am here to help you live a life that is filled with vitality and joy....and learning to make self-care a priority is a very important step.

With Love in Health,

Aleta

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Manage Your Stress

This one is a biggie! **How you manage your stress greatly influences your sleep, your waistline, your relationships, your body chemistry and your health.** This is especially true for those suffering with a chronic health condition. Chronic stress can increase your blood pressure, lower your immune system, and make you more susceptible to illness.

What initiates a stress response for one person, may not for another. **How you respond to the stressors in your life is uniquely individual to YOU.** What may overwhelm you, creating a stress response in your body, may be taken in stride by someone else.

There are many sources of stress in our modern, fast-paced world. Whether it's emotional/mental, physical, financial, spiritual or toxin related stress, how you manage it is critical to your health. **Your immune system, digestive tract, nervous system and heart are most vulnerable to chronic stress.**

Reducing your stress level is often easier said than done. I believe it is profoundly connected to self-love and self-care. When you take the time to be mindful of your needs and to lovingly take care of yourself, you are much better able to manage the stressors in your life.

Here are some of my favorite stress management and self-care tools:

- **Eat a well-balanced diet.** How you nourish your body has a great deal of impact on how you will be able to manage stress. Focus on nutrient dense foods that balance your blood sugar and avoid any foods that you are sensitive or allergic to. Caffeine and sugar both negatively impact adrenal function (your fight or flight stress response) and should be limited or avoided. Also, avoid processed, chemical laden foods as these induce inflammation, which is very stressful to the body.

- **Deep breathing exercises** can be very effective in calming down your central nervous system. One of my favorites is Dr. Andrew Weil's 4-7-8 Breathing Technique. It's super simple and you can find his demonstration videos on YouTube.
- **Keeping a Gratitude Journal** is something simple you can do at the beginning or end of each day. Take a few moments to write down three things you are grateful for that day. Consistently expressing gratitude for what you have now has been shown to be a very powerful mindset tool.
- **Take a break from media - television, movies, newspapers and social media.** Watching or reading the news, watching television dramas and reality shows can all increase our stress level. Social media can do the same. Take a break and stop watching and reading screens for a week or more. You just might be surprised at how good you feel!
- **Get connected.** When you feel isolated, you feel alone. Reaching out to friends and family for support is super important if you are suffering with a chronic condition. If you are struggling to find the support you need to make changes in your health, then look for a community, either in person or online, where you can connect with others and get support.
- **It's said the laughter is the best medicine,** and that is so true! When you laugh, your body actually reduces the level of certain stress hormones, like cortisol, and your immune system gets a boost. Laughter increases your endorphins, as well as increases oxygen to organs. So, go see a funny movie or watch some comedy on YouTube.
- **Connect with nature.** Not only will this help your Vitamin D levels, but being in nature is calming to the nervous system.

Earthing, also referred to as grounding, is as simple as walking barefoot in the grass. The point is to connect your bare skin to earth.

According to www.earthinginstitute.net, "Connection with the Earth restores a lost electrical signal to the body that seems to stabilize the complicated circuitry of our essentially-electrical body. Our built-in self-regulating and self-healing mechanisms become more effective. There are head-to-toe improvements. Better blood flow. Less pain and inflammation. More energy. Deeper sleep."

So, take a walk, sit in the grass, do some gardening, or enjoy a cup of tea while sitting outside. This simple stress management tool can do wonders.

- **Get in touch with your creativity.** Set time aside each week to engage in whatever activity or activities create flow (complete immersion in an activity with no concept of time) for you. It could be dance, crafts, painting, coloring or drawing, playing music, sewing, knitting, wood working.....whatever it is that brings you joy and helps you to relax.
- **Random acts of kindness** not only make you feel GOOD, but will bring some unexpected joy to someone else.

Move Your Body

You don't need to go run a marathon, but if you have any kind of chronic health condition or want to avoid getting one, start moving your body. The very best form of exercise is something you enjoy and will do... consistently!

Consistent exercise has several health benefits. It helps to improve mood, libido and sleep, and is especially helpful in strengthening your heart, balancing blood sugar, reducing insulin resistance and leptins, and getting your lymph system moving. Getting consistent exercise can reduce stress and inflammation in the body, and stimulate endorphins, metabolism, neurological and immune system functioning.

Pretty good reasons to get moving, huh?

Whatever you do, find a couple activities you love - yoga, swimming, walking, spin class, biking, running, Zumba, strength or balance exercises. **If you enjoy it and engage a friend or family member to do it with you, you are far more likely to stay consistent.**

It's best to create a balanced exercise routine. One that includes stretching, aerobic and strength building activities.

I recommend getting your exercise in earlier in the day if possible. That way you have it done and are less likely to have something come up or be too tired at the end of the day to get in some movement. If you can't exercise early in the day put it in your schedule or planner as you do with work meetings and appointments for the children.

Plan to get active four times a week, minimum.

I also recommend getting a pedometer to see how much natural movement you get each day. This can be a real eye opener! Wear your pedometer for a few days to get a baseline. Then try to increase your

steps by 10% to 20% each week until you are consistently close to 10,000 steps a day.

Get Good Quality Sleep

Sleep - deep, restorative sleep - is essential to good health. When we sleep, our body is fast at work repairing what needs to be repaired, restoring the immune system, balancing your hormones and so much more.

Both quantity and quality
are important when it comes to sleep.

Eight hours a night of uninterrupted sleep is what is recommended for most adults. Teens and children need even more.

When you get less than what your body needs you become sleep deprived and that can lead to a variety of symptoms including:

- Weight Gain
- Diabetes
- High Blood Pressure and Heart Disease
- Weakened Immune System
- Moodiness
- Depression
- Impaired Memory/Brain Fog
- Difficulty Concentrating
- A Lowered Threshold for Stress
- Alters Circadian Rhythm

Doesn't sound like much fun, huh?

Some of my personal, favorite strategies for getting a good night's sleep include:

PREPARE YOUR BODY FOR A GOOD NIGHT'S SLEEP

- **Avoid caffeine, chocolate, alcohol and heavy meals** at night.
- **Give your body time to wind down.** Allow at least one hour without any screens (TV, computer, tablet or phone) before bedtime.
- Take a soothing **Epsom salt bath**.
- Use **lavender essential oil** - diffuse it or rub a drop on the bottom of your feet.
- Talk to your doctor about supplementing with **Magnesium, Melatonin and/or 5-HTP** if you struggle with insomnia.
- Create a **consistent bedtime routine** and stick to it.
- **Go to bed and wake up around the same time each day** - even on the weekends. If you are playing catch up on the weekends, try to go to bed at the same time, but allow your body to wake up naturally.

MAKE YOUR BEDROOM A SANCTUARY

- Your bedroom should be used for sleep and intimacy with your partner only. **Clear the clutter** in your bedroom. Clutter is distracting and makes it difficult to wind down.
- Keep the **temperature in your bedroom on the cool side** for a better night's sleep.
- Make sure your bedroom is **very dark, eliminating all light**.

What will you implement today to better manage life's stressors, get your body moving, and induce deep sleep?

Let me know. I'd love to hear from you!

Reach out to me at www.pure-trition.com
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