

*My*  
**7-DAY**  
GUIDE TO STRESS RELIEF



# Welcome to a 7-day anti-stress detox

In contrast with our hunter-gatherer ancestors, who were primarily concerned with finding food and shelter and defending themselves from invaders, our lives are much more complex and full of constant sources of stress.

Because we want to help you face everyday challenges head on, we have gathered some simple tips that can help you stay calm.

We want to share simple daily tips or techniques that can help you manage or reduce stress. Of course, it is not necessary to use all the tips at once.

**However, we recommend you try to use at least one stress management technique every day.** At the end of the 7-day anti-stress detox, you should notice that you are less stressed.



*To reduce your stress levels in the long run, include these tips in your daily routine.*



# Exercise, but **not too much**

Have you ever thought about how much walking you do per day? If you're thinking: "not enough" - now's the ideal opportunity to fix this. Walking is a free and simple form of movement that doesn't require much equipment: all you need are some comfortable shoes. It has calming effects and allows the body to recover from stress. Yoga is helpful too, but you need a professional instructor to get started.

However, if you're already exercising, consider **whether you may be overdoing it**. Intense long weight lifting sessions or multiple hours of jogging may make you feel good in the short term, but intense exercise combined with long-term stress can be a poor health investment in the long run.

*Intense long workouts and long-term stress are both characterised by increased levels of cortisol, the stress hormone. To manage stress, we need to manage cortisol.*





Soothing and relaxing workouts are more appropriate until you starting feeling more balanced. We recommend walking and yoga.

An hour of walking per day can be achieved easily - when you're doing the shopping, by parking a little further away from the office, by walking the dog, moving on your lunch break, using the stairs etc.

Yoga helps activate the part of the nervous system that's in charge of relaxing. This, in turn, helps contribute to lower blood pressure levels, slows the breath and calms the heartbeat.

Yoga also works wonders in reducing tension and helps eliminate muscle knots caused by it, which is characteristic of our body's response to stress.



Try AdrenaLux, which helps regulate cortisol levels and relieves the symptoms of physical and mental stress with the help of natural ingredients and without added hormones.

- **contains Sensoril®, a 4-times stronger ashwagandha extract compared to ther products**
- **Reduces stress by up to 62.2%\***
- **Reduces insomnia by up to 67%\***
- **Helps achieve up to 2-times\* better concentration and facilitates weight loss**

\* Results may vary between individuals and may differ from those described on the website.



**ADD TO BASKET »**

# Eat **REAL** food

When it comes to coping with stress, your body needs all the support from all the best nutrients that food can offer. In the field of nutrition, two recommendations are particularly important:

## **1. Above all, eat whole foods that are rich in nutrients**

Whole foods are rich in vitamins, minerals, antioxidants, fibre, quality proteins and fats, etc.

Fruits, vegetables, fish, whole grains, organic meat and eggs, nuts, seeds, sprouts and staying hydrated can help you achieve well-being and help you cope more easily with the negative effects of stress.

## **2. Pay attention to food intolerances or allergies:**

You may be deficient in important nutrients due to certain food intolerances, which you may not have even noticed so far. If you often have digestive problems, try to figure out which foods are causing them. A nutrition diary can help with this. Among the most commonly problematic foods are gluten, dairy products, fish, seafood, and nuts.





# How to consume more **whole foods**?

Try to start your day with a nutritious smoothie. You can add forest fruits, yogurt, avocado, spinach ...

We also recommend you have oily sea fish (sardines, salmon) at least once a week, preferably prepared in a pan with ghee or olive oil. Have it with a large seasonal salad (lettuce, tomatoes, peppers, cucumbers ...)

Instead of ice cream, have plain yoghurt with some freshly sliced fruit, and instead of regular crisps, carrots and peppers with hummus. Yes, even vegetable crisps count as junk food. Above all, drink enough water and avoid caffeine as much as possible (coffee, tea, energy drinks).



# Talk about the stress that you're experiencing



*Research shows that talking about stress can offer some relief.*

*How do you talk about stress without being intrusive?*

## AT WORK

First, consider **who is the most appropriate listener**. There are 4 main stressors connected to work, based on which we can determine who the most suitable co-work would be for a conversation about stress.

- **Work-life balance.** Reach out to the HR department to find out about benefits and incentives that could help you manage this fragile balance better.  
If you are self-employed, set a goal to delineate your free time as much as possible from your working hours.
- **Interpersonal relationships and work pressures.**  
With both of these potential problem areas, the help of a mentor or a colleague who has already faced similar issues can be incredibly useful.  
Consult them for tips on how to successfully cope and be more effective at your job.
- **Job security.**  
Try to get verifiable information from management about how the company is doing and how satisfied they are with your work. If you are self-employed, try to determine, with the help of an impartial observer, whether your career trajectory still makes sense, or if you need to try something else.





## HOME LIFE

Form a **support network**. Remember that a single person cannot relieve you of all your stress.



*Make an effort today and do something to help build or maintain your social network. Invite over someone that you've not seen in a while. Doing this before stress really "hits" you, you'll be surrounded by people that can help when you need it most. It's never too late to network!*

**Consider the professional help of a qualified counselor,** who will be able to listen to you impartially and give you expert advice.

Don't procrastinate, make an appointment today!

This is all the more important if you are facing stress related to an addiction or mental illness in the family.





# Try **breathing exercises** and **meditation**

## DEEP BREATHING

This is one of the easiest stress-relief methods.

If you're able to find a quiet corner, away from loud conversations or electronic devices, so much the better, but it's not necessary.

1. Make sure you're sitting comfortably or lying down - depending on what your location allows you to do.
2. Take a deep breath through your nose and exhale through the mouth.
3. Pay attention to the movement of the abdomen with your breath (so that the abdomen or diaphragm are moving) and that you're not breathing with the upper part of your lungs.
4. If you are sitting, place one hand on your stomach, the other on the chest. If you are lying down, place a small book on your stomach. This will make it easier to remember to breathe deeply.
5. Persevere for as much as you can in your position. Even just one minute of deep breathing can offer relief. Deep breathing can also be divided into several shorter exercises throughout the day if you find that easier to include in your schedule.



## MEDITATION

There are several types of meditation.

Here are the two simplest mediation exercises that won't take a lot of time. You can meditate in this way for only 5 minutes or for longer if you desire.

It is especially important that you meditate regularly.

### Simple sitting meditation

1. Find or make a quiet corner for yourself.
2. Close your eyes and relax your body (mentally travel up and down the body and relax individual muscles).
3. Slowly, at a steady pace, repeat a sound or phrase. You can repeat it internally or out loud.
4. Don't rush it.

### Simple walking meditation

- This exercise allows the release of pent-up energy, that can manifest as anxiety or stress.
5. Find a place, indoors or outdoors, where you have plenty of room to walk.
  6. Walk slowly and focus on sensory perceptions: feel your foot touching the ground, the wind on your face, the pattern on the carpet or other details in your surroundings.
  7. If there is something in your environment that redirects your thoughts back to stressful situations, return your thoughts back to your feet.



# Set a time of day that will be **"you time"**

Finding the time to devote to yourself alone is a well-known stress management technique. It can, however, be much harder than it sounds.

Daily requirements imposed on us by school, family, friends, work ... can make this difficult and we only have 16 hours available in a day (if we're getting the recommended 8 hours of sleep). But because your health should come first, you need to make a conscious effort to make time for yourself. With time, this will become part of your routine.

## **HOW TO ACHIEVE THIS, PRACTICALLY?**

Find at least 15 minutes in your daily schedule that you will devote to yourself.

Use this time to relax in a quiet room, read or do whatever you like.

Think of "you time" as any other scheduled meeting. Write it down in your calendar and don't let anyone "steal" that time from you.





# Make a list of positives and negatives

Pick a day of the week for a more in-depth reflection on your life. On the day, focus on the positives and the negatives of your life. This will also help you identify what seems to be working and what needs to change or be avoided completely.

Prepare 4 columns: write a list of positives in the first column and in the second ways to help you highlight their positive impacts.

Write the negatives in the third column and the ways in which you can reduce or manage the negative effects in the fourth.

Keep the list and return to it after two or three months.



# Get a good night's sleep

Getting enough quality sleep is mandatory for the proper functioning of the body and effective stress management. While you sleep, the body has time to regenerate, grow and charge your batteries.

It's true that we all have different needs, but we should all aim for an 8-hour sleep every night.

Lack of sleep due to stress can lead to a vicious cycle: because we are too stressed, we can't sleep and the body doesn't get to recharge. The following day, we are even more tired and stressed than the day before.

If stress is costing you precious hours of sleep, try the following tonight:

## 1. Decide when you will go to sleep

Set a time at which you will go to sleep every evening and stick to it. We often tell ourselves that we'll go to sleep when we're done with this or done with that ... Instead, train your body to feel sleepy every night at the same time.

## 2. Improve 'sleep hygiene'

Sleep hygiene is a common name for different ways that you can improve the quality and length of sleep.

Here are some simple tips that everyone should consider:

- Turn off all electronic devices at least half an hour before going to bed.
- You might even want to use an old school alarm clock so that you can turn off your phone completely overnight or leave it in another room.
- Make sure you have perfect darkness in your bedroom. If necessary, think about purchasing blackout curtains.



- Make yourself as comfortable as possible. Get good-quality bedding, made from natural materials.
- Do not go to bed hungry or too full. Try to go to bed 2 to 3 hours after meals so that food can be properly digested beforehand but you still won't feel hungry.
- Before you go to bed, use the toilet.
- The temperature in the bedroom should not be too hot or too cold.
- Get used to a pre-sleep relaxation ritual, such as a warm shower, meditation or deep breathing.
- Aromatherapy with essential oils can create a calming atmosphere that helps you fall asleep more easily.
- If you choose to read before bed, set a time limit or specify the number of pages you would like to read (so you're not tempted to stay up too long).
- Do not consume caffeine (coffee, tea, soda ...) at least 6 hours before going to bed.
- Be at least a little physically active during the day and make sure you catch some natural sunlight (for example, a 15 minute walk that you can take on your lunch break).



*For improving sleep we recommend SleepLux, which can help you fall asleep naturally and sleep better.*

Natural 3-in-1 sleep support that helps you relax, fall asleep faster and sleep better.

- **Reduces insomnia by 42%\*, reduces agitation by 35%\* and reduces tension by 18%\***
- **Improves sleep quality by 33%\***
- **Hormone-free product: this means it's not addictive and doesn't cause excessive melatonin production**
- **Pure plant-based formula with bioactive ingredients that the body can use immediately**

\*The results may vary from person to person and may differ from those described on the website.



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