

# 7 TIPS FOR MANAGING STRESS

## Reduce or eliminate caffeine intake.

It's easier said than done, but caffeine can **increase cortisol** in the body, leading to inflammation, pain, and exhaustion.

Limit yourself to 1-2 cups of coffee daily and **avoid caffeine** after lunch. Remember to drink a glass of water for every cup of coffee to stay hydrated.



## Get moving.

Exercise doesn't have to be strenuous or take too much time. Short walks, stretching and warming up muscles are small things that make a big difference to mood.

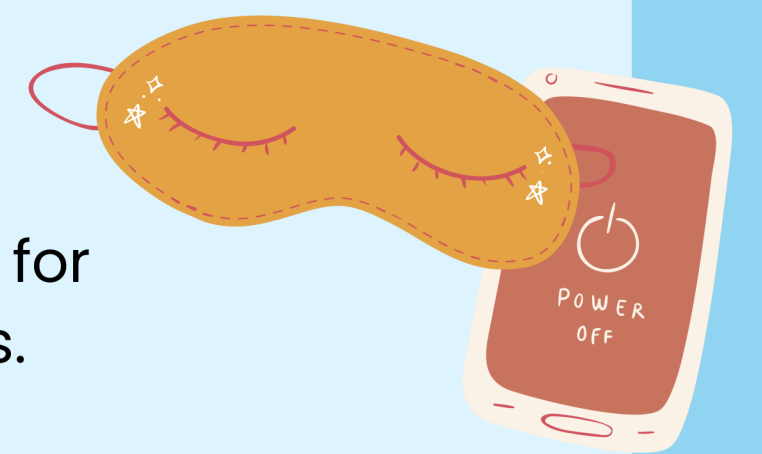


## Get your ZZZ's.

High-quality sleep is crucial for health and managing stress.

### For better sleep:

- Minimise your caffeine intake in the day
- Switch off your phone or other tech
- Aim for at least seven hours per night
- Change sheets once per week
- Don't sleep on a stomach too full or empty.

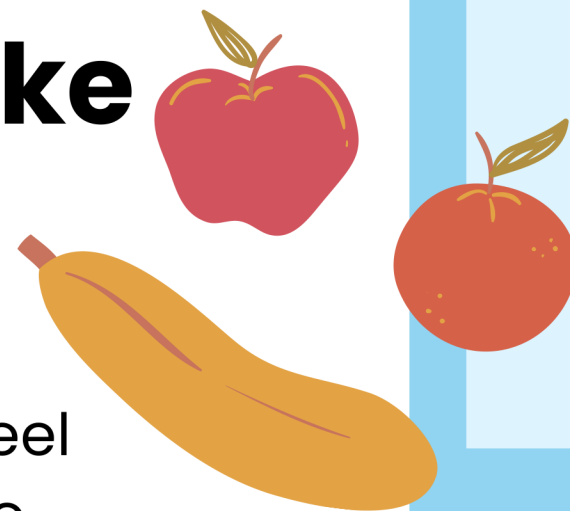


## Eat foods that make you feel better.

Food has the power to make you feel better or worse, so knowing what to eat can calm anxiety levels.

Food that is rich in antioxidants, fibre, essential fatty acids, vitamins and probiotics can make a huge difference in how you feel.

Go for fresh and dried fruit, nuts, avocado, herbal teas, vegetables, fresh spices, salmon and lean meat.



## Book some time off work.

Stressful days in the office are easier to manage when you have **something to look forward to**.

Go ahead and book some annual leave for the near future.



## Call an old friend.

Stressful periods can feel isolating, and our connections to others can lapse.

**Reconnect with someone** you have been meaning to for a while. The time together can give you a fresh perspective on life.



## Music for the soul.

Healing music isn't all the sound of rainforests and crashing waves; some of your favourite songs have the correct frequency to keep you calm.

Music at 432Hz is believed to be the closest match to natural human frequency. Search for a 432Hz playlist to boost physical and emotional relaxation.

