



Lady of America Newsletter – April 2010 – Power-Up Your Health

Wellness: Sound Body & Mind

It's a fact: life comes with stress. Some stressors may be significant while others — like the everyday hassles — may not even feel like stress. There is growing evidence that even mini stressors, like breaking a glass when you are in a hurry or aggravation you feel at the office, can have a major impact on your physical health. Studies continue to show that chronic stress inhibits the body's capacity to heal and increases the likelihood of developing physical and emotional problems, such as high blood pressure, ulcers, immune dysfunction and depression.



In our fast-paced culture it's not easy to slow down or even recognize what your body is telling you it needs. But there are things you can do to help manage the daily stressors in your life.

Preventative care — yoga, acupuncture, meditation, massage and deep breathing

Sleep — quality sleep is the most efficient way to rejuvenate the body. While individual needs vary, adults generally require between seven and nine hours of sleep each night. A 30- to 45-minute nap in the day can also help.

Aromatherapy — the inhalation of essential oils for their healing properties is a fast and effective way to rejuvenate the body.

Take a bubble bath or sit in the hot tub

Laugh and giggle — laughter reduces cortisol, epinephrine and dopamine, and increases the level of health-enhancing hormones like endorphins and neurotransmitters

Prioritize — focus on one thing at a time

Simplify your daily schedule and ask for help

Take a walk — getting up and moving around gets your blood flowing and calms you

Make time for the important things — whether it's spending time with family, reading, doing something you're passionate about or just taking some quiet time, put it on your schedule

Live in the moment — focus on what is happening now, not later

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