

# DE-STRESS CHECKLIST



## ANXIETY

Do aerobic activity such as fast walking, jump rope or running when feeling anxious and stressed. Snack on fresh celery throughout the day. Do Box Breathing: breath in for 4 counts, hold your breath for 4 counts, exhale for 4 counts, hold your breath for 4 counts. Do simple yoga stretches before bed. Consider Xiao Yao Pian Chinese Herbal Tablets for improved mood.



## INDIGESTION

Preventative treatment: avoid the offending foods. Chew Natures Way DGL Tablets – deglycyrrhizinate licorice before meals. For after meals gas and bloating: add 1 TBSP Apple Cider Vinegar to a ½ cup of water. Add 1/4 teaspoon baking soda, stir and drink.



## INSOMNIA

Celestial Seasonings Sleepy Time Extra Tea (with Valerian Root) and/or Melatonin 3mg at bedtime. Sleep in a dark cool room. Toe Tapping Exercise: While in bed, lying flat on your back continuously tap your big toes together. Count each tap. If you lose count, start again. (*Caution: Melatonin should not be taken continuously; after 1 month discontinue use before resuming.*)

## DISCLAIMER:

These suggestions are not to be used as substitution for medical advice. They are not intended for infants and should be used cautiously in children under 12 years of age. If symptoms are unimproved, immediately consult with your healthcare provider.

