

# The BURNOUT QUEENS

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## 10 Simple Natural Ways to Relieve Stress

- 1 **Don't stifle your yawn.** Yawning is a natural, super-effective and quick stress reliever. It just feels good!
- 2 **Walk briskly.** Nothing high-tech here, just 15-20 minutes is enough to induce mood enhancing endorphins and reduce your stress. What's not to love!
- 3 **Have a good old Boo Hoo.** Sometimes a good cry is just what you need. In fact, tears may help remove 'stress chemicals' from your body that can build-up during all those tense times.
- 4 **Laugh.** Laughter is good for everything like physically relieving muscle tension, deepening your breathing, and releasing happy brain chemicals. Maybe most importantly, laughing makes your soul sing!
- 5 **Aromatherapy.** Sniff a mixture of geranium and calendula essential oils, or bergamot and calendula. You can go really natural and just use your nose or use a small diffuser to heat the oils so that their fragrance enhances your work or home space. Go carefully with essential oils, some aromas suit us and some just make us go 'yuck'. Trust your body, it knows which ones are good for you.
- 6 **A little easy acupressure.** 'The Sea of Tranquility' is an acupressure point in the centre of the breastbone, 3 thumbwidths up from the base of the bone. Soft pressure on this point can help reduce tension and let you feel calmer. Gently does it.

**7 Simple reflexology.** Massage the solar plexus point on your foot. It is located right below the ball of your foot in the centre of your sole. This reflexology point is known to help relieve stress and nervousness.

**8 Reduce or remove caffeine.** It's a no-brainer! Caffeine contributes to physical stress. Instead eat a banana which contains potassium, a mineral helpful for lowering blood pressure. (*No it does not work to put a whole banana in your espresso!*) Check out other foods that encourage calmness like pasta, potatoes, or milk.

**9 Sing in the shower.** Sing anywhere! Singing improves breathing, changes your brain waves, and makes you more joyful. It is just kinda hard to hang onto anxiety, tension and stress while belting out a tune!

**10 Breathe.** Yes, it's truly simple but stress makes us hold our breath, breathe shallowly, or very rapidly. So do some belly breathing: hands on your lower abdomen, breathe in and breathe out. Simply be aware of your breath as your hands rise and fall. What an easy, perfect solution; it's quiet and private and you can do it anywhere. Just a few minutes here and there will lower your stress.



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