

Stress Solutions | By Michelle Johnston

Resilience is “the process of, capacity for, or outcome of successful adaptation despite challenging circumstances.” (Garmezy and Masten, 1991, p. 459)

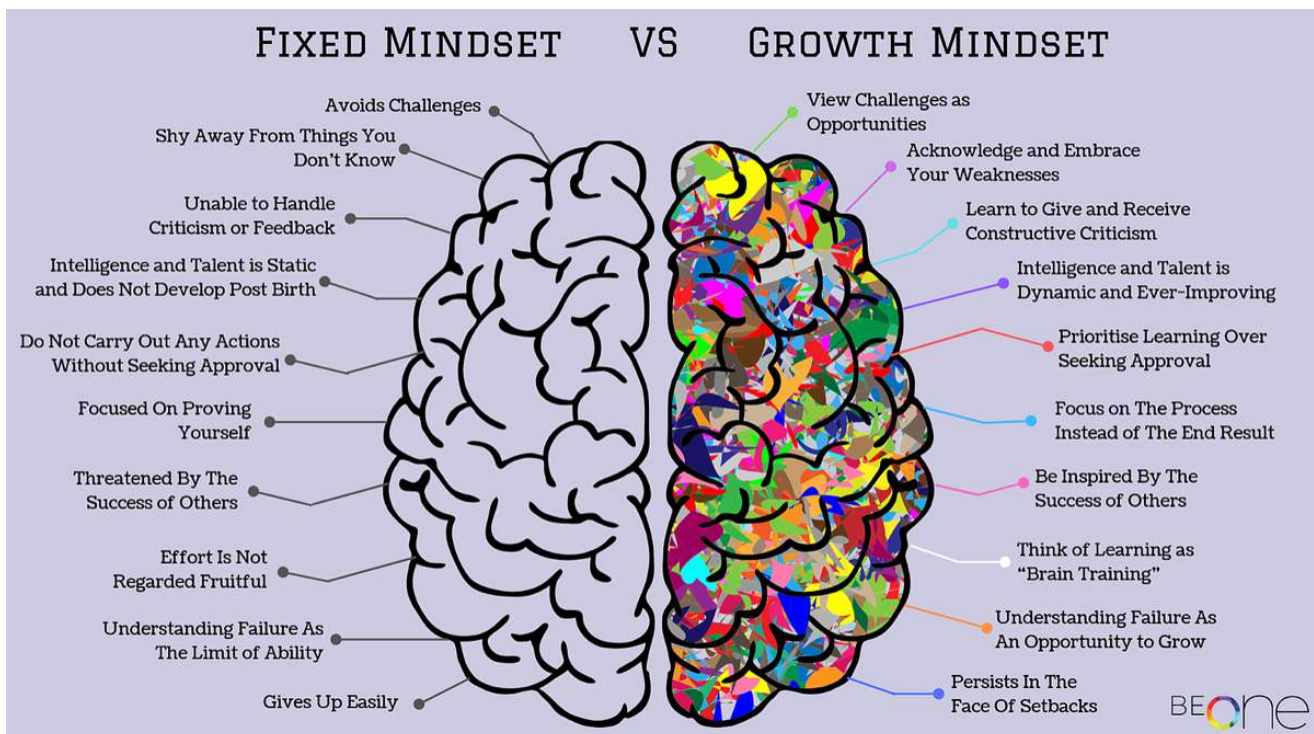
Certainty vs. Uncertainty:

- One of the most primal human emotions is fear.
- And fear of the unknown is thought of as the strongest kind of fear.
- “Uncertainty disrupts many of the habitual and automatic mental processes that govern routine action.” (Journal of Nature Reviews Neuroscience, 2014)

Fixed vs. Growth Mindset *(hint: we are usually fixed in some areas of our life)*

Fixed Mindset: When you have a fixed mindset, you will be more positional and unchangeable in your views. You feel you and others are born with innate abilities and nothing can change that.

Growth Mindset: When you have a growth mindset you believe that your talents and others’ can be developed over time. We all have the ability to shift to a growth mindset in any area of our lives.



Nutrition Tips to Help You Avoid Overwhelm:

- **Focus on protein and veggies at breakfast:** E.g. 2 eggs, hummus and carrots, or refried beans, guacamole and salsa.
- **Skip starchy carbs at breakfast** (such as breads, cereals, bagels, English muffins, etc.) This will help you avoid energy spikes and dips (i.e. blood sugar management). How you start your day sets the tone for the remainder of the day.
- **Try green tea or Yerba Mate:** Coffee makes us jittery and exacerbates stress (via the adrenaline system). Green tea provides alertness and mental clarity at the same time.

Nutrients to Include: Always speak with your doctor before adding new supplements to your diet

- **Vitamin C:** Kiwis, bell peppers, hibiscus tea (the largest stores of vitamin C in the body are located in the adrenal glands. When we are stressed we burn through vitamin C quickly).
- **B Vitamins:** Whole grains, beans and legumes (B vitamins help give us energy and fight stress).
- **Magnesium:** Pumpkin seeds, spinach, Swiss Chard (Mg. helps to promote muscle relaxation)
- **Passionflower Tea:** Helps to shift our body into a parasympathetic (restful) state.

Sleep Support: Feeling good tomorrow begins today

Reset your body's natural rhythms...

- Have your morning coffee, tea or water outside or by the window. Exposing your eyes to morning light helps to re-set your circadian rhythm.
- Dim your indoor lights when the sun goes down. This helps your body know its time to wind down.
- Keep screens away from your face 90-min. before bedtime. The lights from screens emit a light frequency that matches the sun's frequency at high-noon.
- Sleep in total darkness (this promotes melatonin production).
- Have a hot shower before bed and turn down the temperature in the home. This tricks your body into thinking it's time to sleep.
- Create a relaxing bedtime ritual.

Take care of your physical body:

- Get outside as often as you can (if you can't open the windows inside!)
- Use your planner to schedule in some daily outdoor time. Minimum of 120 minutes per week (feel free to break up the time into 20 or 30-minute blocks of time). Moving your body also supports your immune health.
- Many studies show that nature helps balance mental health.

Try Mindfulness:

- Mindfulness is about being in the present moment.
- According to research, 50-year-old meditators have the brains of 25 year olds.
- Stress shrinks our prefrontal cortex ... affecting memory and learning however a mindfulness practice 5-6 days per week can increase this in as little as 8-weeks.

Benefits of Mindfulness

- Improves our quality of sleep
- Improves our memory
- Decreases our experience of chronic pain
- Improves our problem-solving abilities
- Helps to create a stronger immune response

Guided Meditation Resources

- UCLA Mindful (app)
- Insight Timer (app)
- Headspace (app)
- www.woringwell.ca/free-guided-mindfulness-session

Body Awareness Exercise

- Eyes closed, sitting upright.
- Bring your awareness to the bottoms of your feet. What do you feel, notice, experience?
- Slowly move your awareness up your body, one section at a time... notice what you notice.

