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Evening Stress – Winding-Down

After a very long day of deadlines, commuting, caring for others and reviewing tasks that you wanted to complete, evening can be the most stressful time of day. How can we ease into a good night's rest and leave stress at the door?

Step 1 – Designate a time to turn off

Work is hectic, and in our current world instant responses are expected. However, if you are managing stress it is very important to shut your electronics off at a designated time. This allows your brain to enter into a relaxed phase. Perhaps letting people you know “you will get back to them in the morning” will set expectations.

Step 2 – Brew up tea

Instead of hoping for 5 o'clock for happy hour, change your ritual by preparing and enjoying a cup of herbal tea. This is a great way to adjust your mind from the hectic world to a more relaxed one. Choose a blend with valerian, catnip, chamomile, kava kava, oat straw or hops for the best effect. All of these herbs nourish your nerves and relax anxiety after a long hard day. Breathing in the aromas also help combat stress.

Step 3 – Yoga and/or meditate

Prepare your digestive system for the day by drinking 8 ounces of warm water with lemon. This boosts your immune system due to the vitamin C. It balances your body's pH first thing in the morning because lemons are alkaline and the stomach is acidic. Lemon juice is a natural diuretic. After a long sleep this will help hydrate your body with extra benefits!

Step 4 – Take a bath or shower

Within one hour of rising, eat a solid breakfast high in protein and low in sugar. The best way to manage stress is through blood sugar, so don't grab a doughnut and a mocha. Instead enjoy scrambled eggs with bacon and fruit. This combination will help your body feel satisfied throughout the morning. Don't forget to take a few breaths before you eat... slowing down is a great way to start your day.