



Starting and Ending the Day off RIGHT *without Stress*

Jodie Lindsay Popma

303-775-1472

Jodie@smartfoodmadesimple@gmail.com

Starting the day off with the right food and mindset will help stave off stress. A proper start to the day will help curb unnecessary snacking and worry. 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?

AM – End last night right!

How you rest and rejuvenate from the previous evening is the first step to beginning the day without stress. Prepare for the next day by making lunch, setting out clothing or create a to-do list.

There are times when last night doesn't go as planned or it was a restless night's sleep. It's hard to start the day off without stress, these tips should help.



AM– Wake up right!

Before your feet even touch the floor, set your intention for the day. Ease into this process. Check in with your body from your feet to your head, while doing this conduct deep belly breathing. Take as much time as needed. If you need an alarm clock, look for one that lights gradually, this will allow your mind to wake naturally. An aromatherapy alarm is a great alternative to loud jarring noises.

AM– Hydrate right!

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!



AM– Eat right!

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.

PM – Turn off right!

Our lives are 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.

PM - Brew right!

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. All of these herbs nourish your nerves and relax anxiety after a long hard day. Breathing in the aromas also help combat stress.

PM – Breathe right!

Try yoga or meditation at the end of a crazy day it improves circulation and reduces stress. Stretching and breathing at the increases oxygen flow to the body which naturally reduces stress. Beginning a yoga or mediation practice can be hard, start by finding a quiet space and breathe. First breathe in for 4 seconds, hold for 7 and exhale for 8. This will help you on the road to rejuvenation. Namaste.

Step 4 – Soak right!

A great way to truly relax inside and out is to take a bath with Epsom salts. The magnesium in the salts are a natural muscle relaxer. Taking a long hot shower also eases the mind, if a bath is not available. Try adding essential oils like lavender or chamomile to support the overall stress relieving experience. Stay in the bath for 15 minutes for maximum relaxation. Sleep will come easily and naturally.