

The Ultimate **STRESS LESS CHECKLIST**

**5 Immediate Ways To
Reduce Stress and
Reclaim Your Calm
for a Happy, Healthy
and Fully Alive Life.**

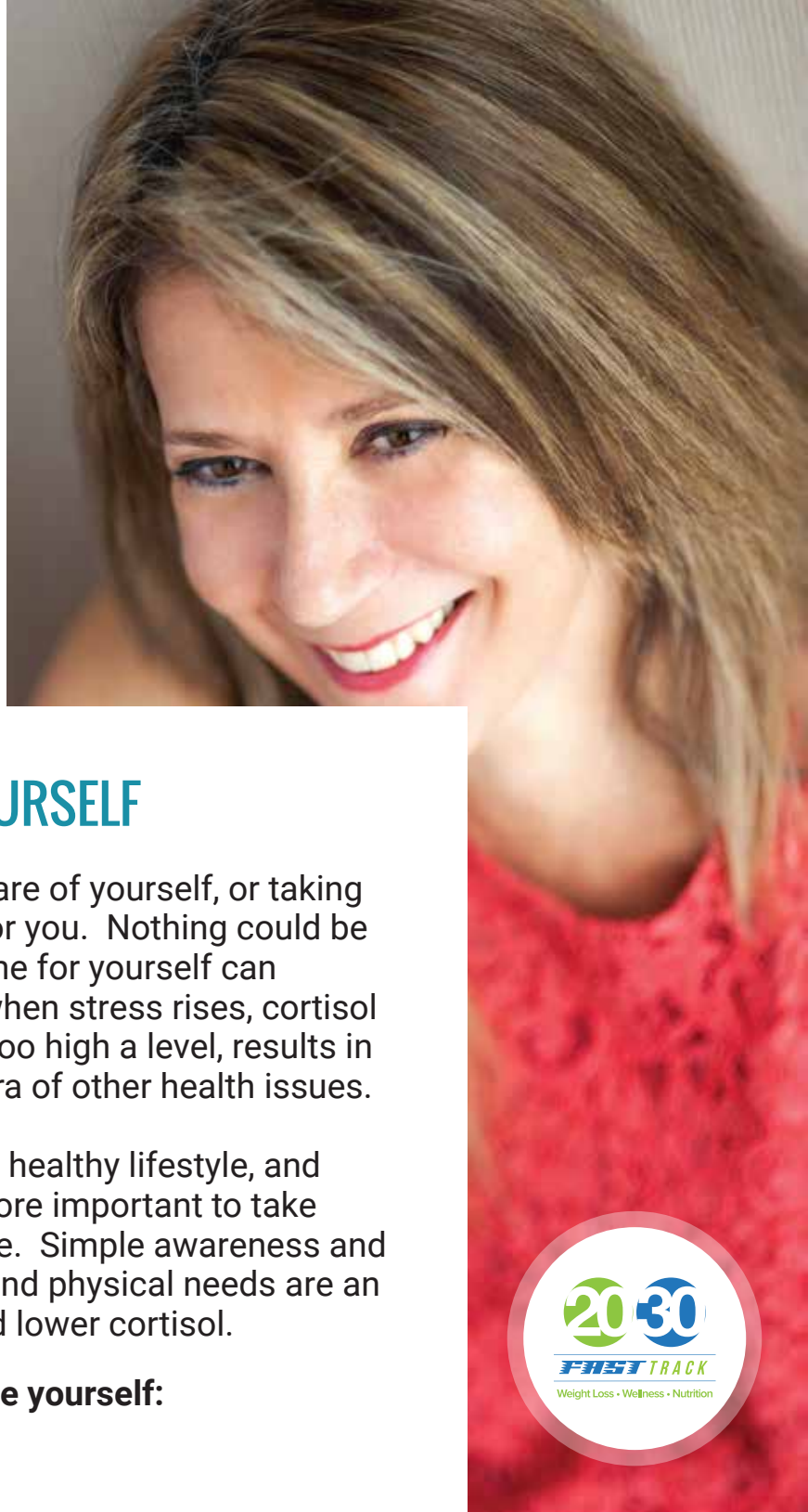
The logo features the number '20' in a green circle and '30' in a blue circle, both with a white outline.

FAST TRACK

Weight Loss • Wellness • Nutrition

The Ultimate STRESS LESS CHECKLIST

5 Immediate Ways To Reduce Stress and Reclaim Your Calm for a Happy, Healthy and Fully Alive Life.



TAKE SOME TIME TO LOVE YOURSELF

Sometimes it is implied that taking care of yourself, or taking some “me time” is selfish and bad for you. Nothing could be further from the truth. Not taking time for yourself can increase the effects of stress. And when stress rises, cortisol rises. Cortisol is a hormone that, at too high a level, results in belly fat, sleeplessness, and a plethora of other health issues.

So, self care is an important part of a healthy lifestyle, and when you’re under stress, it’s even more important to take some time to show yourself some love. Simple awareness and techniques to fulfill your emotional and physical needs are an essential way to cope with stress and lower cortisol.

Here are some of the top ways to love yourself:

- Take some deep breaths
- Find things that make you laugh
- Spend some time outside
- Make a list of the things you’re grateful for
- Journal
- Watch a positive movie
- Listen to uplifting music
- Pray / Meditate





- Attend a service or event that is life giving
- Share time with family and friends
- Take a hot bath with Epsom Salts
- Light a fire or candle
- Get enough restful sleep

GET 8 HOURS OF QUALITY SLEEP

Sleep affects nearly every facet of our health, including how we manage stress! But, the thing is, if we are under stress, sleep can be impossible to come by.

Getting at least 8 hours restful sleep has been shown to improve both physical health, as well as mental health. So, if you're under stress, how do you do that?

Here are some of the best ways to get better quality, more restful sleep each night:

- As mentioned, be sure to invest some time each day loving yourself
- Turn off electronics an hour before bedtime
- Dim the bedroom lights during evening hours

- Enjoy a hot cup of “Sleepy Time” tea
- Take a Pass on Caffeine
- Avoid Meals and Snacking Before Bedtime 2-3 hours before hitting the hay

Additionally, the hormone cortisol, mentioned earlier, is a key culprit in preventing sleep. One of the most immediate ways to achieve healthy cortisol balance is to take a supplement containing the magnolia herb. **Relora** is such a supplement with zero side effects and no addictive qualities. Having been referred to as “nature’s Prozac”, one of the key outcomes, within 2-3 days of use is a full, restful night’s sleep.

“I was amazed at what Relora did for my sleep pattern! When I take Relora an hour or so before I want to go to sleep, I’ve noticed that it actually helps stop my mind from racing through all kinds of thoughts, and allows me to fall into a deep, relaxing sleep.”

- **Nikki C.**

EXERCISE

It’s commonly known that exercise is a good tool for reducing stress. What isn’t commonly known is that certain exercise will actually increase cortisol production, which is a bad thing. The correct exercise however, will lower cortisol.

The correct exercise can have a powerful affect on how we process stress physically and emotionally. Just 20 minutes of the right kind of daily exercise can help not only clear our minds, and improve our bodies but make us better able to handle the daily stressors that we all encounter.

Here are some of the best exercise techniques to lower cortisol and reduce stress:



- Yoga
- Stretching
- Pilates
- Choreographed Dance Programs like Zumba®
- Walking
- Moderate lifting
- The appropriate type of HIIT training

***Warning:** any fast, linear movement will **increase** cortisol.

BALANCE HORMONES

Stress and anxiety are often the direct result of a hormone imbalance in our bodies. And as we get older, shifts and reductions in hormone levels become

more and more common. We are already discussing how high cortisol is very common in our lives. Equally important is the fact that high cortisol will result in lowered progesterone for women, and lowered testosterone for men. Both of these indicate higher estrogen levels, thus hormones that are completely out of balance.

These out-of-balance hormones can result in everything from an inability to get quality sleep to unexplained weight gain, to anxiety and depression, to all kinds of health issues like digestion, liver, adrenal, and even foggy brain problems.

To reduce stress, its important to ensure that you're paying attention to your hormones, and taking proactive steps to ensure that they stay in balance.

Here are the best methods to balance your hormones naturally:

- Avoid greasy and fried foods
- Limit caffeine and alcohol
- Eliminate sugar
- Get rid of excess weight
- By now you're realizing that cortisol needs to come down. Take Relora.

"My results from Relora have been nothing short of miraculous! It cut my stress level by at least half, and I feel like I'm human once again. I'm recommending it to everyone I know now."

- **Ben C.**

SUPERFOODS & SUPPLEMENTATION

What we put in our bodies is also a significant factor in our ability to manage stress. A diet composed of the right foods, nutrients, vitamins and minerals help our bodies function and perform at peak levels, whereas the wrong foods can wreak havoc on everything from energy levels, to mood and especially stress.

Foods with high simple carbs increase blood sugar levels and cause the pancrease to produce more insulin. When insulin goes up, it must come down. Now you have high insulin followed by low insulin. Another out-of-balance hormone.

The foods you eat have a direct effect on your hormones. Knowing and eating the right foods can not only help rebalance hormones, it can help you lose weight almost effortlessly.

Here are our tips for getting the proper nutrition your body needs to be at your best, and keep stress to a minimum:

Listen to Your Body - There are certain foods that your body will respond to well, and others that your body will tell you it does not like. It will reveal this to you in symptoms such as: headaches, bloating, inability to sleep, irritability, night sweats, hot flashes, and more. Learn to listen to your body as it relates to the foods you are consuming.

- Consume Dark Green Leafy Vegetable every day
- Drink more water
- Take B Complex + Folic Acid
- Take a daily Multi-Vitamin
- Again, take Relora

We want to help you get started with reducing your stress, lowering cortisol, and availing yourself of the proper supplementation. Our gift to you is a bottle of Relora. Within 2-3 days, satisfied customers around the world have reported noticing a difference.

**CLAIM YOUR
FREE BOTTLE
OF RELORA**

Learn how to Grab A
FREE Bottle of Our
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115 Johnny Dufrene Dr., Raceland, LA
985-532-2911

Houma

443 Corporate Dr. Houma, LA
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Main Phone: 985-532-6000

www.triparishwellness.com

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