

CALMER LIFE

Session 5

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Resources

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Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advise on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

The purpose of the Calmer Life course

We'll look at where stress comes from, and the tools needed to deal with it.

WHAT DOES SUCCESS LOOK LIKE at the end of the course? I want you to feel empowered and knowledgeable about what right for your own journey to a calmer life. I'd like you to have a toolkit and ideas to turn to when things get stressful. And I'd like you feel you have a little more perspective on the stress you experience.

4-7-8 breathing

Place the tip of your tongue against the ridge of tissue just behind your upper front teeth and keep it there through the entire exercise.

1. Exhale completely through your mouth,
2. Close your mouth and inhale quietly through your nose to a mental count of four.
3. Hold your breath for a count of seven.
4. Exhale completely through your mouth, making a whoosh sound to a count of eight.
5. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

IF YOU FEEL SHORT OF BREATH – BREATHE NORMALLY!!

Really simple ways to create a morning routine to help reduce stress –

No phone or social media
Make the bed
Drink a glass of water
A moment of gratitude
Movement
Eat a healthy breakfast
Get some daylight – my favourite
Listen to some uplifting music or a podcast
Hug someone or something – even yourself

Evening wind down to reduce stress –

Get off screens an hour before bed
Plan for bedtime – don't just throw yourself into bed
Hot bath or shower – helps to drop body temperature
Meditation or breathing exercise – I teach you my breathing exercise for sleep soon
Camomile espresso
Read a book but not a thriller
Write down your worry list or to-do list – transfer your worries to paper
OR
Write out your accomplishments list