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*Tips for Calming
Stress & Anxiety
Guide*



Thank you for downloading this Booklet.

I want to introduce myself. My name is Jessica L Conrad. I am a Certified Coach and have my Masters in Holistic Health Studies. I help all Women at a Crossroads in Life Find Clarity and Direction. I specialize in Infertility and Endometriosis. My hope is that the tips within this Booklet will begin to help ease some of your everyday stresses and anxiety.

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Tips for Calming Stress and Anxiety Booklet

This Booklet contains 10 Tips and Techniques that can be incorporated into your daily life. Try them out and use the ones best suited for you.

1. Try to get enough sleep.

A regular sleep routine can help calm your body and regulates your mood. Try creating a nightly sleep routine, keep the room cooler, make sure room is dark by turning off lights and electronics, do your best to keep it quiet.



2. Incorporate Relaxation Techniques.

Research and experiment with Relaxation Techniques that work best for you.



Some examples are:

- Meditation
- Visualization techniques
- Guided Imagery
- Deep Breathing Exercises
- Yoga
- Sit in the Sun for a few minutes
- Stretch throughout the day

3. Take Care of Yourself

Sometimes we may view this as being selfish or we feel guilty. But the truth is that it is one of the best things we can do to care for our bodies and our minds.



Some things to try are:

- Massage
- Walking in Nature
- Join a class or workshop you have always wanted to do
- Treat yourself to an amazing meal
- Watch your favorite movie/show
- Take a bath
- Listen to music
- Create Art
- Say NO

4. Acupuncture

Studies have shown the benefits of using acupuncture to reduce stress and anxiety. Acupuncture helps create an overall feeling of relaxation.

It may also help with:

- Depression
- Pain Management
- Inflammation
- Infertility
- Chronic Conditions



5. Exercise

Exercise releases endorphins from your brain, it is called "The Feel Good Hormone".

Exercise is also known as a natural painkiller. It reduces the production of stress hormones like cortisol. It may also help you get a better nights sleep.



6. Essential oils and Supplements

Essential oils and Supplements have long been known to help with promoting relaxation and relieve anxiety.



Below is a list of the most used. If you are thinking of using, contact a Professional to learn more.

- Lavender
- Clary Sage
- Chamomile
- Bergamot Orange
- Ashwagandha
- Valerian Root
- Holy Basil
- Kava Kava
- Ginger

7. Watch Your Diet

Reduce your intake of Processed Foods. Try adding Nutrients Rich Foods.



These foods should contain things like Healthy Fats, Vitamins, Minerals, Antioxidants, and Amino Acids. These will help your brain deal with stress easier.

Examples are:

- Eggs
- Salmon
- Broccoli
- Garlic
- Blueberries
- Chamomile Teas
- Brazil Nuts
- Dark Chocolate
- Foods higher in Vitamin D

8. Journaling

Journaling can help with many things including improving mood, reducing symptoms of depression, reducing anxiety, and helping with sleep. It also said to have similar benefits to meditation.



9. Join a Support Group

Joining a Support Group gives you the ability to be completely honest with your feelings without fear of judgement. Most importantly it can help you realize you are not alone. There are many types of groups from in person to online. There are even groups on social media you can join which are private.



10. Ask for Help

Sometimes we view asking for help as a sign of weakness, when in fact it is the complete opposite. When things begin to get too hard talk to your partner, family member or friend.



You can look into hiring a Certified Coach to help create and implement a stress reduction routine. If things begin to feel too overwhelming make sure to reach out to a trained Mental Health Provider.

These are only a few of the many forms of stress and anxiety techniques. Try these but also look into other forms that feel right for you. The most important thing is to not suffer in silence.



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