

Lifestyle Factors to Reduce Stress Naturally



- Identify the circumstances or conditions contributing to your stress. Being aware can help you manage.
- Exercise regularly, get enough rest, and eat a healthy diet. Treating your body right with these things ensures you have what you need to function properly.
- Simplify your schedule and prioritize accordingly. It is ok to say no, rather than constantly being rushed.
- Advocate for yourself by communicating needs and setting boundaries.
- Practise deep breathing. Deep breathing has been proven to reduce stress and promote relaxation and can be done anytime and anywhere.
- Balance your natural circadian rhythm. Use minimal artificial lights in the evening when possible and limit screen time. Get outside first thing in the morning and sit in the sun for 15 minutes
- Try healthy coping mechanisms like journaling, meditation, and hobbies you enjoy

2231 E Pecos Rd, Ste #4 Chandler, AZ 85225



prohealthfunctionalmedicine@gmail.com



480.306.4372

prohealthfunctionalmedicine.com



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