

# Destress Yourself!

Feeling stressed and overwhelmed? Can't switch off and go to sleep? Turning to comfort foods and coffee? Follow these simple tips to cope better and keep your cool.

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## Think better to feel better

Are you driving yourself mad by thinking negatively? We can contribute to stress by thinking of worst-case scenarios, being self-critical and trying to be a perfectionist. Similarly, we can reduce our stress levels, feelings of pressure and being overwhelmed by thinking better thoughts. Start by thinking more realistically, positively and focus on the bigger picture.

## Befriend yourself

Are you your own worst enemy or best friend during stressful times? I would bet on the former. We can become quite harsh on ourselves when things are not going well. This actually is the time to treat ourselves with tender loving care and be encouraging and supportive.

## Take control of your emotions

When we feel as though we are under pressure, we can easily get overwhelmed, become emotional and reactive. The key in these situations is to ask the following empowering question: "Do I make it about my reaction or about what I want to create in this situation?" This will prevent the emotional hijacking of your brain and help you find a creative solution.

## Discover mindfulness

Going over and over the problem in your head without reaching a solution? Try out mindfulness meditation, which teaches you to observe your thoughts without judgement and to view them more rationally. Practise it daily and your mind and body, not to mention your stress levels, will feel the difference!

## Breathe deeply and relax

If you have a stressful life, sleep and relaxation are essential to counter its negative effects. Aim at going to bed early and catching up on sleep whenever possible. Nothing recharges your batteries like a good night's rest. Take a five-minute break every hour to unwind by taking deep breaths, i.e. after a phone call or meeting.



## Get supplement support

If you are feeling stressed, tired and emotional, try Adreset, a superb blend of adaptogenic herbs, ginseng, rhodiola and cordyceps. Somnolin is an excellent supplement to help you sleep better if you are tired but wired. Relax contains magnesium, taurine and B-vitamins – the very nutrients your body needs to relax and calm down. Compose is a synergistic mix of Chinese herbs to support you when you are feeling stressed and wired. AdrenoMax is a great multi mineral, vitamin and herbal formula specially designed to support the body and mind during the time of stress. (All supplements are available at [www.nutri-online1.co.uk](http://www.nutri-online1.co.uk))

## Eat to beat stress

Poor food choices can actually increase your stress levels and cause more problems. Stimulants such as coffee, fizzy drinks, alcohol and sugary foods can play havoc with your blood sugar and energy levels as well as your mood. Replace these gradually with decaffeinated green tea or nettle tea. Drink more water with fresh mint leaves for a refreshing treat.

Avocados, almonds, oats, bananas, yogurt, milk, cottage cheese, green leafy vegetables and turkey are great calming foods. Increase your protein intake with lentils, beans, fish, lean meat, cheese and eggs. Snack on nuts, seeds and never skip breakfast!

## Treat your body and mind

Treat yourself to a soothing massage when you feel stressed. A comforting touch is one of the best stress busters, as it helps release endorphins and relaxation throughout your body and mind.

## Release endorphins

Feeling too tired to go to the gym? Do just 20 minutes of a good cardio workout. It will help you relieve pent-up tension, burn off the stress hormones floating around in your body and release the feel-good hormones – endorphins. You will feel more positive, resilient and better equipped to deal with stress.

## Create a happier lifestyle

Are you putting everything and everyone else before yourself? The more you make looking after yourself a priority, the better you will be able to cope with life's demands and pressures. Eat well. Get plenty of sleep. Spend more time with friends who make you feel good. Laugh more. Take up a new hobby. Plan things to look forward to. Set some time out every day to do something you enjoy. Pleasure is the greatest anti-stress tonic of all!

**Note:** Always consult your doctor before changing your diet and carefully read all the supplement instructions. □

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

