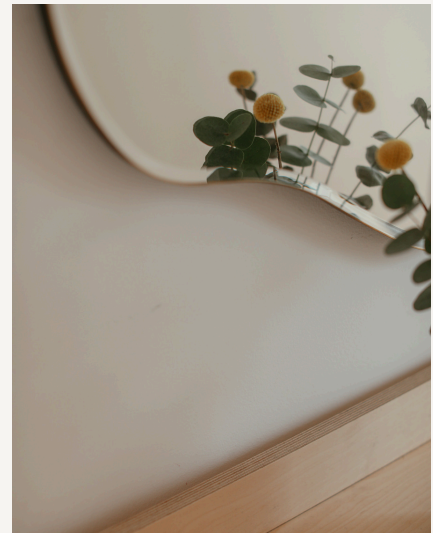


HOW TO GO FROM  
"DISTRESSED"  
TO "DE-STRESSED"

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ASK KATIE P.

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# **Katie P - Certified Life Coach**

## **Integrative Cancer Coach**

*\*\*Use these 6 steps to guide you from distress to de-stress by making simple, accessible shifts\*\**

### **ANXIETY AND STRESS MANAGEMENT (LETS TURN CHAOS INTO CALM)**

**1. GO OUTSIDE IN NATURE.** I KNOW THIS SOUNDS BORING, BUT I PROMISE THAT YOU WILL NOT REGRET IT! GOING OUTSIDE IN NATURE ALLOWS YOU TO CONNECT AND SEE THAT THE WORLD IS MOVING ALONG AND THAT THERE ARE THINGS HAPPENING THAT ARE MUCH BIGGER THAN YOU. YOU CAN SEE THAT YOU ARE PART OF SOMETHING VAST AND OPEN AND FREE. ALLOW YOURSELF TO CONNECT TO AND BE CALMED BY THE WORLD THAT IS MOVING AROUND YOU. 15-30 MINUTES IS A GREAT PLACE TO START.

**2. TAKE YOUR SHOES OFF AND WALK IN THE GRASS (OR DIRT OR SAND!).** THE EARTH HAS A NATURAL ENERGETIC CHARGE TO IT (ELECTROMAGNETIC) AND THIS NATURAL CHARGE WHEN CONNECTED TO OUR BARE FEET (SHOES INTERRUPT THIS CHARGE) ALLOW US TO ENERGETICALLY “FEEL” ATTACHED TO THE WORLD WE LIVE IN. ANXIETY CAN FEEL AS IF WE ARE FLOATING AWAY, UNTETHERED... AND WALKING BAREFOOT IS A GREAT WAY TO RE-ATTACH YOURSELF TO SOMETHING GREATER. 10-15 MINUTES IS GREAT.

**3. PLAY MUSIC AT 528 HZ.** SINCE ANCIENT TIMES SOUND HEALING HAS BEEN USED TO TREAT VARIOUS CONDITIONS, INCLUDING ANXIETY, DEPRESSION, AUTISM, DEMENTIA, POST-TRAUMATIC STRESS DISORDER, AND MUCH MORE. LISTEN TO 528 HZ HEALING FREQUENCIES TO CALM YOUR MIND, BODY, AND SOUL! SEARCH THIS FREQUENCY ON ITUNES, SPOTIFY, AMAZON MUSIC AND MORE!

**4. HARNESS THE BENEFITS OF EARLY MORNING LIGHT.** SUNLIGHT EXPOSES OUR BODIES TO A SPECIFIC COMBINATION OF UV-A AND IR-A (INFRARED) RAYS FIRST THING IN THE MORNING. THIS COMBINATION RELEASES A CASCADE OF HORMONES TO MAKE SURE WE RELEASE MELATONIN AT NIGHT FOR BETTER SLEEP AMONG OTHER THINGS. SOME THINGS THAT ARE PRODUCED WITH EARLY MORNING SUN EXPOSURE ARE: VITAMIN D, MELATONIN, SEROTONIN, AND IR-A RAYS. THESE ARE ALL KNOWN WAYS TO HELP WITH BETTER SLEEP AT NIGHT, INCREASE IN ENERGY, DECREASE IN ANXIETY, LEVELING OF MOODS, AND DECREASE OF INFLAMMATION (JUST TO NAME A FEW). TO GET THE MOST BENEFITS (WITH THE LEAST RISK) GET OUT IN THE SUN AS CLOSE TO SUNRISE AS POSSIBLE. EXPOSE AS MUCH SKIN AS YOU CAN, NO SUNSCREEN NEEDED, NO GLASSES OR SUNGLASSES, AND TILT YOUR FACE TOWARD THE SUN WITH EYES CLOSED! 10-20 MINUTES EVERY MORNING WILL DO WONDERS FOR YOUR HORMONAL BALANCE AND THAT WILL DO WONDERS FOR YOUR ANXIETY! \*IF YOU CAN PLANT YOUR BARE FEET ON THE GROUND, EVEN BETTER!

**5. CREATE A SLEEP ROUTINE! (I CANNOT STRESS THIS ENOUGH!).** \*30-45 MINUTES BEFORE BED. TAKE A HOT BATH/SHOWER. MAKE YOURSELF A CUP OF CHAMOMILE/SLEEPY TIME TEA (NO SWEETENER – YOU WILL GET USED TO IT; THE SUGAR WILL KEEP YOU AWAKE). NO ELECTRONICS DURING THIS TIME (SCROLLING KEEPS YOUR DOPAMINE RECEPTORS IN THE BRAIN HARD WIRED FOR THE NEXT “HIT” FROM YOUR SCREEN). NO LOUD, EXCITING TELEVISION SHOWS... AND THE BEST THING TO DO IS READ (REMEMBER GETTING SLEEPY AS A KID?). I KNOW THIS MIGHT SOUND BORING BUT ONCE YOU MAKE THIS A HABIT, FALLING ASLEEP BECOMES MUCH EASIER. THE “ROUTINE” WILL CREATE A HABIT/PATHWAY FOR YOUR NERVOUS SYSTEM TO BEGIN TO ANTICIPATE AND GET READY FOR SLEEP. \*\*ALSO: TRY A LAVENDER SPRAY OR LOTION.

**6. WHAT DOES YOUR SELF-TALK SOUND LIKE?** DID YOU KNOW THAT 90% OF ALL THE THINGS WE HEAR ABOUT OURSELVES... ACTUALLY COME FROM OUR OWN SELVES?! YES, THAT IS RIGHT! WHAT YOU SAY TO YOURSELF, ABOUT YOURSELF, HAS A REAL AND FINITE EFFECT ON HOW YOU VIEW YOURSELF AND YOUR CURRENT AND FUTURE SITUATIONS. SO, WHAT IS THE REMEDY? THINK OF IT LIKE THIS... IMAGINE SOMEONE YOU LOVE AND CARE FOR DEEPLY (CHILD, PARTNER, SPOUSE, FAMILY, FRIEND, ETC).. HOW DO YOU SPEAK TO THIS SPECIAL PERSON WHEN THEY “MESS” UP? DO YOU TELL YOUR LOVED ONE HOW STUPID AND DUMB THEY ARE? OR DO YOU GUIDE THEM TO CORRECTION, LOVINGLY SUPPORT THEM AND REWARD THEM FOR BETTER CHOICES? CHANCES ARE YOU ARE CHOOSING OPTION TWO AS A MEANS OF HELPING YOUR LOVED ONES LEARN AND GROW. MY QUESTION BECOMES THIS: “WHY DON’T YOU GIVE YOURSELF THE SAME KIND OF GRACE”? WHERE IS IT THAT WE HAVE LOST THE ABILITY TO FORGET TO SUPPORT OURSELVES YET CONTINUE TO SUPPORT THE WORLD AND PEOPLE AROUND US? ADJUST YOUR SELF TALK! THE NEXT TIME YOU “MESS UP” TALK TO YOURSELF THE SAME WAY YOU WOULD YOUR LOVED ONE. GIVE YOURSELF GRACE, LOVE, FORGIVENESS AND ENCOURAGEMENT. REMEMBER, 90% OF ALL OF THE THINGS WE HEAR ABOUT OURSELVES COME FROM OUR OWN SELF! MAKE YOUR SELF-TALK THE KIND YOU ARE PROUD OF.