

## Tools for Managing Stress

What is stress, really? We know it's bad. But maybe you feel joy, abundance and have a good attitude... you still have "stressors." Stress can be in the background of even the happiest, most well-adjusted individuals, doing damage we don't even realize. So what can we do?

The simple definition of stress is the body's physical, mental, and emotional response to demands for change. Well, you are right smack in the middle of change! Stress was coined by Hans Selye in 1936 as "the rate of wear and tear on the body." Stress and anxiety tend to go hand in hand. The downward spiral can be a slippery slope. You are fine one minute, then you start to think about all the tasks and responsibilities piling up and you start feeling your capacity to get everything done is questionable. Ok quick, you need some tools! Gather your resources so you have the tools when you need them to counteract stress.

### #1 Mindset boot camp

You've got a lot of tasks on your plate, and the number one thing every successful person understands is that you have to get control of your mind to get things done, especially to get them done with joy. It just takes one bad thought to derail a perfect day. Put your mind in boot camp training. We've all got a handy little computer in our pocket. Get some ear buds, plug in, and use every spare minute to soak in positive thoughts. Whenever you feel yourself getting caught up in thoughts that don't serve you in any way, you've got to trigger your mind to focus on something else. Running through scenarios in or mini-movies in your head of what "could" happen? Boot camp! Re-living an argument and all the things you could've said or done? Boot camp! You've got to distract your mind from the negative thoughts with something else. There are a few ways to do this.

**1. Listen to or read one of the great books on mindset.** A few of my favorites are *The Game of Life and How to Play It* by Florence Shovel Shinn, as well as *The Power of Now* by Eckhart Tolle.

**2. Listen to podcasts that uplift** – My favorite is the Tiffany Peterson Podcast.

**3. Listen to music** – especially uplifting or worship music if you are faithful.

**4. Meditate.** My favorite meditation advice is from Naval Ravikant: Sit comfortably, for an hour, in the morning, and just let your mind do whatever it does. If you can keep it up for 90 days, you'll see life-changing, positive effects.

**5. Pray.** With Evernote app I keep track of the scriptures and prayers that help me for specific situations. Praying is the best trigger out of a negative mind space. Let go and let God!

### #2 Protect yourself

My favorite tools for protecting myself from all the stressors are essential oils. Using oils, it's like having a little bottle of saving grace in your pocket. Not only do they

smell good, if you use quality brands (I like doTERRA), the oils actually go from your skin, into your bloodstream, right into your brain to talk to the limbic system, the control center of your brain. I keep oils in my purse at all times for different situations. I use Motivate blend which has citrus and mint oils to wake me up a bit and uplift my spirits. Lavender is an amazing calming oil. Really stressed, depressed, and ready to throw in the towel? Melissa oil is one of the strongest, and can help you when you are in a puddle on the floor. Melissa is one of the strongest oils for emotional and immune support. Find someone who knows about essential oils to figure out which oils can help your situation best. When in doubt, use oils!

### #3 Self-Care

"Self Care" is a trending phrase right now, but it's a real and extremely important. When your body, mind and soul are taking a beating, you need to take a beat and get some self care in before you self destruct. My favorite self-care activities are:

**1. Massage** – get a professional massage at least 1x per month. Budget in a massage every week if you can. They are not a luxury, they are a necessity – especially with our neck strained all day looking at computers and phones. One of my favorite massage therapists is Monica Zamora in the Vanity Box Salon.

**2. Extra long, hot bath or shower** – this is a great way to help soothe muscles and take a moment to reset. Use essential oils in your bath or shower for a super-destressor!

**3. Exercise** – Getting your body moving is like drinking from the fountain of youth. Fresh air, sunlight, and getting your circulation going can invigorate you if you are feeling stuck or just blah.

**3. Friends & fellowship** – take time to connect with friends who lift you up. Sometimes time with people you trust most is the best thing to boost your mood.

**4. SLEEP** – You have to prioritize sleep. Don't fall into the trap of staying up till all hours doing wedding stuff. It's going to be ok. It's all going to work out. Skimping on your sleep to get things done will come back to bite you. And studies show, you can only go so far with the "makeup sleep day." Consistent lack of sleep breaks down your system and can send you in a downward spiral. Treat yourself to a normal bed time and your body will be praising you for it.

There are so many ways to help combat stress. The hardest part is remembering to do them. It's easy to let life and all the things you have to do keep you in the middle of stress. Write yourself little post-it notes, set timers, do whatever you have to do to fit in some mindset training, self-care while protecting yourself from the attacks of life. Good luck and if you've found some other ways to destress, tell us about it and we'll share your tips with our brides.

**Good luck, and may peace be with you!**

## All About The Dress



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