

Tips for Looking After Yourself

**Managing COVID-19 Stress During
the Holiday Season**

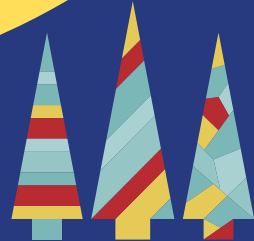
Simple Tips for Nutrition, Health, & Wellness That Can Help YOU Cope and/or Reduce STRESS During the COVID Holiday Season!



Intro:

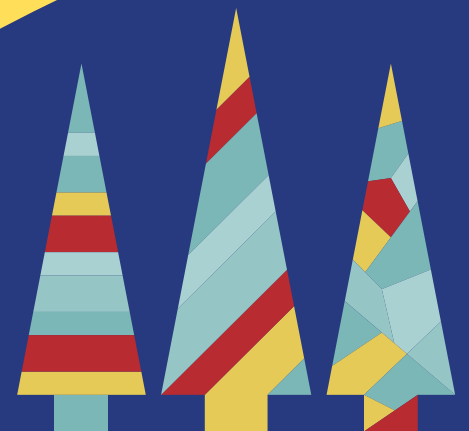
Being Healthy is a Decision

- Plan & set meaningful goals
- Stress is chemical, biological, emotional
- The perfect diet is eating the best for you, your lifestyle & activity level, throughout the phases of your life.
- It's about the WHY, WHAT, HOW, WHO, WHEN, WHERE you eat.



Avoid the Blood Sugar Roller Coaster (BSRC)

- Too much or too little glucose (sugar) can trigger a "Significant Stress Response" in the body
- Protein helps by slowing down digestion which slows absorption of carbohydrates which will lessen intensity & frequency of the BSRC
- Add healthy unsaturated fats to improve blood cholesterol levels & decrease inflammation



Dietary Paradigms

- What is healthy for one person might not be healthy for YOU
- Your body is the most powerful, least expensive & BEST dietary experiment
- Your diet changes as you change
- Your RELATIONSHIP with food & your body impacts health more powerfully than the food you eat
- Nourishment is about more than just food
- There are as many diets as people on the planet



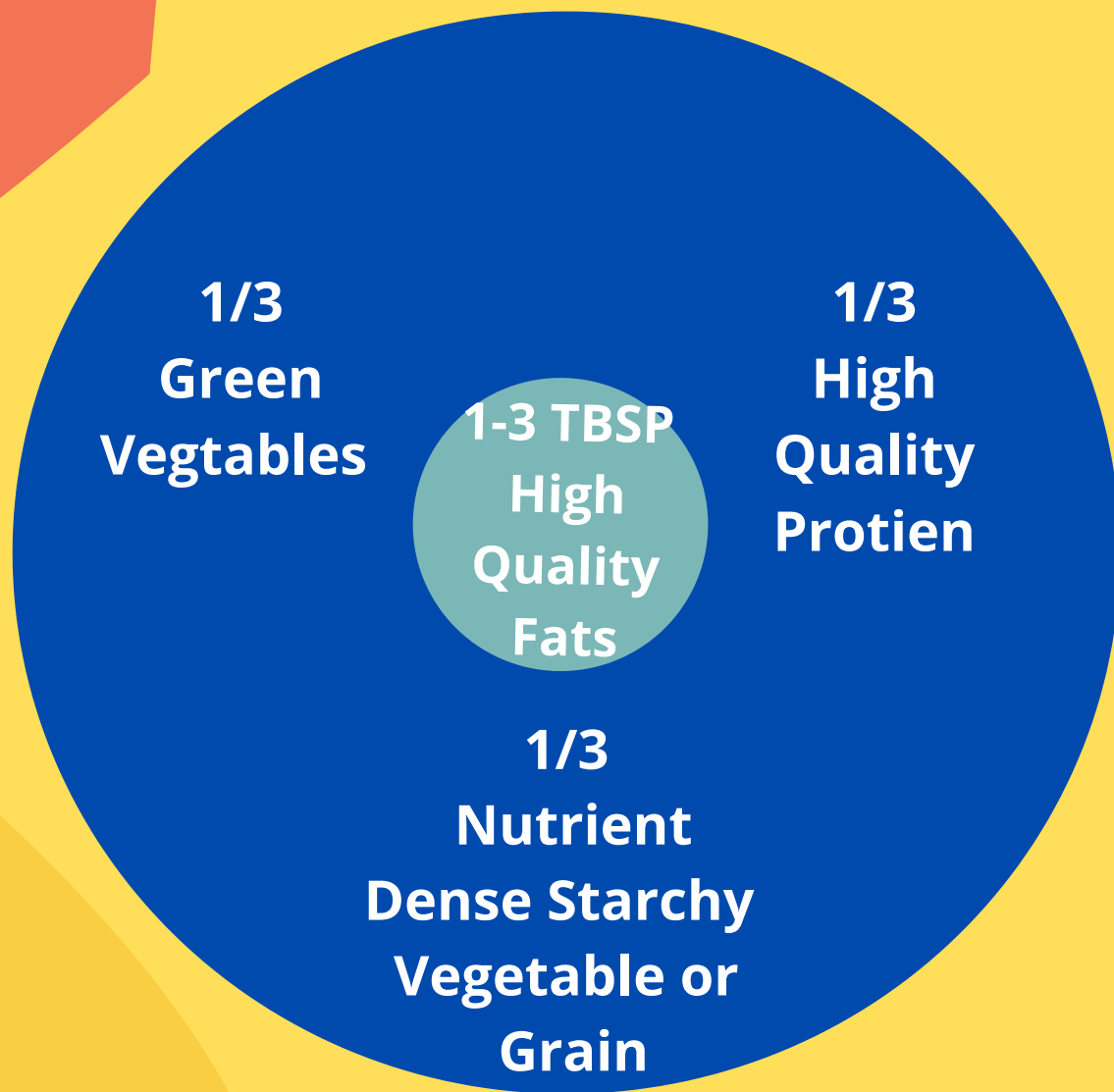
Drink Half Your Body Wt in Fluid Oz

- Water helps to balance blood sugar by:
Decreasing Cravings & Increasing Energy
- Maintains body fluid balance
- Drink 8 oz of water 1st thing in AM
- Regulates body temperature & metabolism
- Carries nutrients to cells
- Flushes out toxins & waste
- Supports healthy kidney function
- Re-hydrates moisture-rich skin, eyes, mouth, nose
- Lubricates & cushions joints
- Prevents muscle cramps
- Reduces inflammation
- Slows signs of aging



"The Magic Plate"

Healthy Meals at a Glance



Key to Success:

Flexibility: Allow this template to shift & change according to your body's wisdom.

Animal-based protein: Measure your Protein to match the size of you palm.

Eat until satisfied: Take your time when you eat so you're only 80% full..

Keep Eating Simple

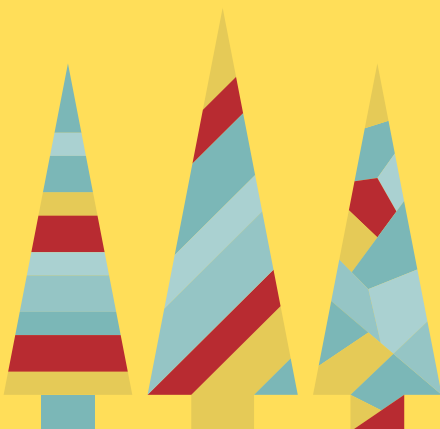
- **Favor Fewer Ingredients-** Less processed/less chemicals
- **Keep it Organic, Not Franken-** Buy Organic, Non-GMO when possible
- **Phase In to Phase Out-** Eat more high-quality while phasing out processed food
- **Create a Magic Plate-** Flexible, simple way to measure protein & eat until satisfied

Meal Timing Tips

- Eat like a Queen at Breakfast, a King at Lunch, a Pauper at Dinner
- Eat within an hour of waking to get your metabolism "rockin"

(Con't - Meal Timing Tips)

- Honor your "Hunger Scale" - Eat until you are 75-80% full
- Time meals 4-5 hours apart
- Focus on the Magic Plate for proper macro-nutrient balance at each meal
- Allow at least 20 mins for a meal - aids in digestion & gut health
- Keep meal times consistent
- Eat dinner at least 2 hours before bed.
- Eat before 7pm - 7:30pm
- *Sensual Eating* - Savor the Sight, Smell
Chew 30 times-notice the Texture
- BREATH in between bites
- Environment- Turn off the TV



"How to" Sleep Tips



- Practice regular sleep habits - go to bed & wake up the same time each day
- NO TV, Technology or Cell Phones in the the bedroom. **MEDIA FREE ZONE**
- Create a serene environment in bedroom with restful colors & clutter free. **SPA LIKE**
- Create total darkness, cool & quiet with eye-shades & earplugs
- Avoid or reduce caffeine after 12 noon
- Avoid alcohol - makes for poor quality & interrupted sleep
- Get 20 minute exposure to daylight to help balance circadian rhythm & trigger the brain to reduce hormones & chemicals like melatonin that is vital to healthy sleep, mood, & aging

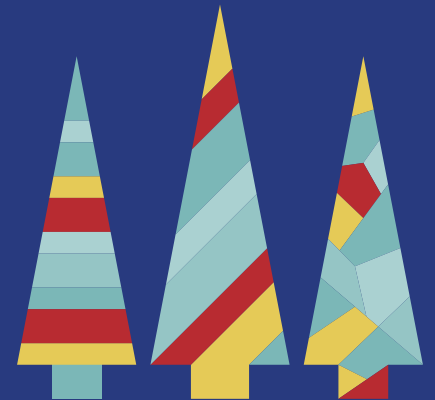
(Con't - Sleep Tips)

- Eat no later than 2 hrs before bed - A bad night's sleep impedes the body's overnight detoxification process
- **Power Down Hour** - Write down your worries that are causing your anxiety & plan for next day to reduce worry. This will free up your mind & energy to move into deep and restful sleep
- Take a hot salt or aromatherapy bath to relax muscles & reduce physical tension.
- Raising the body temperature before bed helps induce sleep. Add 1/2-1 cup of Epsom Salt + 1/2-1 cup of baking powder to your bath
- Listen to music or "white noise"
- Get a massage, stretch, or have good sex



Move/ Play

- What movement feels right for you?
- What did you like to do as a kid?
- What inspires you to move?
- Choose a movement that inspires at your fitness/ energy level & time constraints.
- Let your inspiration come from your body, not your head
- Movement should be enjoyable while contributing to health & aliveness!
- You can..Bike/ Rollerblade/ Yoga/ Walk/ Run/ Golf/ Gardening/ Lift Weights/ Ski/ Clean house/ Dance/ Swim/ Tennis/ Pilates/ Zumba/ Jazzercise.....
- JUST MOVE & HAVE FUN



Tips to beat the Winter Blues

- Get you Vitamin D- A simple blood test can be done by your MD - Effective dose is 1000-5000 IU for Seasonal Affective Disorder (SAD)
- Take time to rest & hibernate - go to bed early, Learn to say "NO"
- Eat warm & warming foods (soups, stews)
- Go outside for sun & fresh air (walks, sledding, skiing, skating)
- Get together with friends for a LAUGH
- Get in a hot tub (good for stimulating blood flow & relaxing)
- Keep warm without looking "dumpy"
- Take up a new hobby or learn something new! (journal, new language, blogging)



Be B. A. D.

B.A.D. is the acronym for:

B= Break from the routine

A= Act naughty

D=Do crazy FUN "sh*t"

It's OK

(Especially around the Holidays)

It's all about ***Habit Change*** & making *Better Choices* for your *MIND & BODY* while *HONORING YOURSELF*

LIVE YOUR BEST LIFE!

Small Steps make for BIG Successes



@michelperase

