

## Top Eight Easy Ways to Reduce Stress

No matter what healthy means to you, there's one common area that we all tend to forget about stress. Stress can result in insomnia, depression, high blood pressure, problems with digestion and more. At Nurse On Board, we believe that reducing stress is key to living a truly healthy life.

1) Exercise is the most powerful longevity medicine. Study after study has found that regular exercisers live as much a decade longer than sedentary people. Exercise lowers your body's stress hormones (cortisol), improves sleep, and boosts confidence. *Atomic Habits* by James Clear provides easy and proven ways to build good habits and break bad ones.

2) Get your ZEN on. Meditation helps you focus by strengthening your ability to be aware of where you are placing your thoughts. Research shows that people who meditate have lower levels of cortisol, associated with physical and emotional stress. Meditation takes practice for transformative results. Not sure where to start? Try guided meditations on YouTube, such as Headspace with Andy Puddicombe (only 10 minutes) and 10% Happier by Dan Harris, with his insightful, engaging, and humorous journey.

3) Learn to say NO. While you can't control many of the outside stressors in life, start by saying no to obligations that will cause additional stress, and be selective about what you say yes to. Agree to more things that fill your life with JOY. *Set Boundaries, Find Peace – A guide to reclaiming yourself* by Nedra Glover Tawwab offers simple yet powerful ways to establish healthy boundaries in all aspects of life.

4) Breathe Deeply. There is nothing more essential to our health and well-being than breathing; take air in and let it out. Research shows us that making even slight adjustments with the way we inhale and exhale can rejuvenate internal organs, reducing stress and anxiety. *BREATH, The New Science of a Lost Art* by James Nestor draws upon thousands of medical studies, proving that how we breathe matters.

5) Sleep, the best medicine for your brain. Good sleep, both quality and quantity, is critical to our cognitive function and emotional equilibrium. Explore the *Pittsburgh Sleep Quality Index* at [www.sleep.pitt.edu](http://www.sleep.pitt.edu). Assessing your sleep and how to improve sleep are the next steps. *Outlive: The Science and Art of Longevity* by Peter Attia covers this topic of rethinking medicine to live better longer.

6) Nutrition. 'You are what you eat' in a literal sense means nutrition is key for the foundation of the structure, function, and wholeness of every cell in our body, from skin and hair to the muscles, bones, digestive and immune systems. We require a constant supply of fuel and what's in the fuel makes a difference, for the function of our brain and mood too.

7) Listen to music. Get your vibe up, as research provides evidence for the healing power of music as a tremendous tool for improved well-being. We choose certain music to energize us, to calm us down, or to cheer us up. Check out the Solfeggio Frequencies, vibrations that can have positive mental, emotional, and physical effects, which may result in a state of calm, relaxation, stress relief and even better sleep.

8) Make self-care a way of life. Establish genuine health with a quality mindset that incorporates the above tools and insight to make self-care a priority. Thrive with sustainable goals to maintain a healthy relationship with self, enhancing the ability to live authentically, vibrantly, and effectively. Nurse On Board is here to support your future with guidance and optimization of your personal wellness journey.