

## 7 Everyday Stress-Busting Tips for Busy Women

- 1** **Say “no.” Or at least, “probably not.”** As women, we tend to over-provide, over-commit, and put everyone’s needs before our own. During this week, when someone asks you to do something, experiment with saying “no.” Or if that’s too much, then try “probably not, but I’ll get back to you.” Of course there are certain things you can’t refuse to do, but with more “optional” obligations, it can be so freeing to just say no.
- 2** **Eat. Often.** One of the most important things you can do to handle what comes your way and stay energized all day is to eat regularly. Caffeine highs and blood sugar crashes stress our bodies. As a result, our adrenals outlay even more of the stress hormone Cortisol than is already pouring out to respond to your daily external stressors. So, eat every 3-5 hours, and make sure to eat protein at every meal to stay even-keeled all day.
- 3** **Dance.** “Boogie Breaks” instead of an afternoon latte can be both energizing and relaxing. Where to stop and boogie you ask? Well, I’m not necessarily recommending you dance down the office hallways. If you have an office nobody can see inside of, close the door. If not, book a conference room. Then call up your favorite dance tune, pop in earbuds, and dance away. Five to 10 minutes will usually do it. No bell bottoms required.
- 4** **Orgasm. Well, probably not while at work.** Orgasms cause our bodies to flood with Oxytocin, a hormone that studies have shown to reduce Cortisol. A great excuse to go for it.
- 5** **Breathe. Like all the way down to your pelvis.** We often spend most of our time breathing quite shallowly. This does nothing to reduce stress and in fact can feed it. But taking even a few deep breaths activates something called the Relaxation Response. With just a few deep breaths, our nervous systems shift out of sympathetic mode (i.e. “stress mode”) into parasympathetic mode (i.e. “relaxation mode”). Deep breathing calms us in the moment and helps us to more effectively deal with stressors that come up later.
- 6** **Get your nutrients.** When we get enough nutrients, our bodies function better...which helps us respond to stress and stay healthy. But rather than stress you out with a complicated plan, let’s keep it simple: Eat lots of fruits and vegetables. Try to fill half of your plate at most meals with vegetables. And make a point to eat a variety of colors.
- 7** **Tiara Time.** Dr. Sara Gottfried first introduced me to Tiara Time. As women, we often don’t take enough time for ourselves, or we may neglect our needs. Here’s how it works: Buy, make, or locate your own special tiara. Find something that suits you and makes you feel special. Then, put on your tiara and do nothing else but care for yourself and your needs. You can even ask yourself what you most need in that moment. If you live with others, let them know Tiara Time is sacred and under no circumstances are you to be disturbed.