

TOP STRESS RESET TECHNIQUES.

PHYSICAL MOVEMENT

Move your body for at least 20 minutes a day - whatever feels good! Hit the gym, walk in nature, or play a social sport. Even better? Bring a friend and enjoy the connection too.

Unwind with the Towel Exercise - Roll up a towel, place it along your spine, open your arms wide, and relax for 2–5 minutes. A simple way to reset your posture and breathe deeper.

Looking for guided movement? - Yoga with Adriene (on YouTube) has great routines for all levels and timeframes—we love sharing this resource!

NUTRITION

Your gut is your second brain - and what you eat directly affects how you feel.

Eat the rainbow - whole, fresh foods support gut and brain health.

Limit sugar & inflammatory foods - they create unnecessary stress on your body.

Time your coffee right - wait 90 minutes after waking before your first cup. This aligns with your natural cortisol rhythm, helping you feel more energized throughout the day.

EMOTIONAL

Journal – Get thoughts out of your head and onto paper. Try reflecting on your day, listing three things you're grateful for, or writing down your win, challenge, and focus for the day.

Meditate – A few minutes can make a big difference. Check out Headspace, Tom Cronin, or Elise Bialylew for guided options.

Breathwork – Try Box Breathing: Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds. This simple technique lowers stress and improves focus.

Change Your Environment – A change of scenery can be as refreshing as a holiday. Step outside, rearrange your space, or go somewhere new to shift your mindset.

CHIROPRACTIC CARE

Your spine plays a critical role in how your nervous system functions. Chiropractic subluxations create interference, keeping your body in stress mode. Chiropractic adjustments help restore function, allowing your nervous system to shift into a calmer, more adaptable state—so you can handle life's ups and downs with more ease.

IF YOU KNOW OTHERS WHO NEED HELP NAVIGATING STRESS IN THEIR LIFE PLEASE SHARE THIS GUIDE. YOU NEVER KNOW HOW FAR SOMETHING YOU THINK, SAY OR DO TODAY, WILL REACH AND AFFECT THE LIVES OF MILLIONS TOMORROW.

