

# De-Stress your Life Solutions

PRB | consulting

3 of the best  
supplements  
to help you  
sleep

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# Vitamin D

- Vitamin D

Recent research has indicated that people who are vitamin D deficient had a significant risk of sleep disorders, poor sleep quality, short sleep duration and sleepiness.

It is estimated that over 50% of adults and children are deficient in Vitamin D

So what is the best way to increase your Vitamin D? Well getting out more in the sunshine is the best way, but failing that then adding vitamin rich foods to your diet like tuna, salmon, and sardines is a healthy alternative



# Magnesium

- Magnesium plays a critical role in the healthy functioning of the body. Healthy magnesium levels protect metabolic health, stabilise mood, keep stress in check, contribute to bone and heart health and also promote better sleep – so it is pretty important!
- When we are stressed, magnesium levels can also become depleted so it is crucial to up your levels of magnesium in take at these times. Good natural sources of magnesium include dark leafy greens like spinach and kale, seeds and nuts like cashews and almonds, and legumes.



# Zinc

- Zinc is one of the three minerals that have a sedative effect on the nervous system (the others are calcium and magnesium – see above). Zinc is well-known for its restorative effects and is often used to promote recovery post-exercise. It is also thought to help mental recovery post-stress.
- A research study by Rondanelli et al (2011) found that magnesium and zinc had a beneficial effect on the restorative value of sleep. Having enough zinc in your body can help you get more out of your sleep by helping you have less night waking's and less morning fog.
- So what foods are rich in zinc? Great sources are seafood such as oysters and crab, red meat, poultry, nuts and beans



# Practice Deep Breathing

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Stop stressing. Take a deep  
breath. Everything will be  
okay. You can do this.



# Alternate nostril breathing for stress relief

- Oxygen is the most important nutrient of the body – every cell needs it to function efficiently. The brain is the largest use of oxygen, even though it only takes up less than 5% of the body's total weight
- Take a moment to identify which side you think you breathe out of? We want to demonstrate an ancient brain-balancing breathing technique which is designed to produce optimum function in both sides of the brain.



# Here's how you do it.

- Place a finger under your nostrils and exhale through your nose. One nostril will be working harder than the other. This changes according to activity and swaps throughout the day.
- Close your right nostrils using the back of your left thumb.
- Inhale from your left nostril to the count of four.
- Let go of the right nostril and gently punch the left nostril with your left ring finger and hold for the count of 16.
- Exhale through your right nostril for 8 counts.
- Repeat on the other side, swapping over fingers.

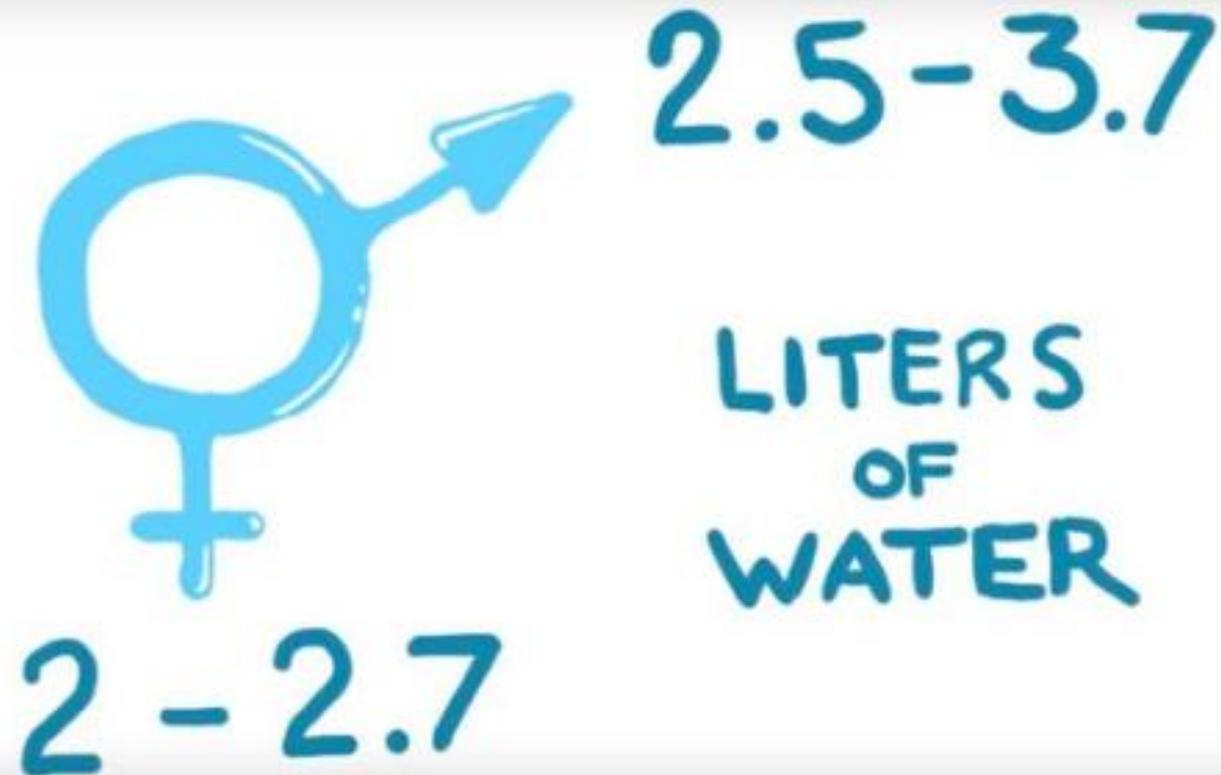


# Stay Hydrated

- Staying hydrated is key to staying healthy. So how do you know if you are dehydrated? Well there are a number of signs that could indicate that you are dehydrated:
- Do you feel thirsty? If you feel thirsty you are already dehydrated and need to start drinking water.
- Do you feel tired, confused or angry? Studies have shown that mild levels of dehydration can affect your mood and cognitive functions, altering your energy and ability to think clearly.
- Do you have dry eyes or blurred vision? A decrease in overall body fluid will mean areas of the body that are normally moist are going to feel dry. This results in dry eyes or blurred vision.
- Do you have a headache? Dehydration can bring on headaches and migraines.



# How much Water should I be Drinking



Eat for  
Well-Being



# Breakfast

- First thing in the morning your alarm goes off (causing stress) and you drag yourself out of your nice and comfortable bed. You reach for your first cup of coffee and probably a food high in refined sugars like a slice of toast or a sugary cereal. By the time you get to work those sugars and caffeine have shut down your essential systems.
- Did you know that the body can only work efficiently with about 3 teaspoons of sugar in the bloodstream at any given time? The average bowl of cereal can contain anything up to 12 teaspoons of sugar which is a massive 9 teaspoons over what the body can cope with. Over 3 teaspoons and your body's systems may be suppressed for anything up to 6 hours as it uses its resources to fight to process all the sugar and normalise its blood sugar levels.





Get Moving to  
Combat Stress

# Yoga

- Yoga is fantastic for health, wellbeing and flexibility and will also help you get into a relaxed, meditative state of mind. According to Psychology Today, in a national survey, over 85% of people who did yoga reported that it helped them relieve stress



## Martial Arts

- Martial arts are an effective way to develop self-discipline, become part of a community, release any pent-up tension and frustration and even help you to feel safer, as you will be better equipped to defend yourself in the event of an attack.





# Swimming

- Swimming is a brilliant way to get in shape. Most people find that water is calming and relaxing, so it's a great way to relive stress at the same time as getting in some exercise.

# Walking

- Walking is something most people can do and is an easy and effective exercise to fit into a busy schedule. You can get off the bus a stop early, have a walk at lunchtime, or put young children in a pushchair and go to the park. It can be a social activity, with others or you can walk alone and think. It can be a great form of moving meditation.
- There are lots of other forms of exercise that can also help such as competitive exercise like football, cricket, rugby, tennis and badminton. For it to really work it has to be something that you enjoy doing and want to do regularly!



Adopt a  
Positive Mind  
Set

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Positive Mind.

Positive Vibes.

Positive life.

# Eliminate stress with a smile

- The power of a simple smile, means that if you choose to smile, you will automatically feel happier. Why not give it a go right now? As you do this notice the changes in how you feel. When you smile you immediately start to feel different. If you find yourself feeling sad or down, force yourself to smile, and you will notice the change in your thought patterns and motions. The quickest way to change your psychology is to change your physiology and vice versa.



## Stand up straight

- Bad posture can have a negative impact on your emotional state. By standing upright or sitting straight with your spine erect your body is communicating to your mind that it needs to align its state. This is the magic of 'mind over matter'



## Act as if....

- When you experience a stressful event, the first thing to do is step back, take a deep breath and analyse the situation. Then you can try to forcibly change your thoughts using your physical state. Simply start by pretending that you would like to be. If you feel down and stressed, begin by acting like someone who is happy and relaxed. Think about how people you aspire to be would act and emulate them. This will start as the catalyst that changes your state of mind and your patterns and in turn will influence your physical state.



# Master Your Time

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# The 80/20 time management technique



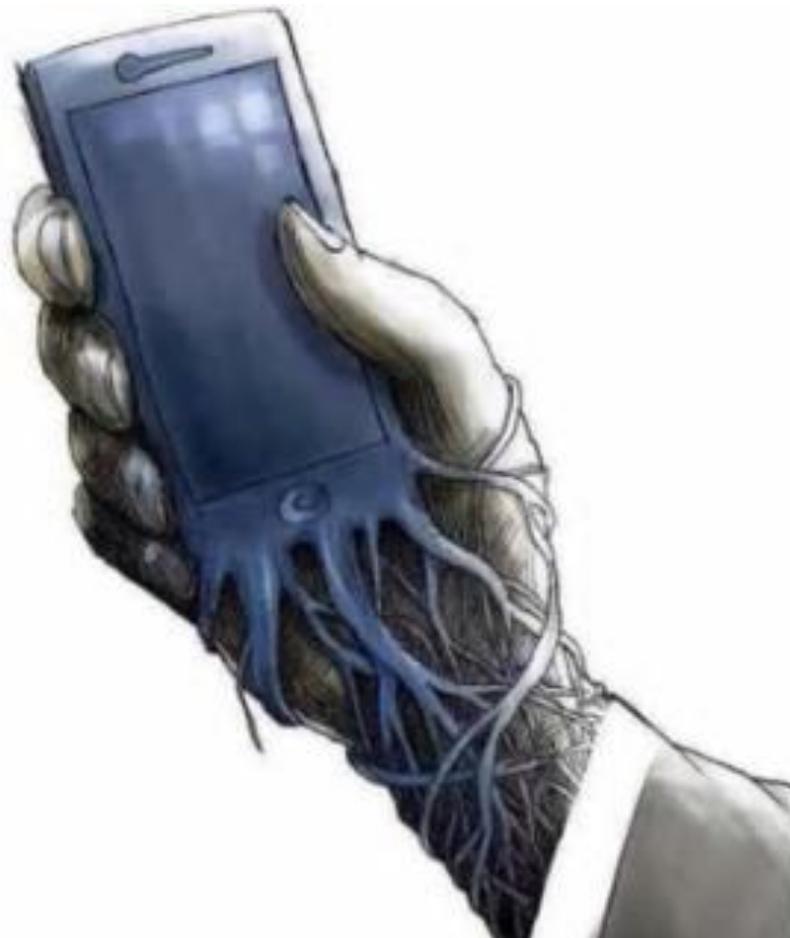
- The 80/20 principle is also known as the Pareto's principle, after Vilfredo Federico Damasio Pareto who came up with the concept. The principle implies that 80% of results come from 20% of the actions or efforts.

So what does this mean? So examples of this in everyday life include:

- 80 percent of sales volume coming from 20 of products in the product line
- 80 percent of your time could be spent with the same 20% of your friends and family
- Pareto's principle is important for time management as it lets you focus on the most important tasks to spend your time on and to forget the other 80% that aren't going to make much difference. For example, 80% of your distractions will be coming from 20% of things such as emails, phone calls, unplanned visitors, social media. Once you know this you can work out which ones interrupt you the most and incorporate ways to eliminate these interruptions.

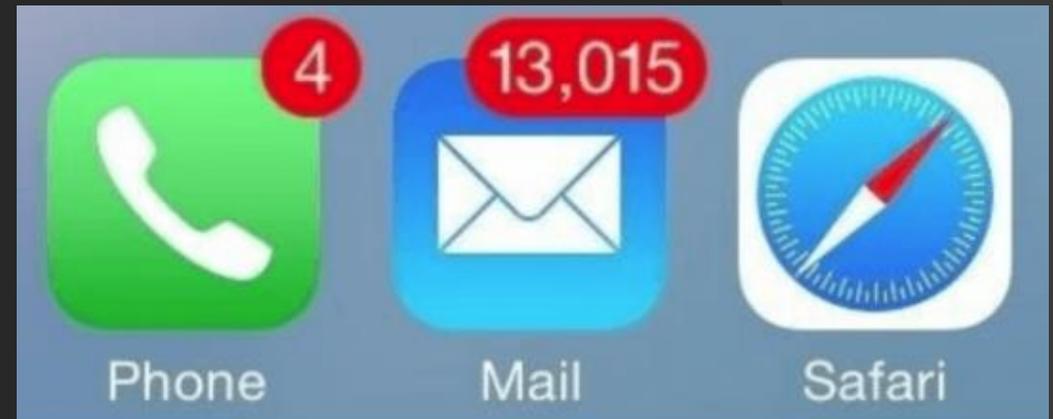
Don't be a  
Slave to Tech

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# Don't be enslaved by your email

- Email is there to serve you – so this means you can choose whether or not to open your email or to respond. You are in control.
- When was the last time you got an email that truly changed your life? The reality is disconnecting from email is not going to radically transform things so do remember that when things get too much.
- Don't let email be a constant disruptor to the tasks that you are doing by regularly checking on your inbox. Choose a time and for how long you are going to look at your email. Once you have done this close it down.



File/save important things right away

- If you feel like you have a lot of emails to work through and don't know where to start the best course of action is to open one up, deal with it and then save, delete or file it and move on to the next one. This way you are systematically processing your emails.



# Stop panicking!

- If someone desperately wants to get hold of you, they are not going to send just one email. When it urgent people usually phone and you should adopt the same approach. Just because email is instantaneously, it doesn't mean you have to respond to it instantaneously.
- Remember when it comes to email take control, be brutal and put email in to perspective – don't let email rob you of your valuable time.



Learn to Say  
No

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**KEEP  
CALM  
AND  
JUST  
SAY NO**

# So how can we learn to say no?

- Say no with confidence
- No is a powerful word. Use it confidently and without fear. Steer clear of phrases like 'I am not sure' as this could be interrupted as 'I might say yes later'.
- Say no with brevity
- Be clear why you are saying no, but don't get involved in elaborate justifications.
- Say no honestly
- Also don't make up excuses to get out of a commitment. Honesty is the best policy.
- Say no respectfully
- You may be presented with important or good causes that you have to turn down. Acknowledging and complimenting the efforts and informing them that you can commit at this time shows that you respect their endeavours.
- Say no repeatedly
- Occasionally you may find you have repeat your response several times for it to be accepted. If this happens reply calmly and firmly.







