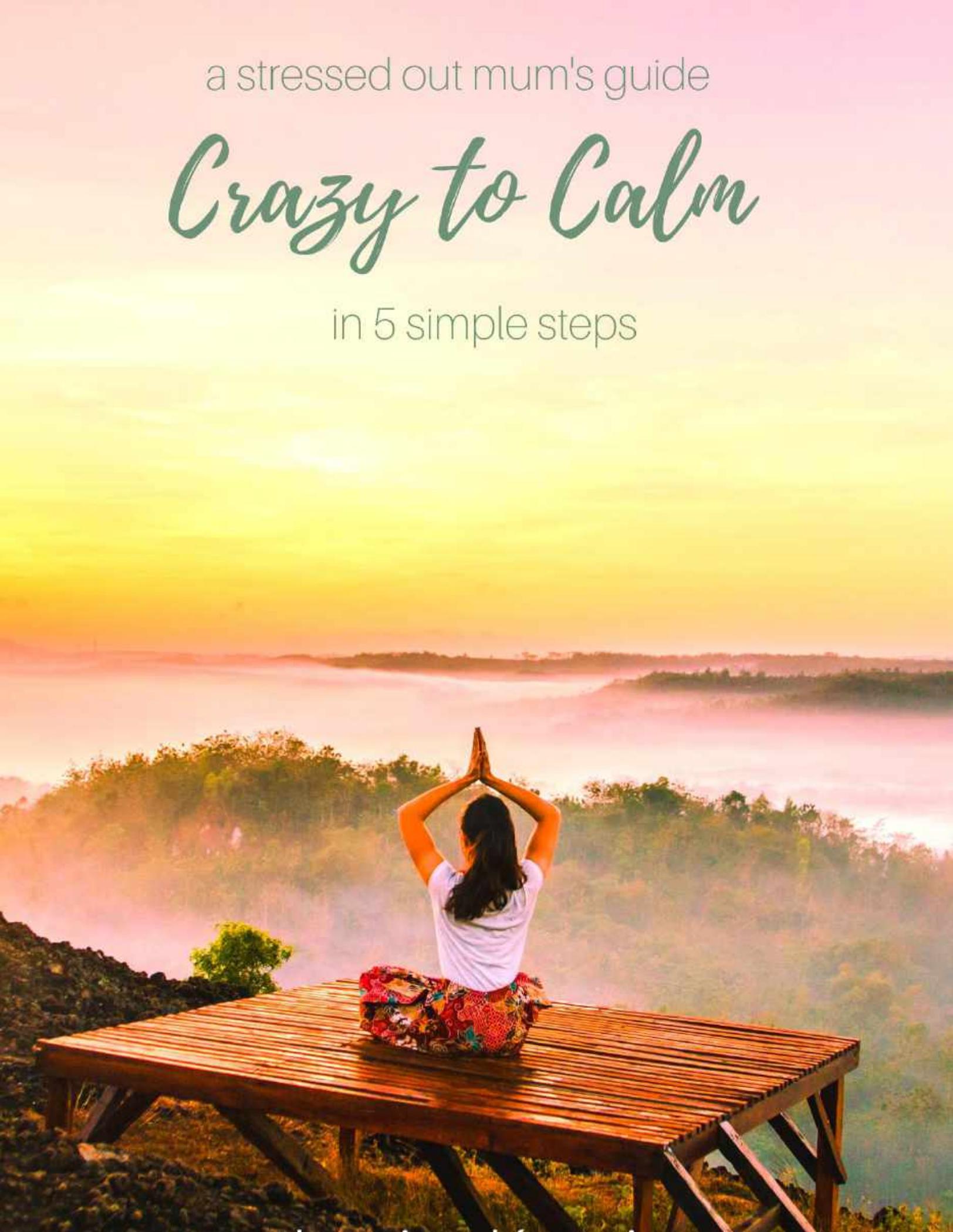


a stressed out mum's guide

# *Crazy to Calm*

in 5 simple steps



# 1. GRATITUDE JOURNAL



Gratitude makes us happy! No matter what stress is driving you crazy, gratitude shifts your focus to the positive, improving your mood.

So, each morning set an intention for the day, for example: today 'I am going to have a good day and not yell at the kids' 😊, today 'I am going to eat a healthy lunch', 'I am going to yoga tonight'. You choose what your intentions will be.

Then each night list your gratitude's for the day (these make you feel so good) for example: I am so grateful that the kids listened to me today and I didn't have to yell 😊 or this can be anything amazing that has happened to you today.

## 2. MEDITATION



Meditation can help retrain your body to switch into 'rest & digest' instead of survival mode of 'flight or fight'. This is a great way to learn how to relax after a busy day or when you feel the most anxious or stressed.

Find yourself a quiet space where you can really focus on the meditation. This can be anywhere from your bedroom at night before bed, to even the shower or when you are going for a walk. If you can do it at home where you can sit comfortably with your eyes closed, that can be helpful.

Start your meditation by focusing on your breathing and only thinking about the breathing. Focus on taking in each breath and letting it out. Think about your lungs, and not about dinner or all the jobs you have tomorrow and next week. You may find starting with a guided meditation app easier to quieten the mind.

### 3. EXERCISE



This may seem counterproductive when you are exhausted, but it does help to bring about calmness and improves your stress levels. It does this by improving your feel-good anti-inflammatory compounds - just think good endorphins. Improving your circulation and enhancing clear thinking, no more foggy brain.

Pick an exercise you enjoy - no good doing something you don't like.

Challenge yourself to get your heart rate up. If you are flat out and thinking, "there is no way I can do that!", then some simple stretching or yoga is the way to go. Be consistent and enjoy!

## 4. HYDRATION



Hydration is the foundation of self-care, and is essential to a properly functioning body; this supports your hormones, body temperature, cognition (think less brain fog), digestion and releasing of wastes and excess fluid.

How much filtered water should I drink? Aim for 30mls per kg of body weight, for example 80kg would be 2.4liters a day.

My favourite way to drink my water is flavoured with fresh fruit like limes, lemons or melons, but you could use herbs like mint, basil or parsley, or for something different cucumber.

Aim for filtered water and I recommend using a glass or stainless steel drink bottle instead of plastic, this reduces the consumption of harmful plastic containing chemicals especially if you have a thyroid issue.

## 5. SLEEP



Sleep is a major player in helping you lose weight, having healthy periods, managing your stress, reducing anxiety, and bringing on calm.

Just like with the kids, you look for routine - dinner, rest, shower, bed. Sounds simple when you lead a busy life.

- ❖ Getting early morning and late afternoon sunlight to aid in normal serotonin /melatonin production.
- ❖ Eating dinner 3 hours before you go to bed to allow for good digestion.
- ❖ Limiting screen time and using a blue light blocker (most mobiles and tablets have this function) this helps your normal melatonin production.

- ❖ If using your mobile as an alarm clock, set to flight mode to reduce EMF exposure.
- ❖ Making sure your bedroom is comfortable, no blue or red lights (think air-conditioners, alarm clocks etc. You can cover the lights with tape. A cooler room also helps you get to and stay asleep)
- ❖ If you still have difficulty getting to sleep then try meditation, or guided meditation to help you drift off.

## Be Patient

Meditation will take practice and is not something you are going to pick up right away. It takes time to get used to clearing your mind and having a singular focus. Having lived years of multi-tasking, doing everything at once, thinking about every little thing that could go wrong, making plans and schedules and to-do lists - it takes time just to relax and be in the moment, so make sure you are patient with yourself.

## BONUS BREATHING



Focusing on your breath to promote calm and to combat stress, this also strengthens your abdominal and back muscles.

Breathing can be done anywhere from in the garden, in the car, sitting on the couch, while you are walking or even while you are on the loo (kids will leave you alone if the door is open).

Focus on breathing using your diaphragm, and breathing into your belly (aim for just below the belly button).

Use one hand on your chest and one on your belly, and while breathing the hand on your belly should rise.

Inhale through your nose slowly to the count of 4.

Breathe out through your mouth to the count of 6. Now repeat.

# ARE YOU READY TO MAKE A BIG CHANGE IN YOUR LIFE?

**Let's start right now.**

Hi my name is Louise Kerwin I am a qualified functional medicine naturopath, RAW energies practitioner, kinesiologist and health coach.

I help create and simplify Hashimotos so women can be inspired and empowered to love life again



You can work with me online from the comfort of your own home

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