

CALMER LIFE

Session 3

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Resources

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Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advise on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

The purpose of the Calmer Life course

We'll look at where stress comes from, and the tools needed to deal with it.

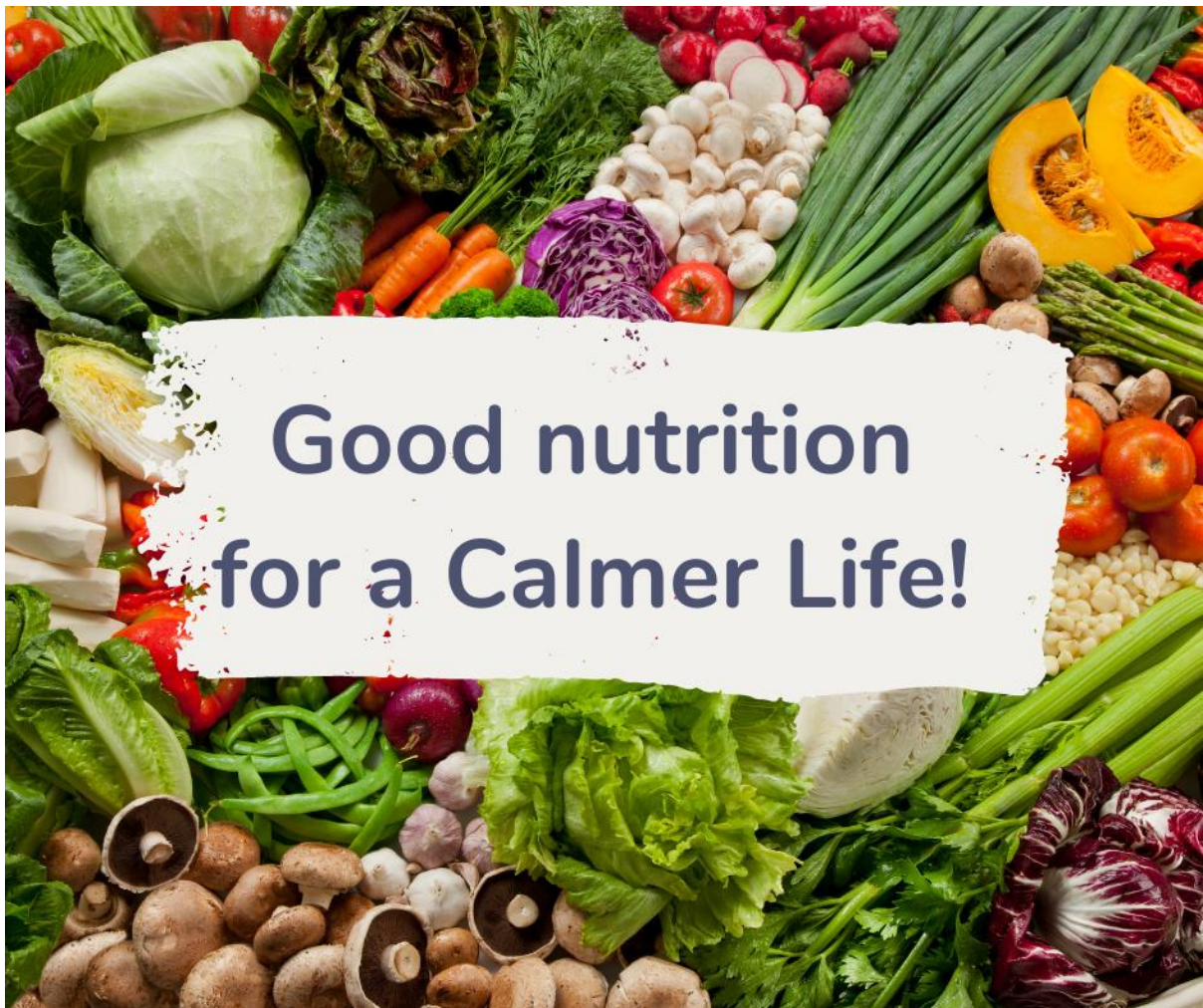
WHAT DOES SUCCESS LOOK LIKE at the end of the course? I want you to feel empowered and knowledgeable about what right for your own journey to a calmer life. I'd like you to have that toolkit and ideas to turn to when things get stressful. And I'd like you feel you have a little more perspective on the stress you experience.

EXERCISE: STRETCHING ROUTINE

I HAVE A LITTLE STRETCHING ROUTINE I DO AT MY DESK - DON'T OVER DO IT, I DON'T KNOW YOUR FITNESS LEVEL, YOU DO!

- Start at the top of your head, moving it from side to side and up and down to loosen out your neck muscles.
- Roll your shoulders backwards and forwards. Stretch your arms out to the side and up to the ceiling, circling your wrists as you do so.

- Point one arm down to the floor and the other up to the ceiling, tilt in the direction of the of the arm pointing downwards so you feel a stretch in your obliques (the side of your waist).
- Put your arms down and wiggle your hips from side to side.
- Clench and relax your buttocks three times.
- Lift each leg, straighten it out and rotate your foot. Put your feet on the ground and roll through each one, from toe to base of heel and back again. Workout completed!



Here are my top tips for your shopping list!

Recent research has shown that people who consume 470g of fruit and veg a day (around 6 portions) have lower stress levels than those who consume around 230g (around 3 portions)

There's a strong connection between our guts and our brains - feel good hormones like serotonin and dopamine are made in the gut. So we want our gut microbiota (the 'bugs' which live in our gut) to be happy.

Gut microbiota love to feed on fibre from whole grains - they ferment it, and this process creates those feelgood hormones.

Our microbiota are particularly partial to:

- Beans, oats, and cold potatoes (put a potato salad on the menu....)
- Apples, peaches, raspberries, citrus, blackcurrants and apricots
- Jerusalem artichokes, onions and leeks

A FEW OTHER NUTRIENTS to help stress levels

VITAMIN C – from oranges, kiwi fruit, peppers

MAGNESIUM - from green leafy veg, soya beans and salmon

OMEGA 3 FATTY ACIDS - from oily fish, think 'SMASH' - salmon, mackerel, anchovies, sardines, herring

BLACK TEA - definitely very calming!

RAW VEGETABLES - all that chewing and crunching releases tension in the jaw!

Are these foods on the menu for you?

THE CIRCLE OF LIFE – CREATE HAPPINESS BY EVALUATING YOUR LIFE

Print the pie chart below and follow these simple steps:

- 1| Place a dot on the line to indicate your level of satisfaction in each area. A dot toward the centre indicates dissatisfaction, and a dot toward the periphery indicates satisfaction. For example, if your social life is abundant, place a dot on the line somewhere toward the outside of the circle.
- 2| Connect the dots to see your Circle of Life.
- 3| Identify imbalances. Determine where to spend more time and energy to create balance and happiness.

You can find an online version here:

<https://www.integrativenutrition.com/circle-of-life>

