

Top 10 Stress-Busters

Nowadays, we all are exposed to a high level of stress.
Would you like to learn how to protect your health and manage your stress better?

I suggest you pick one or two that resonate the most with you and act on them today!

1. Make a list each morning of the 3 most important things you need to get done today. Schedule your day around these three things
2. When you are working on one of your 3 tasks, don't let the computer or phone interrupt you! Work in chunks of 30 minutes at a time or what works for you. Do not multitask!
3. Delegate other tasks if possible or let go of to do's that don't support your Health and professional goals
4. Write down 3 things every morning or evening that you are grateful for today. Focus on little things like "the sun is shining" or "I have enough to eat". Feel the gratefulness during this time. If you are religious, thank your God for all those good things you have!
5. Take one minute every hour to just sit, close your eyes and breathe and set your intentions for the next hour
6. Look at your social media accounts only one to three times a day maximum. These are big "time eaters". (Unless your work requires it)
7. Check your work email not more than once an hour or at specified times only.
8. Do some form of meditative exercises at least once every two or three days, like yoga, tai chi, qi gong, walk in nature, bicycle to work. Get outside at least for a few minutes in the morning in the bright morning light (hopefully sun) to re-set your body clock.
9. Get a hobby that supports your health. Plant a vegetable garden or nurture a tomato plant on your patio (or some Micro-greens on the window sill), pet an animal (or walk someone else's dog), get a fish tank for your office and feed watch the fish from time to time....
10. Relax and focus on your goals. Never forget: If you don't take care of your own Health first, you will not be able to work efficiently and have Time and Energy for your family and friends.

Which one did you pick?
I'd like to know!

Wishing you all the best

Dr. Christine Sauer
DocChristine
Re-Build Your Ultimate Health