

PhoenixWay to Holistic Natural Health

Stress Management Guide

Ken Pataky, LCMHC/LMHC, Holistic Psychotherapist

I'm including here some tips and pointers about stress management, which will improve how you feel both individually and in any personal or professional relationships you may have. In fact, these are an important addition to Holistic Psychotherapy & Transformational Life/Health Coaching and will dramatically improve your progress.

You may be doing some of these already, and some will be new. Try to do more than 1, as they will work together to support each other, and 1 + 1 will be greater than 2.

First, are supplements that improve brain health, including reversing and protecting against depression, anxiety, ADD/brain fog/confusion, and degenerative brain disease such as Alzheimer's, Parkinson's, dementia, etc. I buy my supplements from Vitacost. They are cheap (below retail) w/free shipping over \$49, here in NC so delivery is quick, and they usually send you discount coupons for 10-15% off your next order. Always take supplements with food.

Supplements For Women:

Women's multi: <https://www.vitacost.com/natures-way-alive-once-daily-womens-multi-vitamin-ultra-potency-60-tablets-13> (1 per day)

Dong quai root (to help w/depression, women's cycle balance):
<https://www.vitacost.com/natures-way-dong-quai-root-565-mg-100-vegetarian-capsules> (1 per day)

Supplements For Men:

Men's multi: <https://www.vitacost.com/natures-way-alive-once-daily-mens-multi-vitamin-60-tablets> (1 per day)

Eleuthero root (to improve energy and endurance): <https://www.vitacost.com/solgar-eleuthero> (1 per day)

Supplements For Both Men & Women:

CBD oil to improve anxiety, PTSD symptoms, OCD, depression, ADHD, sleep/bad dreams, relaxation and overall well-being: www.phoenixway.net/cbd

Omega 3's (to improve anxiety, depression, brain fog, and reduce systemic inflammation including obesity, heart disease, arthritis, brain inflammation).

EITHER fish oil: <https://www.vitacost.com/vitacost-synergy-mega-efa-1200-mg-omega-3-epa-dha-per-serving-120-softgels> (1 per day, keep the fish oil refrigerated or in freezer if you get fish burps)

OR Flax oil (1 tbsp per day, mixed into recipes, salads, smoothies or just swallow, keep refrigerated):
<https://www.vitacost.com/spectrum-essentials-organic-flax-oil-omega-3-24-fl-oz>

AND DHA/EPA (21 drops under tongue for 1 min per day, keep refrigerated): <https://www.vitacost.com/deva-omega-3-dha-epa-liquid-lemon>

Vitamin D (to improve mood, immunity): <https://www.vitacost.com/vitacost-vitamin-d3-mini-gels-5000-iu-100-softgels> (1 per day)

Magnesium (to improve brain health, encourage relaxation, relieve muscle tension, strengthen bones):

<https://www.vitacost.com/vitacost-magnesium-citrate>

Astragalus root (to support adrenal health exhausted from stress, improve energy): <https://www.vitacost.com/natures-answer-astragalus-root-90-vegetarian-capsules> (1 per day)

Kava Stress Relief Yogi Tea (to foster relaxation and positive mood, you can also get at Walmart). <https://www.vitacost.com/yogi-stress-relief-herbal-tea-caffeine-free-kava>

(OR chamomile tea OR sleepytime tea, drink in the evening, at least 2 hours before bedtime)

Valerian root (to improve sleep naturally): <https://www.vitacost.com/natures-answer-valerian-root-90-vegetarian-capsules-1> (take 1-3 about an hour before bedtime)

OR Melatonin (natural: <https://www.vitacost.com/life-extension-liquid-melatonin-natural-citrus-vanilla> (1 ml, an hour before bed)

Probiotic (keep refrigerated, 1 per day, take just before or with meal): <https://www.vitacost.com/nutrition-now-pb-8-probiotic-14-billion-60-vegetarian-capsules>

Here are some other suggestions about managing stress/worry/anxiety/frustration:

Complete moderate exercise, especially weight training, at least 3-5x per week, for 30-60 minutes. Ideal is minimum 2 strength training sessions and 5 cardio of 30 minutes (can be walking). Make it fun. Do it with a partner. Do it outside when possible. Exercise is even more effective than psychotropic meditation for managing anxiety & stress.

Get at least 7-9 hours of quality sleep per night. Less than 6 hours of sleep is clinical deprivation and will impact your mental health negatively. See my separate guide **Optimizing Sleep Naturally** if you're having sleep problems.

Get outdoors. Nature has a positive effect on our mental & physical health. Put your bare feet on the soil to ground yourself. Sunlight is the best form of Vitamin D. Open your windows. Open your sunroof/windows. Outside air is 10X more healthy than inside air (unless you are in a city or near a great source of pollution).

Limit caffeine to one cup per day if possible, no later than lunch, to improve sleep and to reduce anxiety. Caffeine may improve focus & energy, but it also worsens anxiety/worry/stress. Find another source.

Limit alcohol to one drink per day or less, with food/dinner, to improve early morning sleep. Alcohol is a toxin, interferes with deep sleep and worsens depression.

Try adding epsom salt (magnesium) baths, 2 cups per bathtub, 2x/week...also add relaxing music, candle/low light, etc., and essential oil/s...3-5 drops...esp. lavender. Magnesium relaxes muscles and helps use up excess calcium in the body, improving cardiovascular health, arthritis, etc.

Eat a diet rich in fruits, vegetables, whole grains, legumes, nuts/seeds and smaller amounts of animal protein (ideally less than 10% of the diet, 5% even better), to improve calmness and peace of mind and healthy brain and body function. Meat carries stress hormones from when the animals were killed, which add to your stress. A plant based diet reduces inflammation, toxicity, acidity, and negativity. Explore juicing & green smoothies.

Develop a daily [Meditation](#)/relaxation practice, ideally a mind body practice such [Yoga](#) or [Taiji/Qigong](#), with deep relaxing breathing to release tension and develop more positive overall feelings in your mind and body. Learn how to regulate your stress & emotions with holistic practices such as [HeartMath](#) & [Tapping](#) & [Hypnotherapy](#). Click on the links in this paragraph to learn more about these on my website, <http://www.phoenixway.net>. Many of these pages contain links to free guided meditations and classes!