

Healthy Habits For Stressful Times



By Poorvi Shah, D.O.

The Challenges We Face



New Stressors

Working From Home

Stress of those you serve at work

Current Events

Masks, Testing, Being Cautious

Supply Chain, inflation

In 2021, 84% Americans were stressed



What does stress do?

Parasympathetic=Kitty

Rest, Digest, Feel, Heal

Sympathetic=Tiger

Fight, Flight, Growl, Scowl



Stress and Your Health

80-90% Doctors Visits for
Stress related conditions

Many conditions worsen
With stress
(eczema, asthma)



Diseases Caused By Stress

Diabetes

Hypertension

Headaches

Insomnia

Irritable Bowel Syndrome

Obesity

Autoimmune Disease

Chronic Pain



Mental Health and Stress

Poor Relationships

Marital Issues

Depression

Anxiety

Addictions

Suicide



How Do We Manage The Effects of Stress?

Creating Healthy Habits
Strengthens the Foundation
Of Health

*Please Pick One habit
That YOU will try to
implement.



Nutrition

Fruits, Vegetables

Whole Grains

Beans/Legumes

Healthy Fat-nuts, avocado

Lean Meat/Fish

Limited Sugar

Limited Processed Foods



Exercise

Releases Endorphins,
Cancels Negative Effects of
Stress

Improves Mood/Sleep

30 minutes daily



Good Sleep

Up to 70 million adults
have insomnia

Sleep is needed for

Healthy immunity

Lay down memories

Repair tissues/brain



Good Sleep Habits

Same time every night

Stop caffeine at 2 pm

Stop eating 3 hours prior

Alcohol with meals

Water earlier in day

Devices off 1 hour prior



If you Can't Sleep

Get up if you can't sleep

Meditation/Prayer

Breathing

Play guided meditation

Read a relaxing book



Remedies for Good Sleep

Tart Cherry Juice/Warm Milk

Herbal Tea

Essential Oils

Magnesium

Melatonin



Journaling

Gratitude

Evening

Periodic



Herbs

Herbal Teas:

Chamomile

Lemon Balm

Tulsi (Holy Basil)



Essential Oils/Aromatherapy

Bergamot

Rose

Jasmine

Sandalwood

Lavender (not on skin)

Ylang ylang



Laughter

Movies

Books

Games



Music and Dancing

Classical, Jazz or Your
Choice

Dancing at home



Time in Nature

Shinrin Yoku (Forest Bathing)

Reduces fear, anger, stress

Increase pleasant feelings



Prayer

Establish Goals

Self-Confidence

Gives Hope

Reinforces gratitude



Breathing Practices

4-7-8 Breath

Diaphragmatic Breathing



Mind Body Practices

Yoga

Qi Gong/Tai Chi

Guided Imagery

Massage/Osteopathy/Chiro



Mindfulness

Awareness that arises
through paying attention,
on purpose, in the present
moment, non-judgementally.

-Jon Kabat-Zinn



Mindfulness at Work

Focus

Clarity

Creativity

Compassion



Mindfulness with Customers/Coworkers/Providers

Active Listening

Have Compassion

Be Curious

Look for Win-Win



Mindfulness in Difficult Situations

Actively Listen

Pause and Take a Breath

(Avoid Reacting)

Be kind in your response



Meditation

Research:

Improves Resilience

Sharpens Attention

Increases Compassion

*DO NOT meditate if you
have psychiatric condition



How To Meditate

Comfortable space

Same Time of Day

5-30 minutes

Pick A type

Sit and don't get up!



Meditation Types

Mantra

Mindfulness

Visualization

Guided

Zen



Meditation Challenges

Takes practice

No wrong way

Subtle benefits

Not every meditation is
enlightening!



Skills That Last a Lifetime!

Practice with family

And friends

Make it part of

Your Lifestyle!



Let's Meditate!

