



TRINITY
school of natural health

Holistic

Stress Management

BY TRINITY SCHOOL OF NATURAL HEALTH

220 PARKER ST. WARSAW, IN 46580
TO ENROLL: (800) 428-0408, OPTION 2
CURRENT STUDENTS: (800) 428-0408, OPTION 1
INFO@TRINITYSCHOOL.ORG



Everyone experiences stress, whether at work, school, home, or in relationships. Because your body's health is affected by stress, utilizing effective, holistic practices can help you keep your mind, body, and spirit balanced and healthy.

When your body experiences stress, physical or emotional, it releases cortisol. While the “stress hormone” cortisol is necessary to activate healing and repair processes after illness or injury, having too much for a long time can be detrimental. Chronic elevation of cortisol can lead to systemic inflammation, which is a root cause of various health issues.¹

Stress can come from many sources, real and perceived. Since our perceptions of what we go through in life differ based on our personality traits, available resources, and habitual thought patterns,² our responses to stress vary too. The most important thing is to understand your own reactions to pressure. Recognizing your most common causes of tension and your primary stress response can help you manage the problem at its root. Otherwise, the patterns could keep repeating, and your stress likely won't diminish.³

Stress-Relieving Practices for Your Mind, Body, and Spirit

Stress management requires more than tea, walks, or bubble baths. While these things can help, a holistic approach prioritizes all aspects of our mental, physical, and spiritual selves from the inside out.⁴

While some stressful situations are beyond your control, such as global conflicts or losing a loved one, you may be surprised by the number of stressors in your life that you can eliminate by setting firm boundaries or avoiding known triggers.⁵ Here are five tactics to incorporate into your daily life to promote stress management:

1. IDENTIFY STRESSORS

What triggers the most stress in your life? It can be easy to point at external factors—such as a strained relationship, a move, or a job change—but stress is often rooted in internal feelings and

decisions. Do you explain these feelings away as temporary, saying, “I just have a lot going on right now?” when you can't even remember the last time you took a moment for yourself?

A practical way to recognize stressors so that you can tackle them is by creating a journal.⁶ Write down specific, honest things that cause you to experience stress, how you feel in those moments, and what actions you took that helped you resolve it. As a result of this practice, you can reveal stress-relieving practices tailored to your needs.

2. MANAGE YOUR TIME

Taking on too much is a recipe for stress, whether in your personal or professional life. Be conscious of your limits and learn to feel comfortable saying “no,” even when it's hard. Check out your to-do list—is it realistic and inclusive of personal time? If not, consider postponing or removing low-priority tasks.

If your boss asks you to complete a new task, try saying, “I'd be happy to add that to my plate, but would you mind taking a look at my existing tasks and helping me prioritize?” This way, your boss may either delegate the task to someone else or push other non-urgent assignments to another day.

3. MEDITATE

Meditation can help you turn inward and observe your thoughts, behaviors, values, and experiences, which can help you gain a deeper understanding of yourself, increase self-acceptance, and reduce anxiety.⁷ During meditation, you practice remaining focused on an anchor point in the present, such as your breath. As you begin meditating, certain stressors will break your concentration. This is completely normal. As thoughts of people or tasks pop into your head, release them and refocus on your breath.



There are many ways to meditate, so try researching different exercises to find the one that works best for you. Meditation takes practice, but it can make a noticeable difference in your overall wellness.⁸

4. TAKE CARE OF YOUR BODY

Your body and mind are connected, so practicing healthy physical habits can help lessen stress. For example, going for short walks or participating in other forms of exercise during the day can boost endorphins to lift your mood and relieve tension. Practicing yoga also helps the body moderate the nervous system, balance hormones, and regulate nerve impulses, which can lower stress levels.⁹

Getting enough sleep is critical to helping your body and mind feel energized and ready to conquer projects. You can also experiment with drinking more water during the day and less soda, coffee, and alcohol, which can increase anxiety and decrease sleep.¹⁰ Lastly, aim to prioritize a healthy, balanced diet that includes omega-3s, which are helpful for stress management.¹¹

5. LIMIT NEGATIVE INFLUENCES

For many people, spending too much time on their phones and social media can increase anxiety, decrease sleep, and use up personal time.¹² Limiting negative influences and prioritizing positive, relaxing activities can help set the stage for long-term balance.

Designate time for yourself. Try painting, playing music, working on a puzzle, or chatting with a loved one. Slow down and reflect on what's meaningful to you. Remember to love, forgive, and accept yourself and others, which can bring you a more peaceful outlook and minimize tension.

Conclusion

Holistic approaches to stress management engage our bodies, minds, and spirits. With practice and time—while being kind to yourself in the process—you'll be able to respond to stress from a mindset that promotes balance and healing instead of panic and distress.¹³ Stress management takes practice and looks different for everyone, so try various techniques until you discover what works best for you. Always reach out to a health care professional if you are feeling overwhelmed or unable to cope.

At Trinity School of Natural Health, we teach you how to maximize your natural wellness, adopt a healthier lifestyle, and equip others to be healthy too. Enroll in our Mind-Body Integration program today by calling 800-428-0408, option 2, or visit our website to learn more at trinityschool.org/program/mbis.



References

1. <https://www.mindbodygreen.com/articles/natural-remedies-for-stress>
2. <https://www.verywellmind.com/stress-management-4157211>
3. <https://alanmallory.com/2019/11/finding-a-holistic-approach-to-stress-management/>
4. <https://alanmallory.com/2019/11/finding-a-holistic-approach-to-stress-management/>
5. <https://www.helpguide.org/articles/stress/stress-management.htm>
6. <https://www.helpguide.org/articles/stress/stress-management.htm>
7. <https://alanmallory.com/2019/11/finding-a-holistic-approach-to-stress-management/>
8. <https://www.verywellmind.com/tips-to-reduce-stress-3145195>
9. <https://www.mindbodygreen.com/articles/natural-remedies-for-stress>
10. <https://www.healingholidays.com/blog/a-holistic-approach-to-stress-management>
11. <https://www.healingholidays.com/blog/a-holistic-approach-to-stress-management>
12. <https://alanmallory.com/2019/11/finding-a-holistic-approach-to-stress-management/>
13. <https://alanmallory.com/2019/11/finding-a-holistic-approach-to-stress-management/>