

# CHANGING YOUR RELATIONSHIP WITH STRESS

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- **1. Create a beneficial morning routine.** Start each day with an intention, allow time for self-development, and support your own wellness - even if you only have 10 minutes. **Don't allow a negative or "default mood" to set the tone.**

- **2. Allow food to be an opportunity to nourish and restore.** Some foods deplete the body, while others promote energy + longevity. **Don't choose foods based on what's cheap, easy, fast, or convenient.**

- **3. Form a gratitude practice.** This is mind and life changing. Gratitude keeps the window open. Focusing on the positive keeps a window open for more positivity to come through. **Not recognizing what is positive closes the window resulting in recycled thoughts.**

- **4. Allow for positive + meaningful connections.** Nothing can rejuvenate like a wonderful conversation. Talking about life is such a **vital part of living.** If you don't have a friend, consider a therapist or wellness coach. **Not speaking your mind + your truth contributes to more frustration + negative emotion.** Being heard is healthy.

- **5. Create an opportunity for release every single day.** Dense, heavy emotions tend to stay in the body if not given a chance to release, so move your body everyday to release the day's emotions. Dancing, yoga, stretching, golfing, gardening, walking, and running all qualify. If you can move - do it! **Don't stew in heavy emotions with no release. It's toxic to the body.**

IF YOU'D LIKE TO EXPLORE HOW TO PRACTICALLY IMPLEMENT TECHNIQUES LIKE THESE. LET'S CHAT!

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