



Find out how I beat hormonal issues and lost 30lbs within 3-months and how you can too.

Some Of What You'll Learn:

1. Why Fat Won't Make You Fat And Is Necessary For Weight-loss
2. Why Working Out Can Be Counter Productive In The Beginning
3. Why Paleo Isn't the Answer All The Time

With **Christy Jones**, Certified Wellness Coach

www.activehealthywell.com/webinar

"The time to relax is when you don't have time for it."

Sydney J. Harris

Stress can definitely take its toll on our bodies in many ways physically, emotionally and mentally.

I find that the times when I feel like I don't have the time to slow down, is when I actually need it the most!

It's important to take some downtime and take care of YOU. You not only deserve it, but when you're feeling rested and recharged, you can accomplish more and support others better.



Here are 22 ways to slow down, reduce stress and take care of YOU.

Circle the ones that appeal to you the most and then put it on your calendar, if needed, so you don't forget.

1. Get enough sleep
2. Take the time to prioritize your day each morning (what are the top 2 -3 things you want to get done today?).
3. Remember to schedule things as evenly as possible throughout the week.
4. Reduce time on the computer and TV
5. Take deep breaths during the day
6. Eat slower
7. Connect with family and friends
8. Take a vacations (or 'staycation')
9. Don't be afraid to ask for help
10. Make time for yourself
11. Read a book or watch a movie
12. Exercise – doing something you enjoy
13. Speak to yourself more kindly
14. Listen to your favorite music
15. Open your windows and blinds during the day
16. Remember your goals and aspirations – write them down
17. Enjoy a hot bath
18. Meditate and/or do yoga
19. Get a massage or facial
20. Go on a walk
21. Focus on the positive
22. Keep a journal

“Make a pledge to yourself right now, to declare that you are worth your time and energy.”

Deborah Day