

15 WAYS TO SAY GOODBYE TO CHRONIC STRESS

BUILD RESILIENCE | INCREASE YOUR JOY



www.AprilLikins.com

WELCOME



Hi there, I'm so glad you're here!

If we've not yet met, my name is April Likins and I'm an **Institute for Integrative Nutrition** and **Duke Integrative Medicine** trained **holistic health and stress management [coach](#)**.

I'm passionate about **helping busy women** create sustainable long-term changes with their health so they can **live happier lives, feel their best, experience more energy and joy, and glow inside and out!**

Ready to dive in?

Warmly,

April
LIKINS

How Would Your Life Look If You Said Goodbye to Chronic Stress?

With today's busy lifestyle we feel pressured to maintain—long hours at work, caring for our families, keeping up a clean home—it's no surprise that we feel stressed and overwhelmed. While you might feel obligated to do-it-all, this kind of long term, chronic stress can lead to extreme burnout, a loss of joy, relationship troubles, and manifest in mental and physical health issues. Have you been experiencing sleepless nights? Chronic headaches? Weight gain or loss? Digestive issues? All of these and more? If so, it's time to start managing your stress.

I would know—I've been there. After overcoming my own health issues, I became a Duke Integrative Medicine and Institute for Integrative Nutrition trained health and stress management coach. I'm here to tell you that you don't have to go through this alone.

By making lifestyle changes, you can begin to relieve stress and start living a healthier, happier life. To help you get started, I've compiled 15 ways to finally say goodbye to chronic stress. Even just one of these will start to make a difference. Good luck! XO

15 WAYS TO SAY GOODBYE TO CHRONIC STRESS

Evaluate Your Priorities & To Do List

Take a look at those items that require your time. What items are urgent, and which can wait? Are there any tasks or errands that can be delegated to someone else—or removed entirely? While you won't be able to completely clear your schedule **you do have some control**. Learn to say no to requests or outings that are unnecessary. Your time is important and precious—treat it that way.

Practice Mindfulness

Mindfulness means focusing fully on the current moment, and while it sounds easy it does require practice. Start small, with your meals for example. Turn off the television and put away your phone, and really enjoy the meal. Sit down with your family and have a conversation. Take a moment to indulge.

Try Meditation or Guided Imagery

Like mindfulness, meditation and guided imagery help you focus on the current moment and strengthen your mind. Apps like [Headspace](#), [Calm](#), and [Insight Timer](#) make it easy to get started, and only require a few minutes of your time.

Shift Your Mindset

Our minds are powerful, and they can sometimes get away from us. By monitoring your thoughts and mindset about situations, you can reframe how you feel. Focus on what you have control over, and let go what you don't.

Make Sleep a Priority

You can't thrive without a good night's sleep. Make sure you allow yourself enough time in bed to get at least 7 hours of sleep, and set yourself up for success with good sleep hygiene. Begin a sleep routine that relaxes you—dim the lights, drink tea, and take a warm shower before bath.

Make Time for Movement

Your body thrives on movement, and if you're sitting at a desk all day long or sitting on the couch, you'll notice your body won't function as best as it can. Exercise has so many benefits—it's good for your heart, it keeps inflammation down, and can improve your mental health and help you better manage stress. Even a long walk can be beneficial!

Try Body Scanning

Body scanning is a form of mindfulness in which you bring your attention to your physical self. Start at the very top of your head and notice how it feels—just notice, don't do anything to change your feelings and don't judge. Then, move down your body and all the way to the tips of your toes, doing the same thing. How do you feel now? Click [here](#) for a guided body scan from Duke Integrative Medicine.

Progressive Muscle Relaxation

Similar to body scanning [progressive muscle relaxation](#) involves a type of mindfulness involving your physical self, but with this practice you'll tense up and then relax each part of your body as you can. It can induce a sense of relaxation and help negate stress you might be holding in your body.

Practice Positive Self Talk

The words you speak to yourself have power. If we're honest, we often speak to ourselves in a way we would never speak to someone else. Rather than speaking negatively to yourself, show yourself grace and compassion. It can be a powerful tool in increasing your self confidence and resilience. It only takes a moment to encourage yourself—speak out loud or in your head and say something like “I am strong, I am beautiful, I am capable of anything I set my mind to.”

Create Healthy Boundaries

As we've mentioned, your time is valuable and precious. Begin to build healthy boundaries to protect it and yourself. Are there people in your life who don't make you feel good? Does your work or home environment feel toxic? Begin to do what you need to in order to enforce boundaries between yourself and these situations. Your health will thank you.

Practice Gratitude

Gratitude has been found to be strongly linked to happiness, and can help you strengthen your relationships and decrease depression and stress. Beginning a gratitude practice, like journaling or sharing your gratitude with others, can be an easy way to appreciate the positive parts of your life.

Schedule Rest and Self Care

Just like you might schedule a meeting or other appointment, it is important to add time for yourself to your calendar. What you do with this time is up to you—maybe you'll want to use it to try one of the other tips on this list, or perhaps it's to take a long walk, or to lay back and watch a movie. Either way, giving yourself the gift of time can help lower stress levels, boost your mood, and increase your overall health.

Detox Your Diet

The food you eat has a powerful effect on how your body handles stress, as well as on the mental and physical symptoms of chronic stress. Besides opting for whole foods and a diet rich with vegetables, try to limit caffeine, which can worsen anxiety and disrupt sleep. Limit alcohol and sugar too, both of us encourage inflammation in the body.

Practice Tapping

Tapping is a technique that can alleviate issues like depression, anxiety, and other illnesses. It involves focusing on negative emotions or situations and tapping on points of the body called meridian points. You can learn more about the benefits and how to do it from [The Tapping Solution Foundation](#).

Laugh More

Laughter really is medicine. Laughing more often can lower stress both in the short- and long-term. Immediately, you'll notice more relaxation as your stress response cools down and tension is soothed. By laughing often, eventually your immune system will improve and you'll be overall happier. So, turn to a funny movie or show, or go see your favorite comedian.

Ready to Reclaim Your Joy, Energy, and Health So You Can Live Your Best Life?

Want to work together on your health and wellness goals?

Need help finding a healthy balance for your busy life?

Ready to change your eating habits?

Ready to lose weight naturally?

I help people (just like you) create sustainable health changes so they can live healthier, happier lives, feel their best, experience more joy, and glow inside and out.

As an Integrative Health and Wellness Coach, I'll help you optimize your health from a **whole-body approach**. Together we'll work on eating more clean whole foods, reducing your inflammation, and lowering your stress levels so you can thrive and feel your best.

SCHEDULE A ONE ON ONE DISCOVERY SESSION WITH ME

Read more about what private stress management health coaching looks like [here](#).

Then to get started, fill out this [form](#) to schedule a complimentary 30-minute health coaching consultation with me.

Warmly,



April
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