

Holistic Thyroid Care

Tips for Reducing Stress

- + *Be gentle with yourself.*
- + *Set intention daily for healing*
- + *Engage in self-care daily*
- + *Recognize disharmony in self*
- + *Plan some idleness every day*
- + *Laugh often. Play each day*
- + *Read good books*
- + *Live in the moment*
- + *Find a quiet space & use it daily*
- + *Create rituals of caring for yourself*
- + *Develop a positive attitude*
- + *Put a premium on physical fitness*
- + *Don't be over critical of yourself; you are the only one capable of defeating yourself*
- + *Talk to yourself in a positive way*
- + *Be yourself, Live your beliefs*
- + *Do something that is pure fun once a week*
- + *Be still. Listen deeply with all your senses*
- + *Create your future; visualize, touch, smell, taste, and hear it*
- + *Let go of the thought that the past could have been any different*
- + *Live in the precious present moment*
- + *Learn Yoga, TaiChi, Energy medicine*
- + *Breathe often & deeply*
- + *Walk more. Be in nature*
- + *Make inner peace a goal*
- + *Accept what you cannot change*
- + *Take a daily music break*
- + *Eliminate negative thinking*
- + *Minimize worrying*
- + *Learn to relax at will*
- + *Experience massage or reflexology*
- + *Be aware that anger, fear and resentment disconnects us from our spirit*
- + *Set boundaries & limits, Say NO*
- + *Interrupt stress with self-care*
- + *Dose your day with humor*
- + *Learn to eat well*
- + *Journal – there is healing in writing*
- + *Enjoy an aromatherapy foot soak*
- + *Make a gratitude board*
- + *Look for miracles every day*
- + *Forgive yourself*
- + *Forgive others*
- + *Forgive situations & let it all go*
- + *Enjoy fresh flowers weekly if you can*

Courtesy of American Holistic Nurses Association, Beginnings, April 2013