

Everyday Tips to Relieve Stress and Boost Wellbeing

Stress-Reducing Practices

Life is full of stress, and managing it is essential for health. Emotions should be felt, not bottled up, to prevent health issues. Take time to calm yourself and be kind. I let myself feel anger and sadness, then refocus on the present.

Think about what brings you joy. What you do today is enough.

Social connection is crucial for health—more so than smoking, diet, or exercise. Reach out to friends and engage in your community.

Exercise helps reduce anxiety. I swim twice weekly, and a friend's tip motivates me: just show up, and I usually end up swimming. The same applies to other activities—start small, even just by putting on your shoes.

Find beauty around you. Engage your senses: look, touch, listen, smell, and taste. I find comfort in my surroundings, from the colors of my couch to my favorite music.

Breathing exercises like the 4-7-8 technique are calming and can be done anytime. Start slow and increase as you go. Many breathing methods are out there; find what works for you.

Bilateral music is a recent discovery I enjoy, especially as an auditory learner. It combines soothing sounds with rhythmic beats. Apps and YouTube are good resources.

I'm finishing a fall cleanse that has boosted my energy and calmness. Acupuncture and herbal medicine also help with relaxation and sleep.

These are some ways I stay grounded. What helps you?

Experience Water at Its Best

Discover Multipure's Proven Filtration Advantage. Multipure water filter reduces lead, mercury, microplastics, pesticides, pharmaceuticals, and "forever chemicals". They also remove bacteria, viruses, and cysts.

- Provides clean, fresh-tasting water without reducing the flow.
- Reduces the amount of plastic water bottles in the waste stream
- Average cost is about 12 cents per gallon of filtered water.

Scan the QR code below for a 5% discount
plus free shipping. Or check out my
Multipure
website: <https://www.multipure.com/swallace>



In Health,

Susan Wallace, L.Ac.
510-559-8700
1398 Solano Avenue, Albany, CA 94706 -
corner of Carmel & Solano
www.SusanWallaceAcupuncture.com