# Ways to Mediate Stress

*Supplement to The Connected Path Slides*

**Stress** is a common experience for most people, and it can have a negative impact on **mental, physical, and emotional health.** Fortunately, there are several **ways to mediate stress**, and this handout will provide you with some effective strategies to help you manage stress.

## Therapies for Stress

### 1 Breath Work or Breathing Exercises (Old Faithful, Tried and True)

**Breathing exercises** are an easy and effective way to **reduce stress and anxiety.** They help to calm the mind and body, allowing you to feel more relaxed and centered. Here are two resources:

- **Box Breathing:** Box breathing is a technique that involves inhaling, holding your breath, exhaling, and holding your breath again, all for the same count of seconds. This exercise can help to regulate your breathing and reduce stress. See the separate handout from Part 1 for more information
- **Breath by James Nestor:** In his book, Breath, James Nestor explores the science behind breathing and offers several breathing exercises that can help to reduce stress and improve overall health.
- **Gratitude Breath Work with Sachin Patel:** Sachin Patel is a functional medicine practitioner who offers a free breathing exercise on YouTube that can help to reduce stress and improve breathing. Highly recommend giving this a try when you can dedicate the time!

## 2 Exercise

**Physical activity** is an excellent way to **relieve stress.** Exercise releases **endorphins**, which are natural mood boosters, and can help to reduce tension and anxiety. Any type of exercise can be helpful, but activities like **yoga**, **walking**, and **swimming** are particularly beneficial.

## 3 Remove Stressors

If you're feeling stressed, it's important to **identify the source** of your stress and take steps to remove it. This might involve changing your work schedule, setting boundaries with difficult people, or finding a new job.

> **Screens, social media, and news can be significant sources of stress, leading to anxiety, depression, and disrupted sleep patterns. Setting boundaries, seeking out positive news, practicing mindfulness, and connecting with others can help manage these stressors. By prioritizing self-care and making mental health a priority, you can reduce the impact of these stressors on your well-being.**

**Take time to identify the sources of stress in your life**, and consider which ones you have control over. By focusing on the stressors you can change, and implementing healthy coping strategies, you can reduce the impact of stress on your mental and physical health. Remember, **managing stress is an ongoing process**, and it's **important to prioritize self-care** and make your mental health a priority.

## 4 Slow Your Life Down

In our fast-paced world, it's easy to feel overwhelmed and stressed out. **Slowing down and taking time to relax can be incredibly beneficial**. Consider taking a day off work, spending time in nature, or doing a relaxing activity like reading or taking a bath.

# Advanced Therapies for Stress

Sometimes, stress can be difficult to manage on your own, and you may need the help of a therapist or other professional. Here are some **advanced therapies** that can be helpful for managing stress:

## 1 Limbic Kindling / Trauma Therapies

**Limbic kindling** and **trauma therapies** are designed to help people heal from emotional trauma. These therapies work by **rewiring the brain** and reducing the emotional charge associated with traumatic events. Some popular limbic kindling and trauma therapies include:

- ***Brain Reset:*** Brain Reset is a program created by Alex Howard that uses a combination of cognitive and behavioral techniques to help people overcome emotional trauma.
- **Annie Hopper:** Annie Hopper is a practitioner who has developed a ***limbic retraining program*** to help people recover from chronic illness caused by emotional trauma.
- **Limbic Retraining:** The ***Gupta Program*** is a limbic retraining program created by Ashok Gupta that uses a combination of meditation, relaxation, and cognitive techniques to help people overcome emotional trauma.

## 2 Brain Rewiring

**Brain rewiring therapies** are designed to help people retrain their brains to respond differently to stress and anxiety. Some popular brain rewiring therapies include:

- **Tapping**, also known as Emotional Freedom Technique (EFT), involves tapping on specific points on the body while focusing on a negative emotion or thought. This technique has been shown to be **effective for reducing stress, anxiety, and other emotional issues.** Our friend and psychologist Dr. Ro has ***a great post about this, which you can read here.***

- **EMDR**: **Eye Movement Desensitization and Reprocessing (EMDR)** is a therapy that uses eye movements to help people process traumatic memories and reduce their emotional impact.

- **Trauma Therapist**: A trauma therapist can help you process and heal from traumatic experiences using a variety of techniques, including **talk therapy, cognitive-behavioral therapy, and EMDR**.

In conclusion, there are **many ways to mediate stress,** including breath work, exercise, removing stressors, and slowing down. For more advanced cases of stress, therapies such as limbic kindling / trauma therapies and brain rewiring may be helpful.

Whatever approach you choose, remember that **managing stress is an ongoing process that requires consistent effort and self-care.** By implementing these strategies and seeking support when needed, you can reduce stress and improve your overall well-being.