



Ines Clark

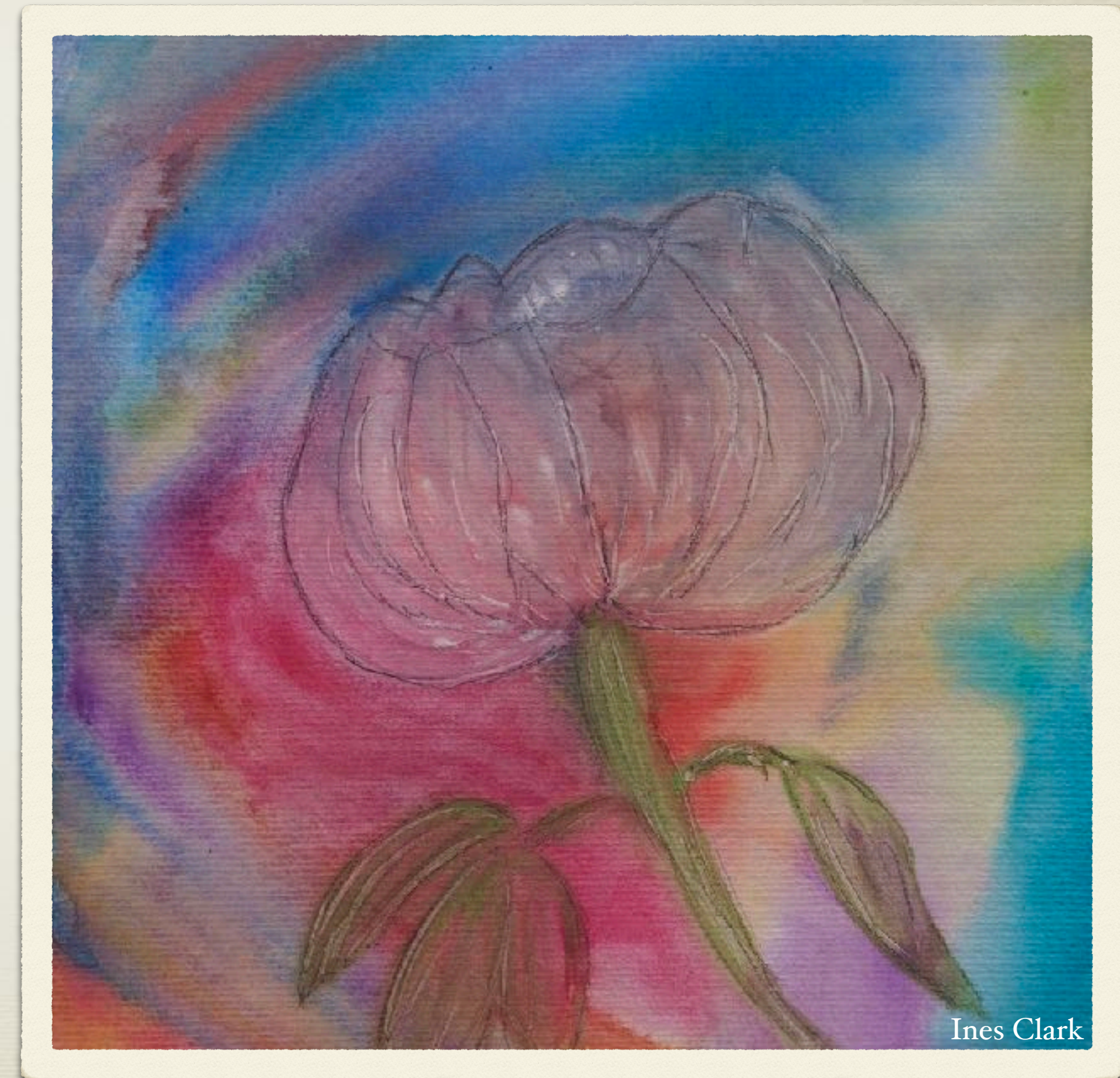
A Path to Well-Being

How to invite relaxation and stress relief into our daily lives

By Ines Clark,
Wellness Coach & Owner of The Salt Spa of Asheville and Home Spa Consultants

Understanding Stress

- * Stress is an emotional and/or physical feeling our nervous system responds to. When we encounter a stressful situation, the nervous system is sending signals to the body and mind. Chemicals are released to keep us in high alert and induce a freeze, fight or flight response. Our muscles become tense, our heart rate increases, stress hormones are released to produce energy. We might also change our diet, amount and frequency of eating or experience diarrhea or constipation. We might become fearful or anxious, angry or helpless. We might overreact, worried or overwhelmed and use poor judgement to deal with the stressor. Most of all, our immune system becomes compromised.



Causes of Stress

- * A major cause of stress is **work related**. Most of us are familiar with this kind of stress - too much work, long hours, time pressure, problems with co-workers or boss and so on.
- * Another source of stress is related to our **personal life**. If we become unhappy with personal situation, we may become stressed out about it.
- * If we encounter **unexpected changes** (new job, moving, etc), we might react with stress.
- * **Financial problems** or uncertain times cause many people stress.
- * If we are dealing with **relationship issues**, we become stressed.
- * **Health related issues** can cause a very stressful situation.
- * This list is by no means complete, there are a number of other causes that induce stress.



Types of Stress

- * **Negative Stress:**

Acute Stress with a sudden onset and short duration, i.a. arguments, accidents;

Chronic Stress continues for a long time, i.a. feeling pressured, living in a dangerous relationship, unhappy at work and usually has physical and psychological consequences.

- * **Positive Stress:**

We might also experience a positive stress response, i.a. after a promotion or the news of becoming pregnant, a new job or house.



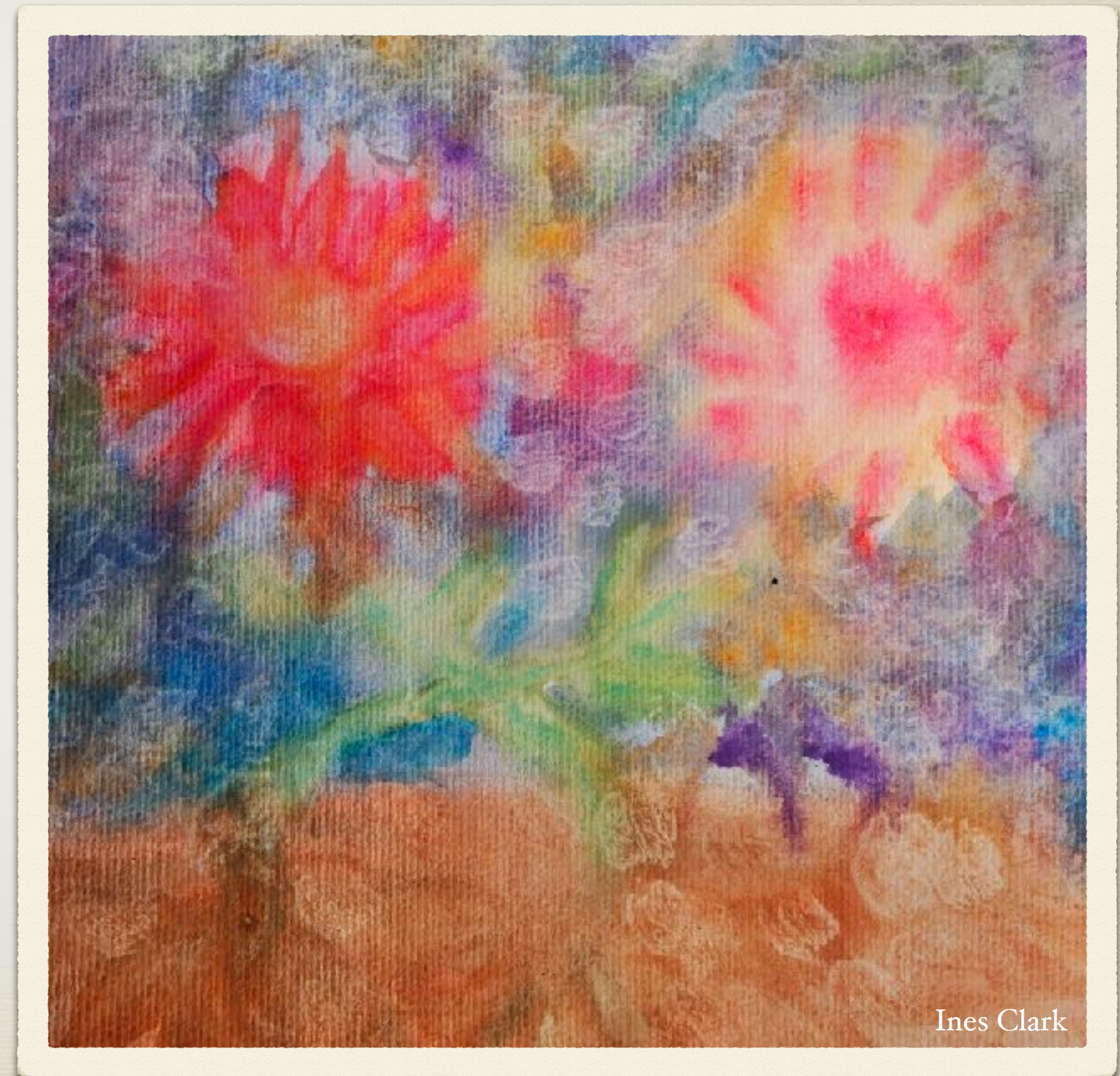
Responding to Stressors

- * Every one of us experiences stress in our lives, no matter if you live remote, in a big city, alone or with a house full of family members, with a job you love or in the best relationship you can imagine. It is the way we choose to respond to stressors that will determine how impactful they will be on our health and well-being.
- * In this presentation, we will focus on the pro-active path.



Self Care

- * When we are aware of our stress triggers, we can actively choose to prevent or reduce the negative outcomes stress can produce.
- * There are many forms of self care to prevent or reduce stress and some work better than others for each individual.
- * We should make it an obligation to ourselves to find out which self care methods work best for us. We will be rewarded with more balance and harmony in our life.



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Methods of Immediate Self Care

- * The easiest and fastest method to respond to a stressful situation is to immediately focus on **breathing**, taking a few deep inhales and exhales.
- * Sitting comfortably down, closing eyes and slowing the breath to produce a **positive thought** is a very powerful method to reduce stress fast.
- * **Looking at an inspirational photography** or picture can help to change stressful thoughts.
- * Going for a **walk, slow body movements** like yoga, Thai chi or dancing are wonderful physical activities to reduce stress.
- * Some respond better to **rigorous exercise** instead.
- * **Spending time and connecting with nature**, maybe touching the ground barefooted will calm our senses.
- * Some relax better by **reading a book, talking to a friend or listening to music**.
- * There are so many ways to respond with immediate self care in a stressful situation - find yours!



Methods of Regular Self Care

- * To maintain a balanced lifestyle where stressors don't derail us, we must implement regular self care practices.
- * Below are some of the most basic examples of regular self care:
- * Enough sleep
- * Regular exercise
- * Healthy nutrition (plenty of organic fresh fruit and vegetables, clean, pure water, supplements, regular meals, cutting out the consumption of unhealthy foods and products..)
- * Spending plenty of time outside/in nature
- * Meeting with friends/family, healthy social interactions
- * Going on vacations/trips
- * Relaxing bath
- * Massage/Spa visit



Natural Remedies for Stress Relief

- * **Lemon Balm** - This is one of the best herbs to have in your garden or in a planter. *Lemon Balm Tea* is an excellent calmer and stress reducer. It also has a positive effect on the immune system. Simply steep a few fresh leaves in hot water. Making a *Sun Tea* is a wonderful alternative for summer months. Put a glass jar of water with a few leaves of lemon balm into the sun for a few hours and then drink. Both are delicious. Add raw honey for extra health benefits and taste.
- * **Lavender** - The purple flowers of the lavender plant have many healing benefits, especially for calming the nervous system. Taking a lavender infused warm bath will surely give the stressed individual some relaxation. Boil lavender flowers in a pot for a few minutes and add the water with or without the flowers to the bath.
- * **Chamomile** - This herb has many benefits, including as sleep aid. Combine all three herbs and make a *Sleep Sachet* with dried plants/flowers. The easiest way is to take a piece of nice cloth, put equal parts of the dried herbs onto the cloth. Fold the cloth corners together, tie it with a string and voila. Your sleep sachet is ready to aid you into relaxation and restful nights.



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Want to Be Happy? Plant a Garden!

- * Nobody needs big land or land at all to start a little garden. Even some plants on the porch or balcony will brighten your day. Start with some flowers that bring you joy. Add colorful plants to your property or porch and see your mood lift. A little herb garden in the ground or in a pot adds culinary benefits. Putting our hands into the soil brings us closer to nature and helps us become grounded.



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Colors for Stress Relief

- * Many are not aware how powerful colors are on our mood and well-being and the effects they have on our nervous system. Gentle blues and greens radiate a very calming and de-stressing atmosphere and are suited for bedroom colors. So is light pink. There are studies that show stress reduction was achieved by color therapy. The best outcome was with the color blue, followed by pink.
- * This is the reason our relaxation area in our salt spa has the colors shown on the picture to the right. We intend to provide the most relaxing and stress reducing ambience possible for our guests.



Self Care at Home

Self care at home is widely underestimated. Many have already integrated a home gym for regular exercise.

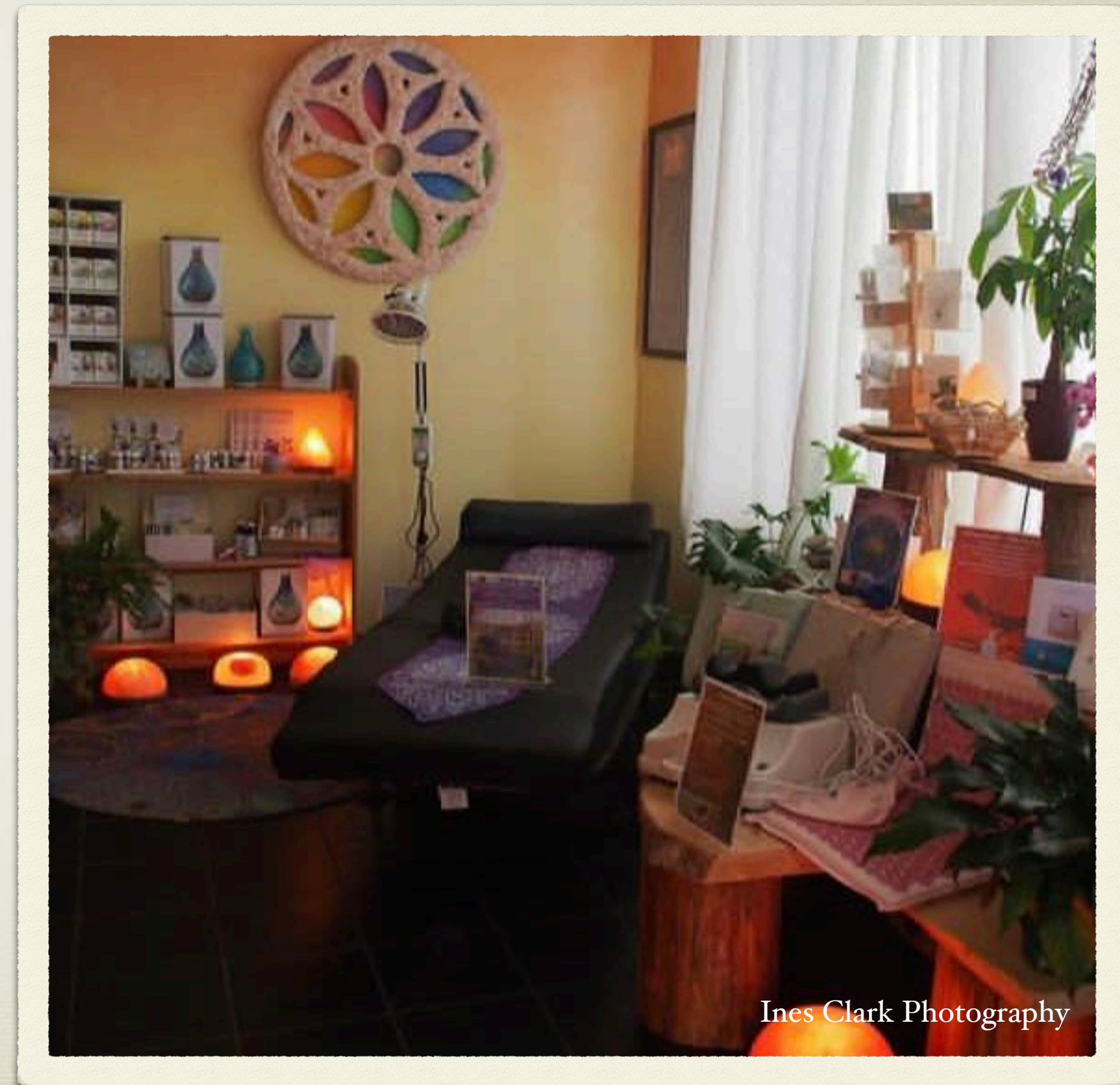
We estimate that Home Spas will become a new trend for self care practice. Our expertise in stress relief and relaxing spa therapies gives us the unique understanding of its profound benefits.

With this awareness in mind we have launched
Home Spa Consultations.

From private consultation to guided set up, we arrange every step on the way to make our clients Home Spa a reality.

As the leading home spa specialists, we work closely with our clients and tailor home spas specifically on an individual basis.

Only the most advanced, cutting edge and scientifically proven health and wellness products and technologies are embodied in our spa packages so one can achieve optimal health and happiness.



Live Well, Be Well!

- * Take a deep breath and relax.
- * Our Team at The Salt Spa of Asheville is looking forward to welcoming you again soon for a blissful time with one or more relaxing salt spa services we offer!
- * Information about our Home Spa Consultations and Products can be found at <http://www.homespaconsultants.com/>
- * Or call us at (828) 505 1838
- * Be Well!

