

# THRIVING TIMES; Your Health and Wellness Dispatch

April 2025 - 7 Simple Ways to Manage Stress



We all know that stress can be a real challenge for both body and mind. You've probably been told to create a "stress action plan," but when life gets busy, it can feel like just another thing on your never-ending to-do list. The key is keeping it simple and enjoyable – something that doesn't add stress but helps you to release it!

Here are **7 lovely ideas** that can easily fit into your day and leave you feeling better in no time:

## Gratitude

Take a moment each day to reflect on what you're grateful for. This simple practice rewires your brain to focus on the positives, reducing anxiety and building resilience against stress. It's a small action that can make a big difference!

## Meditation

Feeling overwhelmed by your thoughts? Meditation can help you stay grounded and in the moment. Just 5 minutes of guided meditation each day can provide a mental break from life's stresses. There are plenty of apps and resources to guide you if you're just starting.

## Singing

Whether in the shower or a local choir, singing releases endorphins – your body's natural feel-good chemicals. Plus, focusing on the melody can help you escape from stress and boost your mood. So, sing loud, sing proud!



## Laughing

They say laughter is the best medicine, and they're right! Watching a funny video or

sharing a joke can release endorphins and help relax your entire body. A good belly laugh can relieve tension for up to 45 minutes afterward. So go ahead, find something to laugh about!

### **Nature Walks**

A stroll in the park can do wonders for your stress levels. Fresh air, sunlight, and the sounds of nature all help to calm your mind and lower stress. It's amazing how grounding a few minutes outside can be.

### **Deep Breathing**

This one's simple, but how often do we really take deep, intentional breaths during the day? Pausing for just a few deep breaths activates your body's relaxation response and helps you feel calmer, quicker.

### **Hugs & Cuddles**

Did you know that oxytocin – the "love hormone" – can help reduce stress and lower blood pressure? Hugging or holding hands with someone you care about releases oxytocin and counteracts the effects of cortisol, the stress hormone. So next time you're feeling overwhelmed, reach out for a comforting embrace.

Instead of adding more to your plate, think of these activities as beautiful ways to nurture yourself while managing stress. You don't need to do them all — just pick what resonates most with you and weave it into your routine.

### **Ready to tackle your stress head-on?**

If you're looking for personalised support to help you feel more balanced, energetic, and focused, let's chat!

Book a **complimentary WELLth check call** with me today to discuss how we can work together to achieve your wellness goals. I only have 4 each month, to avoid disappointment book yours today: [WELLth check](https://linktr.ee/uniquewellth.coach)

## Stress free cooking:

### AVOCADO TOAST WITH MICRO-GREENS



Ingredients (serves 1):

- ½ avocado (mashed)
- 1 slice sourdough bread
- 1 large egg
- Micro-greens

Method:

- In a small bowl, mash the avocado with a fork. Add a pinch of salt and black pepper. Toast the sourdough bread to your desired crispness
- While the bread is toasting, bring a medium pot of water to a gentle simmer. Add a splash of white vinegar (optional) to help the egg hold its shape. Crack the egg into a small bowl.
- With a spoon, create a gentle whirlpool in the simmering water. Slide the egg into the centre. Cook them for 3–4 minutes until the white is set, but the yolk is still runny.
- Use a slotted spoon to remove the egg and set it on a paper towel to drain. Spread the mashed avocado evenly over the toasted bread slices.
- Top the slice with a poached egg. Arrange the microgreens around or on the egg. Sprinkle a touch of salt and black pepper over the eggs.
- Enjoy.

That's all for this month, don't forget if you have any topics you'd like to know more about do drop me a line, I'd love to hear from you.

**Here's to finding more calm and joy in your everyday life!**

*Samantha*