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## Dr.V's Tips for Managing Stress!

Stress is the ENEMY of YOUTHFULNESS. It promotes aging. If left unmanaged, stress literally creates more inflammation in the body. In the skin, it may cause more itching, hair loss, acne, and YES! You get more wrinkles.

We all have stress in our lives. How we REACT to it is they key to whether our stress creates inflammation in our bodies or not. DON'T UNDERESTIMATE STRESS!

Try these simple techniques over the next few weeks:

Choose at least 3 items below to commit to taking action on over the next 4 weeks:

- Gratitude Journal (write down 3 things you're grateful for each night!)
- Movement! (running, exercise, dance, HIIT, yoga, sports, etc)
  - 3-5x/week
- Meditation/Mindfulness/Prayer (commit to at least 5 minutes of stillness)
  - Apps to try: Breathe, Calm, Headspace
  - Breathing Technique:
    - Take a deep breath and count to 5. Exhale for 4 counts. Repeat 7x.
- Music! Listening to music lowers our stress hormones.
- Support/Community! Spend time with Family/Friends that make you laugh and smile.
  - Human Touch: Hugs (hugs boost your feel-good hormones to counteract stress)
- Essential Oils: I personally like lavender.
- Supplements:
  - CBD Oil                      \_\_\_ Magnesium                      \_\_\_ Immune Renew
  - True Calm                      \_\_\_ Mind Your Mind                      \_\_\_ L-Theanine
- Tea! Rooibos, Green Tea, Chamomile, take your pick. These are filled with powerful antioxidants.