



INDHYA
EERULA MD

*Integrative Dermatology
Anti - Aging & Rejuvenation*

3919 W Jefferson Blvd, Suite B

Fort Wayne, IN 46804

Phone - (260)450-1313

Fax - (260)222-2844

Dr.V's Tips for Managing Stress!

Name : _____ Today's Date : _____

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 1 item 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: Breethe, Calm, Headspace
 - Breathing Technique:
 - Take a deep breath in 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 ___ Adrenal Rx ___ L-Theanine
- Tea! Rooibos, Green Tea, Chamomile, take your pick. These are filled with powerful antioxidants.