



DR. TAZ ^M_D
INTEGRATIVE MEDICINE

STRESS MANAGEMENT

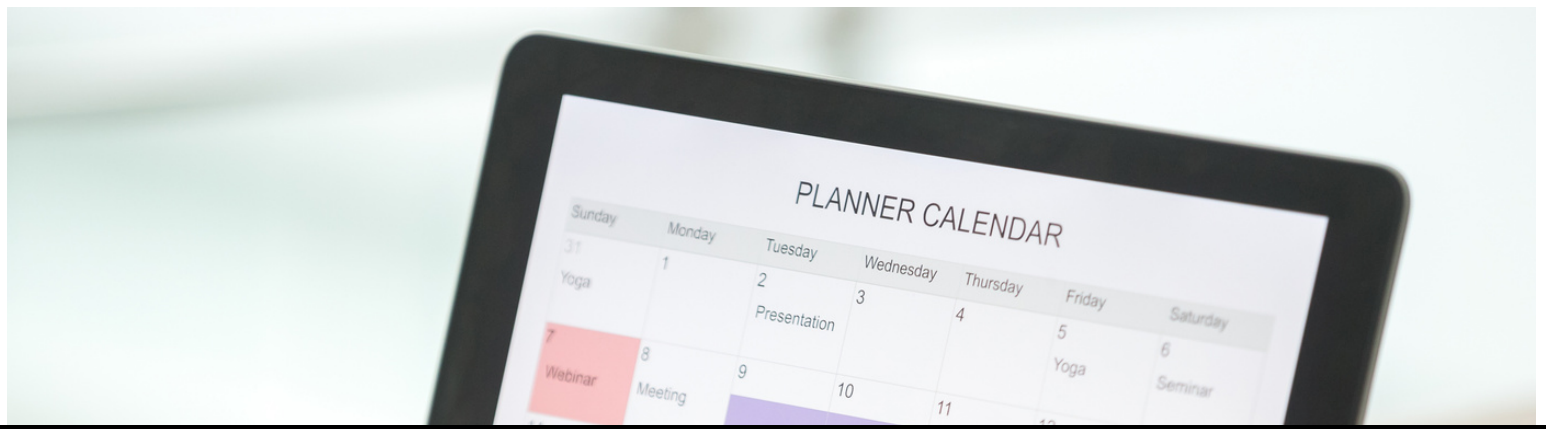


STRESS REDUCTION GUIDE



Stress can trigger weight gain in a number of different ways. High cortisol can raise insulin levels, which triggers high androgen levels.

Too much or too little cortisol can also affect other hair-loss hormones like estrogen, progesterone, and thyroid hormones. It's tough to avoid stress all the time, but you can learn how to manage it. Here's how.



CREATE A STRESS - MANAGEMENT SCHEDULE



It's easy to put off relaxation and self-care. But relaxing your nervous system is imperative to your healing. Create a stress-management schedule by writing out at least two 20-minute blocks into your calendar per day for stress-reduction.

That can include meditation, breathing exercises, self-massage, or a light walk. Avoid strenuous activities like running or weight lifting.

Schedule another two hours per week for cortisol-lowering activities (see the rest of this guide for ideas).



MEDITATE



Meditation and some conscious breathing can get your body into “rest and digest mode” in a matter of minutes. It’s not always easy -- even for the most experienced meditator.

Take 5-10 minutes per day to close your eyes and focus on your breath. It’s ok if thoughts come through. Don’t resist them. Just continue to breathe with your eyes closed.



M A S S A G E



Regular massage loosens your muscles, releases fascia, and triggers your “feel good” hormone oxytocin. It also helps increase circulation, which is important for hair regrowth.

Schedule 1-2 massages per month for stress reduction and to improve overall well-being.



ACUPUNCTURE



Acupuncture is an ancient Chinese healing technique that uses needles to stimulate specific energy points on the body.

The method is said to improve energy flow throughout the body. Many people find acupuncture to be healing and incredibly relaxing.



C R A N I O S A C R A L T H E R A P Y



This is a gentle massage and energy healing technique that releases deep tension in the body.

Craniosacral therapy can release stress, relieve pain and tension, and help improve whole-body healing.



YIN YOGA



Not all yoga is created equal. While some classes are fast-paced and make you sweat, yin yoga is designed to relax your body completely. Yin yoga also releases muscle tension and helps to regulate your body's energy flow.



S E L F - M A S S A G E



Self-massage can be incredibly nourishing and relaxing. Mix a blend of rosemary, eucalyptus, and sandalwood essential oils with a carrier oil like jojoba or pumpkin seed oil.

Massage your mixture into your scalp and neck for at least 10-minutes daily.



SHIRODHARA



Shirodhara is an ancient Ayurvedic treatment that gently pours warm oil over your third eye and into your scalp.

It triggers instant relaxation to the entire body, but mostly the neck, face, and scalp. Look for an Ayurvedic spa in your area.

SELF REFLECTION 3

WHAT ARE REALISTIC WAYS I
CAN WORK ON MY MINDSET
AND EMOTIONAL RESPONSE?

WHAT ARE ADDITIONAL
RESOURCES AND HELP THAT
I MAY NEED?

THOUGHTS / GOALS
