

Ultiself Stress Management Routine

Be more calm, cool and collected. Reduce anxiety and improve focus and clarity with this powerful routine.



Breathing Exercises - Reducing tension in your body will decrease your stress and will make you feel calm.

ACTION - Spend at least three minutes a day doing breathing exercises.



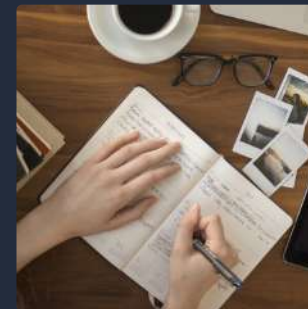
Progressive Muscle Relaxation - This polyphenol increases physical stamina, energy and provides better weight control.

ACTION - By tensing one muscle group at a time throughout your body you feel relieved of stress.



Probiotics - Probiotics push your gut bacteria back to healthy levels and reduces stress.

ACTION - Consume fermented foods or probiotic supplements regularly.



Journaling - Reflection on your daily life stressors lowers your mental fatigue and gives you more self-awareness.

ACTION - Write down daily what you think and feel about your daily activities.