



Liz Fletcher Brown

Put the

Cha-Cha-Cha

into your business and your life!

Practical Ways to Break the Adrenaline Habit

Dancing as fast as you can and not getting where you want to go? If so, here are some practical things you can do that will not only break the adrenaline habit and reduce stress in your life, but many of them can actually rewire your brain, which will increase your quality of life in many areas.

- Without a doubt some form of physical exercise is one of the best ways to break the stress cycle. Exercise pumps up your endorphins (feel-good hormones) and decreases your stress hormones. It also reduces chronic muscle tension, helps you sleep better, and decreases anxiety. Exercise is also a natural way to increase your energy level, alertness and concentration, so you can cut back on the coffee and energy drinks. In addition to simply increasing blood flow, and hence oxygen to the brain, we now know that physical activity actually creates new brain cells or neurons, and helps them connect better with other nerve cells.

But not all exercise is created equally. When it comes to rewiring the brain, the best forms of physical exercise are the ones that also involve focus and concentration. So learning a new sport, for example, is a fantastic way to take care of your stress levels for the short-term and long-term.

- Dance is also very effective, especially learning new moves which is both physically and mentally challenging. In fact many schools in the U K now teach ballroom and Latin dance because of the positive effect on the kids' learning abilities and behavior.
- Yoga, Pilates and similar activities have the added benefit of reducing the heart rate and reduce reaction to anxiety causing stimuli.
- Another way to still an overactive mind is by practicing some form of meditation, or even just focused deep breathing.
- One of my favorite ways to interrupt the stress cycle is getting a massage. It reminds the body of what it feels like to let go. When the body lets go, the mind does too.
- It also important to drink plenty of water. Most of us don't drink enough water. If you wait until you're thirsty to drink it's too late. Your body is already dehydrated. How can you tell? You'll feel tired, and mentally sluggish. You may even have a headache. A lot of folks don't realize that headaches can be the caused by simple dehydration.
- Be aware of the effects of food on your body and your mind. An imbalance in nutrition can add to stress. Try to eat fresh, nutritious and high energy foods. Whole foods are best, in fact the less processed the better. I am not a nutritionist, but what I have found is that our food supply is generally depleted, and given our levels of stress, some form of vitamin and mineral supplementation can be very helpful.

When I travel I often carry packets of EmergenC, or Airborne which help with stress. Also make sure you are getting plenty of omega fatty acids. When dealing with stress I take supplements containing friendly gut bacteria like Acidophilus or Bifidus as stress can deplete them and they are needed to maintain both a strong digestive and immune system.

- Certain aromatherapy oils, for example, lavender, chamomile, basil or rosewood can be wonderful to reduce stress. You can buy specialty blends with names like Relax and Sleep Well, in addition to Energize or Concentrate. There are many way to use them from roll-on bottles, sprays, in a bath, in an aromatherapy lamp, or simply wear them.
- When did you last get a good night's sleep? There's so much research to show that sleep deprivation has a huge negative impact not just on your productivity at work, but also on your health. 'Nuff said.
- Especially if you're sitting for extended periods of time, particularly at a computer, a few stretches can really revitalize and energize you.
- Take a long bath.
- Or a walk in the fresh air (in sunshine is even better).
- Any time you spend in nature can be calming, healing and uplifting. It's one of the best ways to renew yourself. Think about an occasional trip to the mountains, lakes and rivers, desert or forest. And, when was the last time you stared at the stars on a clear night?
- Listen to beautiful calming or energizing music. (In studies, Mozart played in the background has been shown to help some people with concentration).
- Surround yourself with flowers and plants.
- Light a candle. (This is also a great ritual, for example, to signal the beginning of a new creative project).
- Sit by a fire.
- Get together with friends. (Know which friends to turn to for comfort and nurturing, for clarification, for acknowledgement, and those who are energy givers).

**For more information or to take the free self-test
"Are You An Adrenaline Junkie?" go to:
www.LizFletcherBrown.com**