

## Fighting Negative Stress

Life is usually stressful enough, but during these times it can be even more stressful. How can we fight all this extra stress? Here are a few things you can do to help fight all this negative stress.

## Anti-Inflammatory Meals

Eating meals that are considered anti-inflammatory are a great start. Green veggies, berries, and smaller meat portions all help to create an anti-inflammatory diet/meal. Think palm sized portion of meat (preferably chicken or fish), some broccoli or spinach, and strawberries. Try some oatmeal with honey or yogurt with blueberries for breakfast!

## Listen to Calming Music

I recommend or suggest listening to ambient music- music that has little to no lyrics or spoken words. A great composer for this type of music is *Liquid Mind*, which can be readily found on YouTube, Pandora, and Spotify.

There is also something called binaural audio or music. This is music/audio that is engineered to help put our minds in different states- typically calm states. This can be explored via Google and YouTube.

Try listening to either of these for 30-minutes during rest or work.

## These tips can take time

Many of these suggestions can take a couple of weeks or more to show positive effects. However, in most cases you should notice more energy and calmness after about a week of doing these things.



SAN JOAQUIN COUNTY OFFICE OF EDUCATION  
James A. Muvallinas, County Superintendent of Schools



## Positive Affective Statements

Using positive affective statements ease tension and can protect you from emotional harm and stress. However, they take time to learn and your family must be open to it- discuss it with them first.

Beginner affective statement: I feel scared when you raise your voice.

Advanced affective statement: When I hear you raise your voice, it makes me feel scared- can we talk about what you were feeling when you raised your voice so that we can better understand each other?

Communicating our feelings more clearly can help to strengthen all types of relationships. We need stronger relationships during these times when stress and tension run higher.

## Meditation

Meditation can help to destress. However, meditation can often take time to become effective- *practice makes perfect* is very true for meditation. One way to help speed this up is by using calming music, as mentioned above.

There is an advanced form of meditation for those of you who meditate already- meta-meditation. Instead of focusing on *nothing*, you focus on someone you love or brings you joy- research shows that it is more powerful than standard meditation.

## Validation

It makes you feel better when people say you did a great job. This helps with stress for giving and receiving validation, so validate someone today.



# “Make stress work for you, not against you!”

## Laugh More

Watch some funny movies or tell some silly jokes. Laughter has some science behind it that helps us deal with stress and become better protected against future stress.

## Morning Exercise Routine

Exercise can produce endorphins, and endorphins can help with pain and lower feelings of stress.

During these stressful times, I recommend exercising as soon as you wake up. This can better protect you for higher stress.

The goal is to achieve at least one bead of sweat and exercise for at least 10-minutes, this is typically achieved with a bpm of 125 (please consult with your physician if this is right for you.)

By Dr. Richard A. Woodruff PhD