



hewale
Lifestyle

LIFE HACKS TO BEAT STRESS & ANXIETY



AT **HEWALE LIFESTYLE**, WE BELIEVE GREAT HEALTH IS ***PREVENTIVE, PREDICTIVE, PARTICIPATORY AND PERSONALISED***. WE KNOW TIMES ARE PARTICULARLY TOUGH IN GHANA RIGHT NOW, SO THIS FREE GIFT IS TO HELP YOU STAY IN GREAT HEALTH. SHARE IT WITH A FRIEND, FAMILY MEMBER AND AN ENEMY. AND IF IT WORKS FOR YOU, DO LET US KNOW BY **MENTIONING US IN A TWEET** (WOULD ALSO HELP KEEP OUR STRESS & ANXIETY LEVELS DOWN). WE ARE DEDICATED TO BUILDING A HEALTHY GHANA AND AFRICA, JOIN US!



3 LIFEHACKS FOR STRESS

THE FOLLOWING HACKS ARE **SUPER EASY TO IMPLEMENT** AND WILL **SUPERCHARGE** YOUR DAYS, HELPING YOU REDUCE STRESS & ANXIETY LEADING TO YOUR GROWTH AS A STUDENT, ENTREPRENEUR, 9-5ER, PARENT OR INDIVIDUAL

ALL OUR HACKS (and everything we do here) ARE **BACKED BY SCIENTIFIC STUDIES.**

LIFEHACK #1

Start your day on a **great note!**

There is nothing worse than starting your day by instantly triggering your “Fight or Flight” response with some loud, aggressive alarm blaring.

Instead, **set your alarm 30 minutes to one hour earlier than normal and have it play **beautiful, relaxing piano music** (we have some great recommendations – and if you're a heavy sleeper, have it play it loud if you need to!)**

As you hear the music start playing in the morning, slowly but consciously think of things that you are **grateful for and think about **ONE** thing you are really looking forward to that day (if you can't think of anything, then give yourself something to look forward to like a football game coming up or your favourite song you're going to listen & dance to!)**

Once you have done this, smile as **BIG as you can, and then gently get up and out of bed!**

PS: **Music** (good and bad) has a profound effect on our mood and memory according to several studies.

Gratitude is a good way to centre yourself and appreciate the things you have. Studies show gratitude boosts happy hormones in your brain, improving your mood.

LIFEHACK #2

Read for 10 minutes in the morning from a book that expands your perspective!

You know that extra 30 minutes that you got from following “Lifehack #1”?

Well, it’s time to put 10 of those extra minutes to **great use**!

One of the most powerful realizations we should all learn is that SO much of the anxiety and stress that we feel throughout our life can be helped tremendously by a little **shift in our perspective**.

Whether it’s a spiritual text, book of poetry or even a beautifully written novel, I challenge you to take 10 minutes in your morning and read something that takes you out of your own mind & thoughts and places your focus on thoughts and ideas that are **bigger than yourself**.

This little practice will make a difference in how you view & interact with the people, situations, and the problems/opportunities that you will encounter throughout the day!

PS: One study in 2009 showed that **reading reduced stress** levels by **68%**, making it a more effective means of relaxation than taking a walk or playing video games.

Nourish your body!

Your organs do not "sleep" when you doze.

They are up and **working throughout the night** to repair damage, produce hormones and proteins, and reorganize for when you wake up.

These processes can sometimes be taxing on the body, hence **hydration is key!**

Drinking water and having **a balanced breakfast** helps your body replace what has been lost and give you energy to tackle the day ahead.

There is nothing pleasant about a hungry boss. Luckily, there are several foods that **boost your energy** levels and help to **reduce stress** as well. Some of our favourites are **avocados, bananas, chamomile tea** and even **green tea**.

If you're not getting some of these foods in your diet consider **supplementing** - we have many **great calming & stress-busting options** (send us a message)

PS: Studies show that **deficiencies** in key **vitamins & minerals** can lead to decreased focus, increased stress and anxiety levels and increase in the body's stress hormone, **Cortisol**

**Thank you for joining
#HewaleSpaces**

**All we ask for in return for these
#LifeHacks is to...**

**Share this with a friend, so we get
closer to our goal of a healthy
Ghana and tag us on Instagram
and Twitter so we know this was
helpful.**

**Have an awesome day in Great
Health!**



@hewalelifestyle