



Quintessential Health Care

An Integrated Health Resource

3 Quick-Tips to Help You Stay Calm All Year Long

Greetings one and all and a (belated) Happy New Year!

We're thrilled to be back in the office and back to providing our monthly health newsletter in a new format.

This month, our focus is on an often-overlooked key to achieving whole health: **calmness**.

I recently came across this quote from peace activist Thich Nhat Hanh which inspired the theme:

"When we walk like (we are rushing), we print anxiety and sorrow on the earth. We have to walk in a way that we only print peace and serenity on the earth."

The same is true for our health. We can either imprint anxiety and stress on our bodies by constantly rushing around, or choose to react calmly and mindfully to our circumstances...whatever they may be.

Given that chronic stress is the #1 driver of nearly all disease, it seems the latter would be an excellent New Year's resolution to strive for.

Here are some quick tips to help make that resolution a reality.

Blessings to all,
Milly



Tip # 1 (for a healthy home): Try these tools to create a calm atmosphere at home

While most homes are rightfully busy and bustling spaces (specifically at the end of the day); they should also be your sanctuary.

Here are 3 ways to help create a more calm atmosphere at home:

1. Diffuse calming essential oils like lavender, mandarin, and neroli.
2. Make a point to shut off all electronic devices 2-3 hours before bed.
3. De-clutter Marie-Kondo-style. Research has shown that excess clutter can lead to anxiety, depression, and feelings of helplessness*; while de-cluttering can improve your cognitive

health**. [This article](#) offers some excellent starting points on where to start purging.

Sources:

*<https://www.nytimes.com/2019/01/03/well/mind/clutter-stress-procrastination-psychology.html>

**<https://www.sciencedaily.com/releases/2012/10/121001095033.htm>

Tip # 2 (for a healthy body): Plan ahead to avoid the dinner rush

Researchers are finally beginning to connect the dots between good, whole food nutrition and a positive and calm mental outlook.

And one of the best ways to keep yourself on-track (and avoid last-minute pizza deliveries and drive-thru) is to plan and prep your weekday meals in advance.

If you need help in this area, we highly recommend the book: "[Cook Once and Eat All Week: 26 Weeks of Gluten-free Recipes Affordable Meal Prep to Preserve Your Time & Sanity](#)" by Cassi Joy Garcia, NC.



Tip #3 (for a healthy mind and spirit): Abstain from complaint to create a healthier mental outlook

Believe it or not, complaining---specifically *chronic* complaining---has been shown to shrink our brains *and* cause excess stress and negative thinking*.

And since complaining triggers our brain to release the stress-relieving hormone, cortisol it can become a very addictive passtime.

Our friend, Dr. Patricia Fitzgerald, explains the science behind how this works in her article: "[The Easiest Way to Stop Negative Thinking in its Tracks](#)", plus tips on how to break the chronic complaint cycle.

Reference: <https://news.stanford.edu/pr/96/960814shrnkbrain.html>