

Pampering for a Newer You



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5 Ways to Start Your Week Off Stress-Free

Stress. We've all dealt with it, some better than others. But when it comes to Mondays, it seems like this unfortunate emotion is more visible than on other days.

So instead of avoiding it or letting it build up, let's take a look at five ways to deal with the terrible tension,. The better we are at addressing our stressors and learning how we can reduce their effects, the healthier we become.

Avoid the snooze button

We've already determined establishing a proper sleep schedule can help you become less tired throughout the day. With less grogginess comes more productivity and, in turn, a reduction of stress.

And while heading to bed early seems simple enough, there are definitely tips and tricks that can help you settle your mind after a long day. Learn to unplug from technology up to 30 minutes prior to crawling underneath the covers. When it comes to rising, while it may be challenging, aim to get out of bed when your alarm goes off.

Avoiding multiple taps of the snooze button will give your body more time to adjust to being awake instead of simply getting a few more minutes of shut eye that may just make you more tired.

Breathe

While sitting at your desk, attending meetings, or commuting home, practice taking deep breaths throughout your day. Most of us take short, shallow inhales due to stress or an overall lack of body awareness, So try it out. Right now, take a 3-5 second inhale, hold at the top and slowly exhale for 3-5 seconds.

We all lead busy lives filled with an overwhelming need to multitask. And while it may be impossible to incorporate a much need yoga class into your week, taking a deep breaths is something you can do anywhere, anytime.

Sweat it out

Starting this week, right now, aim to get in at least 3 workouts. Exercise releases endorphins and helps initiate an all-natural stress relief within the body.

When you stop thinking of fitness as something you 'must do' and instead find an activity that you enjoy doing, you'll be more likely to continue. So go try a free fitness class and start working out your stress. Before you know it, you'll be looking forward to your weekly sweat sessions and be holding on to less tension. It's a win win!

Eat balanced meals

I love a good s'mores as much as the next person, but when it comes to reducing stress and feeling your best, you must fuel your body with nutrient-dense foods.

Aim to incorporate a large variety of fresh fruits and vegetables into your diet. The cleaner and less processed you eat, the more energy you'll have to get to the gym and release stress in a healthy way.

Unplug

This may be the most difficult tip to adhere to, but if you're feeling stressed daily, it's necessary. Between our smart phones and constantly evolving technology, it can be hard to remove yourself. But, while this is all very valuable for our society, it's just as important for you to know when to turn it off and focus on your health.

Unplugging can be as minimal as silencing your phone 30 minutes before bed and as grandiose as not opening your laptop all weekend. Regardless of which level you (and our job) choose to do, stick with it. You'll begin to notice our shoulders relax and an essence of calm as your power down elements of your life.

Homemade Lavender Milk Bath

Cleopatra was the one that put a milk bath on the map as she claimed the milk bath preserved her beauty and kept her skin glowing and youthful.

If it is good enough for Cleopatra, it is good enough for me.

It turns out that a milk bath is super easy to mix together and it is supposed to be excellent for the skin. This milk bath is also moisturizing which is perfect if you are suffering from dry skin.



INGREDIENTS

3/4 cup powdered sugar
1/4 cup baking soda
1/4 cup cornstarch
1/4 cup Epsom salts
10-20 drops lavender essential oil (or your choice)

INSTRUCTIONS

Mix all ingredients together and add to jar.

You can use lavender, which is so calming and such a lovely fragrance. You could use rosemary, floral scents, citrus scents, spearmint or you can use real almond oil or even honey. The cornstarch, baking soda and milk powder can be very soothing, so hopefully this is a little treat for you to get through the winter months.

Epsom salts are amazing for soothing sore muscles but you can omit those or increase the amount to 1 cup if you really have tight or sore muscles. Just note when you do take baths-especially with Epsom salts...be sure to stay hydrated with lots of water.

Use about 1/2 cup in bath water.

Citrus Foot Soak

INGREDIENTS

- 3/4 cup baking soda
- 1/2 cup Epsom Salt
- 3 orange tea bags
- 6 drips of Orange Essential Oil



Directions

1. Mix the baking soda, Epsom Salt and tea bags in a small bowl. Add Orange Essential Oil and mix.
2. Put ingredients in a jar and add a decorative label and instructions.

This homemade citrus foot soak is a great gift for Mother's Day or Birthday.

To use: Add 2 tablespoons to a basin of warm water.

Lemony Foot Scrub

Ingredients

- 1/2 cup cornmeal
- 1/2 cup oats (regular oatmeal)
- 2 tablespoons sea salt or table salt
- 12 drops of Lemon Essential Oil



Directions

1. Place oats in coffee grinder, food processor or blender. Blend/grind until oats become a powder.
2. Place cornmeal, ground oats and salt in a bowl.
3. Mix together to blend. Then add Essential Oil and stir to distribute throughout.
4. Place in a jar or zip lock bag.

Directions for use:

1. Place a 1/2 cup of scrub into a bowl and add water a little at a time (and stir) until a grainy paste forms.
2. Rub paste onto feet, paying extra attention to any rough areas.
3. Rinse thoroughly and pat dry. Finish by applying moisturizer or body oil to feet.
4. Rinse tub immediately to be sure the cornmeal doesn't swell and clog up the drain.

Maple Brown Sugar Body Scrub



Ingredients

1/2 cup brown sugar

1/4 cup olive oil

1/4 cup Maple Extract

Directions

In a small bowl, mix brown sugar, olive oil to make a paste. Add in the Maple sugar extract and stir. Pour contents into a small jar.