

# Ways to Stay Calm

Take slow, deep breaths

Color or doodle

Count backwards from 10

Get some fresh air

Visualize your safe space

Write down your thoughts

Do some stretches

Drink some water

*Elmhurst Educates*

# Stress Control Creating An Inner Calm Cass

**Karin Nielsen-Saines**



## **Stress Control Creating An Inner Calm Cass:**

*Words on Cassette* ,2000      *Words on Cassette, 1999* Bowker Editorial Staff,Staff Bowker R R,Bowker,1999-02

**Books Out Loud** ,2007      On Cassette ,1991      **Forthcoming Books** Rose Army,1997-12      *Kava Hyla*

Cass,Terrence McNally,1998 Discover Nature s Treatment for Stress Anxiety and Insomnia Kava has been used ritually and medicinally in the islands of the South Pacific for centuries Widely used in Europe this amazing herb has been shown to relieve tension and anxiety while maintaining alertness In larger doses kava promotes deep restful sleep Safe natural and inexpensive kava is the perfect supplement for today s stress filled lifestyle and the ideal alternative to drugs such as Valium Authoritative fascinating and richly readable this book tells you what you want to know about kava and guides you in using it James S Gordon M D Director of the Center for Mind Body Medicine and author of Manifesto for a New Medicine An engaging and informative guide to understanding and using kava Jack Canfield coauthor of Chicken Soup for the Soul A valuable contribution to the body of kava literature Sharing a seasoned clinician s positive experience the authors cast a deservedly cool light on Valium and its chemical cousins and let kava emerge as a safe effective remedy for stress and anxiety Chris Kilham author of Kava Medicine Hunting in Paradise      **Healthy Woman, Healthy Life** Gary Null,2016-12-27 In Healthy Woman Healthy Life Gary Null updates and expands the topic of the first edition to feature the latest clinical experience and published research on issues important to women of all ages The revised edition contains nearly sixty chapters covering the foundations of women s holistic health specific health concerns and alternative health solutions Topics range from diet physical fitness and home detoxification to adolescent health heart disease and menopause In addition there are recipes for simple healthy meals and a guide providing contact information for the health practitioners profiled throughout the book Among the new and or significantly updated chapters are those exploring natural hormone replacement therapy the roles of stress and depression memory loss Alzheimer s Disease Parkinson s Disease aging hair skin weight energy pain and vision Also included are new wellness protocols for brain health cancer allergies and diabetes as well as new testimonials from patients who have benefited from various naturopathic treatments under the guidance of their physicians

Yoga Journal ,1989-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty      **People Management** ,2002      **Yoga Journal** ,1988-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty      **Mother Jones Magazine** ,1985-05 Mother Jones is an award winning

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