

## Be sure to:

- Eat every 2 to 3 hours. Try to include protein rich, healthy foods to keep your blood sugar stable and to help regulate your mood.
- Drink 30mls of healthy pure water for every kg of body weight per day e.g. 70 kg person = 2100mls. Consume no more than 200 mls per half hour. In other words drink regularly throughout the day.
- Take minerals such as magnesium to support your nervous system. When combined with Vitamin C in the correct formulations and amounts these two nutrients can support Cortisol management in the body. Cortisol is one of our main stress hormones. Please go to [www.sleepdrops.co.nz](http://www.sleepdrops.co.nz) to read up on our Essential Sleep & Stress Nutrients which contain these ingredients for you in a convenient powder form.
- Take Daytime Revive every day – Daytime Revive has been formulated to support your body, mind and spirit in times of stress and to protect you on a daily basis from feeling frazzled or being mentally affected by stress. We like to think they give you a bit of a force field, more resilience and help you get through your day.

## Directions for use

### Daytime Revive:

Take 5 drops 4 times a day between starting your day and 4pm or as needed.



Sleep Smarter. Live Better.

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# Daytime Revive

## STRESS SUPPORT INFORMATION



## Daytime Revive

Use Daytime Revive daily or whenever you feel stressed or tired to enjoy a sense of calm and wellness. Daytime Revive's unique formulation naturally supports your energy levels so you are not reaching for the coffee and sugar to pick you up (then throw you down). Daytime Revive provide natural ingredients to support the nervous system during the day, assist natural energy levels, reduce stress, soothe the nerves, balance your mood and calm the mind. These effects help you glide through the day and help you ease into the evening more relaxed and calm for a great night's sleep. Daytime Revive are the perfect addition to the Sleep Support System.

A small amount of stress can be a good thing. We all grow and move forward when we are in situations which challenge and ask more of us. But often the demands of these situations, work, study, relationships, home life, expectations, can get so big that they overwhelm us. As stress builds up we become less able to deal with it effectively and if we are not aware of the impact of stress we may find that we are "less than our best".

### Causes of stress:

There are many situations that may make you feel stressed but the following are classic triggers of stress, especially if you are dealing with more than one at a time:

- An excessive workload – yes this does include children!
- An uncomfortable physical environment, e.g. prolonged extremes of temperature or noise
- Not enough sleep
- Ill health
- Prolonged physical activity
- Financial difficulties
- Renovations
- A change in your living/working patterns: leaving home, new flatmates or a new job
- Moving house
- Pregnancy
- Bad self-image: 'I'm too fat', '... too dumb', '... too ugly'
- Living/working/studying in an environment that is not of your culture
- Living/working/studying using a second language
- Hostile, or uncomfortable emotional environments, e.g. restructuring, redundancy
- A relationship break-up
- The death or loss of a friend or relation

To reduce stress in your life try to develop a lifestyle which sees to all your needs: physical, mental and emotional:

- Make sure you get enough exercise, sleep and wholesome, nourishing food.
- Take time out each day for rest, recreation and your social activities.
- Get some "me" time.
- Establish supportive relationships/friends, and try to distance yourselves from those who bring negativity into your life.

If you're already experiencing stress in your life, the worst thing to do is to plough on and ignore it.

- Stop.
- Assess your situation and work out exactly what is making you feel this way.
- Take action to improve it. Ask for help!

If you find yourself starting to get stressed out:

- Take control by consciously relaxing; through physical exercise, breathing exercises or doing activities you enjoy.
- Be creative in your approach to tasks. For example, if you feel stressed at the prospect of extra work in the office or writing assignments, ask the advice of your boss or tutor or another work colleague or student on the approach you need to take. Or talk with friends and take a team approach to problem solving.
- Communicate with others about your anxieties and concerns.
- Never be afraid of asking for help. Everyone experiences stress at some time.
- Accept your failures and move on. See value in your mistakes: no mistake, no progress.
- Be encouraging and supportive of yourself. Always appreciate who you are and the unique qualities you have.
- Try to keep things in perspective. If a situation is getting on top of you, step back, adjust your goals and take action – do what you can and learn how to say no.
- Most of us are very good at giving advice. Try looking at your situation as if it were someone else's - a friend, perhaps. Think about the advice you would give them, and follow it yourself.

Most important is to remember that stress is a normal response and we can give our body the support it needs to cope with the stress better.