

From Stress to Ease

Tip Sheet by Annie Barrett, health coach, yoga teacher

Founder of 10 Weeks to Vibrant Living



1. **Slow down. Breathe.** Bring your awareness to this moment.
2. **Get in sync with the rhythms of nature.** Sync up to the solar and seasonal rhythms. Get fresh air.
3. **Sit down to eat your meals.** Make your meal times an event. Eat at regular times during daylight hours.
4. **Eat a supportive and nourishing diet.** Eat a whole foods, plant based diet. Real food.
5. **Move your body daily.** Your body is designed to move. Regular exercise reduces stress.
6. **Meditate.** Meditation decrease stress and increases happiness.
7. **Gratitude Practice.** Make it a daily habit to reflect on 3 things/people you are grateful for.
8. **Early to Bed.** Unplug an hour before bed. Lights out by 10 PM.

Annie Barrett is an educator, health coach and yoga teacher dedicated to vibrant and soulful living. She has been helping people up-level their lives since 2000. Her programs and courses based on habit change science, wellness, Ayurveda and yoga, assist individuals in developing daily habits for health and happiness.



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