

# WELLNESS WITH SANDY

MONTHLY NEWSLETTER

SEPTEMBER 2022

## TAKE CARE OF YOUR CEREBRUM



Your brain is the control center for your body, and is the centerpiece of determining how you feel, what you think, and what choices you make. The brain is also responsible for something we are all familiar with: anxiety. Being anxious from time to time is normal because life is not without its issues. But, constant, debilitating, and keeping you awake at night-type of anxiety needs to be addressed because it can sap your energy and flatten your productivity

### 1. Breathing

Many people are surprised to learn that breathing is connected to the brain on a profoundly intimate level. Your diaphragm is a major respiratory muscle that communicates with your brain and can impact how you feel throughout the day.

For example, take a few deep breaths the next time you feel angry. Chances are, you will experience instant relief and approach the situation with a much clearer mind.

Potential benefits of such breathing techniques include:

- Improved alertness
- Decreased fatigue
- A drop in anxiety levels
- Improved stress management
- Calmness and relaxation
- Normalized blood pressure



The 4-7-8 technique (discussed in my graphic) is a form of diaphragmatic breathing designed to bring about relaxation and reduce anxiety. To perform it, you must inhale through your nose for four seconds, hold your breath for seven seconds, and exhale forcefully through your mouth for eight seconds. You can repeat the cycle three to four times.

### 2. Exercise

Regular physical activity is one of the simplest and most practical ways to improve your mental health and reduce the risk of anxiety. Movement is in our DNA, and exercising triggers various positive changes that results in feelings of well-being, relaxation, and confidence.

One notable benefit of exercise against anxiety is the release of opioid hormones that bring about relaxation and euphoria. You can thank endorphins if you've ever had a good workout and felt perfectly at ease afterward.

Second, a theory suggests that exercise triggers the production of serotonin--a neurotransmitter with a crucial role in brain health, mood regulation, and sense of well-being. The more you exercise, the less likely you are to experience a drop in serotonin levels.

The third way exercise can help you manage anxiety is by bringing a sense of accomplishment and boosting your confidence. It's no secret that physical activity promotes weight loss, muscle growth, functionality, better posture, and many other benefits.

### 3. Supplements

Despite a large amount of misinformation and misleading marketing surrounding supplements, some decent products can improve aspects of your health and fitness.

Ingesting L-theanine brings about feelings of relaxation and calmness without inducing drowsiness. The amino acid works well with caffeine because it offsets the potentially adverse effects like anxiety and jitteriness.

## BLOGS OF THE MONTH



### **BALANCING PHYSICAL ACTIVITY WITH OPTIMAL HEALTH**

<https://www.wellnesswithsandy.com/post/balancing-physical-activity-with-optimal-health>

### **THE LONG YET FULFILLING ROAD TO HEALTH**

<https://www.wellnesswithsandy.com/post/the-long-yet-fulfilling-road-to-health>

**Feel free to check out my Instagram page and my website for more information and updates!**

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