

**Nourish Integrative Solutions**  
**Stress Solutions**  
**www.nourishis.com**

Holmes and Rahe Scale: [https://www.mindtools.com/pages/article/newTCS\\_82.htm](https://www.mindtools.com/pages/article/newTCS_82.htm)

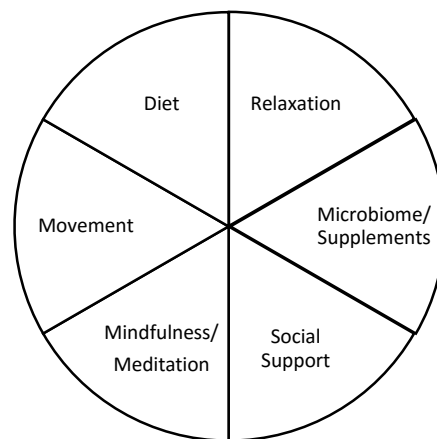
Cohen Perceived Stress Scale:

<http://www.mindgarden.com/documents/PerceivedStressScale.pdf>

Alia Crum's Ted Talk: <https://www.youtube.com/watch?v=0tqq66zwa7g>

Dr. Crum's research:

[https://mbl.stanford.edu/sites/default/files/crum\\_rethinkingstress\\_ipsp\\_2013.pdf](https://mbl.stanford.edu/sites/default/files/crum_rethinkingstress_ipsp_2013.pdf)



**Diet:**

- High in micronutrients (vitamins and minerals), sufficient good fats, anti-inflammatory, low-glycemic

**Relaxation:**

- Coloring books, progressive relaxation, baths, forest bathing, golf, massages

**Movement:**

- Walking, Yoga, Tai Chi, Qi Gong, vagus nerve stimulation

**Social Support:**

- Make sure you have it 😊

**Mindfulness/Meditation:**

- Yoga nidra, guided meditation, traditional seated meditation, technology assisted mindfulness (Spire, HeartMath)

**Microbiome/Supplements:**

- Microbiome/Probiotics
  - Bifidobacterium longum R0175
  - Lactobacillus helveticus R0052
  - Xymogen Probio Defense (M, S, zinc, selenium)\*
  - Pure Encapsulations Probio Mood (contains M, S, maltodextrin)
  - Bacillus spores (MegaSporeBiotic\*, Just Thrive, PeakBiotic, KlairLabs Biospora, Garden of Life Primal Defense (M,S))
- Micronutrients
  - Antioxidants (ACE/Selenium)\*
  - B-vitamins (B1, B2, B5, B6, B12/Folate)

- Minerals (calcium and magnesium)
- Plant sterols
- Fish oil/Omega-3
- Herbs
  - Nervines
    - Nervine stimulants
    - Nervine relaxants
      - Lavender, Chamomile
      - Lemon balm, Valerian
  - Adaptogens
    - Ashwagandha
    - Rhodiola
    - Holy Basil/Tulsi