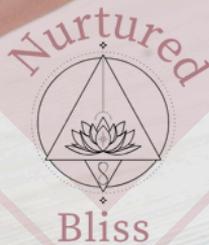


# The Busy Mums Guide to Ditch The Stress

SIMPLE STEPS TO NURTURE YOUR  
MIND, BODY, AND SOUL TO BREAK  
FREE FROM DAILY STRESS



Janelle Emma

# NURTURE YOUR MIND, BODY, AND SOUL TO BREAK FREE FROM DAILY STRESS

## Intro

We've all heard it a number of times before. Over and over in fact, but many of us never pay attention until the long-term effects are showing evidence in our lives...

**Stress!**

We know it releases a mountain of not-so-happy hormones in our body and wreaks havoc on every level but as Mums we seem to think of it as part of our job description.

**I'm here to tell you it doesn't have to be!**

**Hey, my name is Janelle!**

**I'm a dedicated Mum of 2 and I help women become more resilient to stress, through Frequency/Sound Therapy, Nutrition, Nervous System & Lifestyle Hacks that Nurture the Mind, Body & Soul.**

**I want to inspire you to be the best version of yourself, have an abundant, fulfilling life, have the tools to break free from stress, and share this with your kids!**

**Over the past 10 years I have educated myself on:**

- The important benefits of whole-istic nutrition,
- The role our nervous system plays on daily life,
- How our environment affects us,
- How toxic household chemicals can harm our health,
- How daily emotional stress can lead to all sorts of health issues.
- and so much more!

**I'm on a mission to educate other mums and women on how to teach themselves and their families to have long-term health & vitality and true inner bliss .**

*Janelle Emma*  
NURTURED BLISS

# NURTURE YOUR MIND, BODY, AND SOUL TO BREAK FREE FROM DAILY STRESS

## Intro

Over the past 10 years, I have been qualified in Functional Nutrition, including “Nutrigenomics” (which is how nutrition Affects, Impacts, and Activates our genes expression & helps the body rejuvenate itself naturally).

I have also invested my time and passion into completing other courses on Metabolism Resets (for female hormone health), Frequency Healing/ VibroAcoustic Therapy, Reiki & Shamanic Healing, Nervous System Regulation tools and learning fitness benefits for overall health and wellbeing. I'm not an expert, but I sure do love these topics! You can read more of my story & own health journey [HERE](#)

As mums, we always seem to put others first, and I truly believe that we can flip that thinking and start investing in ourselves and learning that it doesn't have to be "me first" -or it can be hehe! -, but learn the concept of "me too"!

Everyone in our family and community benefits greatly when we, as mums, can truly live a fulfilled blissful life.....as the saying goes; "You Can't Pour From An Empty Cup"

If you want a life that nourishes your soul & honours the best version of you, for YOU and your family, this guide is perfect for you, so read on.

First, let's take a little look at what's causing your stress and some simple and quick solutions that will help you to break free from daily stress fast!!



*Janelle Emma*  
NURTURED BLISS



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## Nourishing Nutrition

Food glorious food! It is something that is meant to be enjoyed and it is all 'just food' not good or bad, BUT...and it's a big "but", it can either lead to optimal health and wellness or a depleted immunity, weight issues and poor health.

None of us have time for avoidable, pesky colds and bugs getting in the way of life and especially now more than ever we need a strong, healthy immune system!

Stress plays a big part in our eating habits.

When stressed we often emotionally eat and our cravings are usually for starchy carbs, sugar, fat, caffeine, and, well, you get the picture!

Real nutrient-dense food equals real vitamins, minerals, and nutrients, which your body needs to function like a superwoman.

When you eat fresh fruits, veggies, nuts, seeds, whole grains, and quality, "clean and lean" proteins and consume protein powders derived from hemp, pea or pumpkin seeds your 'go to' in your on-the-go smoothies, your body is going to sing from the inside out and help you to break free from stress.

Skip the packaged, convenient and processed foods and leave unrecognisable ingredient lists equating to diet-related stress on the shelves where they belong! They don't have any nutritional value AT ALL!

Side-note: if you can't pronounce the ingredients in packet food or there are codes in the ingredients list.....AVOID at all costs! These = chemical sh!t storm!

That chemical sh!t storm causes our bodies to have an inflammatory response which wreaks havoc on our overall system! Think gut issues, skin issues, auto-immune, thyroid issues, hormone imbalances....I could go on!

We want our bodies to build resilience to handling stressful situations, not add to it with an overload of chemicals.

A product I recommend to support building your resilience to stress and can support the "short-fused" emotions from stress, is Protandim® Nrf2 Synergizer - you can find all the info about it [HERE](#)

**And, you can purchase Protandim by clicking on the button**

Janelle Emma  
NURTURED BLISS



## Enjoy In Moderation

Though you may like to turn to that glass of wine to calm your nerves, did you know that alcohol stimulates the production of the same hormones we produce when we find ourselves in stress?

It first acts as an antidepressant but after a few hours becomes a depressant and long-term it may contribute to anxiety and greater feelings of depression & other hormone imbalances, making stress management difficult.

So enjoy a glass of Pinot every now and then but not as a way to deal with stress and definitely don't overdo it. The energy the body requires to adequately metabolise large amounts of alcohol, induces more stress, interrupts sleep, and creates mood changes, despite your relaxed state.

If you're going to have a glass of wine do it over dinner and enjoy it with company. Never on an empty stomach and never late in the evening.

If you are using alcohol as a stress reliever you may want to consider finding a solution that serves you long term, not take you down a path of possible destruction. Check out the other options below in this E-Book that will support you, and your family to build resilience to stress in a healthful way.

**Sidenote:** My fav evening & weekend drink that doesn't involve alcohol is; Soda water with a large dash of natural kombucha, wedge of lemon or lime.

Or, if you are wanting a "kick" still, there are plenty of "adaptogenic and magnesium drinks on the market now (type into google or instagram)



## Avoid Altogether

Have you ever eaten half a block of chocolate and a little while after noticed you act like a dramatic overtired 2 year old, and can't seem to remember where you put your car keys ...can anyone say mood swings!

Added sugars and refined carbohydrates wreak havoc on our blood sugar causing insulin spikes leading to mood swings, irritability and lack of concentration.

Become aware of your emotional state and how your body feels after eating certain food. This is a game changer for the way you consider your food choices!

Refined carbs are things like: packet biscuits, cakes, slices, white flours, white breads, white pasta, lollies, chocolates, donuts, ice cream etc. also remembering our kids are watching our every move.

So, teach them that whole-foods are best, like fruit and vegetable snacks, which are great alternatives as they contain fibre and nutrients. You will all feel a whole lot better for it and less meltdowns from kids (and mums) on a sugar high.

But sugar is sugar and it's important to remember that 2 servings of fruit a day with lots of veggies is ideal.

Try natural sugar free sweeteners (if trying to cut back on sugars), like pure stevia, xylitol, erythritol or monk fruit powder in your favourite recipes instead of white sugar! (You can grab these sweeteners from your health food stores and organic grocers, don't buy them from local supermarkets as they are full of fillers).

Or my fav **number 1 pick** above all is "raw" "**Rapadura sugar**", due to it's high nutritional content of vitamins and minerals.

Coconut sugar is another great option.

## Gut Health Goodness

Both chronic and acute stress, poor eating habits, eating on the run, and crazy lifestyle circumstances all affect digestion and gut health!!

It's now well understood that the basis for good health stems from the state of our digestive system and something we call the microbiome.

What the heck is a “Microbiome?”

It's time to get a little “sciency” about what's going on in your gut!

The term “Microbiome” can be understood as a “mini-ecosystem” consisting of a collection of microorganisms and microbes that resides within us all.

### “Microbiome” Fun Fact:

We co-inhabit our bodies with trillions of organisms that make up the “microbiome.” This means that along with each of our human cells there are microbial cells hanging out, aiding the body in performing a whole collection of amazing functions that we simply couldn't achieve without them, we call these guys “good or friendly” bacteria.

### Probiotics & Prebiotics:

So you've probably heard yogurt and fermented foods are good for the tummy, well, that's because they contain “probiotics” or live, beneficial bacteria.

Maybe you've seen the term “prebiotics” and pondered about what the heck the difference between the two is?

Prebiotics help these friendly bacteria grow and keep the ratio of good to bad bacteria that cause us health problems in check. The ratio of good to bad bacteria that exists in our guts affects everything from our immune systems, (80% of the entire immune system exists in the gut!) digestive and cognitive health, pretty much our entire well-being!

Simply put, prebiotics nourishes the good bacteria; the probiotics.

So how does this “good and bad bacteria” ratio become imbalanced and how does it affect my Health?

Excellent question!

There are many ways that the delicate balance of our microbiome and its beneficial and harmful bacteria can become disrupted.

**Probiotic Eliminators include;**

- Antibiotics
- Sugar
- Stress
- Birth Control Pills
- GMO Foods
- Tap Water
- Medications, Toxins, and Chemicals

**And, when things fall out of balance the results can include:**

- A weakened immune system,
- Skin conditions like acne, eczema and psoriasis,
- Thyroid disorders,
- Digestive issues and diseases of the digestive system,
- Autism,
- Autoimmune disorders,
- Depression,
- Chronic fatigue,
- Arthritis,
- Neurological disorders, and
- Mental health illness.

There are estimated to be over 40 conditions related and linked to imbalances in the bacteria contained within the gut!

So, when you consider the saying “We are what we eat” you can really see how this applies not only in terms of proper digestion but of our overall health but let’s take it one step further and say, “We are what we Digest”, so its time to get our digestive system performing in top gear to support our general health for the long haul!

## Simple steps to improve gut health and proper digestion for Good!

### 1. Ditch the Probiotic Eliminators listed above as Much as Possible

It may not always be possible to remove these elements from our lives all the time but being aware of the impact they play on the microbiome and our overall health, avoiding them as often as possible is a huge step in the right direction!

### 2. Skip the Stress at Meal Times

Eat in a relaxed state to promote digestive health.

When our “flight or fight” response is activated our digestion process can literally shut down.

Stress can contribute to indigestion by increasing acid in the stomach leaving you with unwelcome tummy troubles, so take some deep breaths before eating and ensure your mealtimes are centered around a calm, digestive promoting environment. That means ditching the “eat on the go” habit or eating with your phone in hand, and keeping stressful conversations and situations separate from mealtimes, and if you do need to eat on the go, stay as calm and mindful as you can until you establish your new stress-free meal ritual!

### 3. Chew your Food

Digestion begins in the mouth. Slow down and chew many times, properly....when you make this a priority, your entire digestive system will thank you!

### 4. Add Digestive Friendly Foods & Herbs

- Ginger Root
- Turmeric
- Chia Seeds
- Dandelion Tea
- Fibre
- Fennel or fennel tea
- Papaya
- Ample water, staying hydrated is key to proper digestion!



## 5. Consume Probiotic-Rich Foods and a Supplement.

Get those fermented and probiotic-containing foods like sauerkraut, kimchi, kefir, coconut kefir, miso, kombucha, organic and unsweetened greek yogurt, or coconut yogurt into your diet on a regular basis, or contact me [HERE](#) or go [HERE](#) for a quality probiotic supplement that can withstand the stomach acid for a good length of time before it disintegrates.....most mainstream probiotics take 7 minutes to dissolve which means that most of the good bacteria in them has died off from stomach acid before it's had a chance to get to the small intestines, which is where it does its magic.

## 6. Skip the Antacids when Tummy Troubles Do Arise

Poor diet, processed foods, stress, medications, and even aging can all inhibit the enzymes in the stomach that work hard to digest your food leaving you reaching for that antacid to “calm things” down. Did anyone say “quick-ease”!

Antacids, unfortunately, can just mask the symptoms of acid reflux or heartburn issues and not do much to contribute to the solution.

While all serious and chronic digestive issues should be addressed by your healthcare provider there are some natural alternatives to popping these pills when we're uncomfortable and to prevent these issues from popping up after meals.

### Natural Alternatives to Prevent and Aid Indigestion:

Try including a probiotic in your supplement routine to promote gut health.

Take a plant-based digestive enzyme at the beginning of your meals.

Eat smaller meals throughout your day. Remembering not to grab those sugar-filled/carb-loaded meals and snacks.

Sit, relax and allow your digestive system to work its magic in a low-stress environment for 15 minutes following meals. Listen to your body after you eat and eliminate any trigger foods that may increase stomach acid and worsen symptoms for you.

## Common Trigger Foods:

- Fried Foods
- Citrus Fruit
- Processed and Packaged Foods
- Caffeine
- Peppermint
- Chocolate
- Garlic and Onions
- Alcohol
- Tomatoes

Do you know your trigger foods?

Sometimes tracking how you feel after meals in a diary, and logging when you have niggling belly issues can really help you learn what foods to avoid.

Grab your Food Tracker [HERE](#)



## Lymphatic Love

Ever wonder what your tonsils, adenoids, spleen, thymus or lymph nodes were for?

They're part of a super important body system called the lymph system. This system is probably the most forgotten and the least understood system of the body.

Responsible for waste removal from each and every cell, we can think of the lymphatic system as the body's "drainage system."

Gross right! But totally needed.

The lymph system plays a key role in eliminating toxins, keeping fluids within the body balanced to prevent abnormal swelling and water retention, and works to regulate the immune system, protecting you from illness and inflammation that can lead to all types of disease.

Supporting the lymphatic system should definitely be a priority in any self-care routine and in terms of supporting overall health!

Simple Ways to Support Your Lymph System

### 1. Embrace at home lymphatic care!

Dry brushing or **lymphatic drainage gloves** stimulates the lymphatic system and helps keep lymph fluid moving.

Done daily, this simple practice greatly aids the body's detoxification process.

Gloves used for brushing is full-body care at it's best and has been described as meditative when done in a relaxing environment. So, Grab some of those **silicone gloves** or brush you see in the beauty aisles, light a candle, run a bath, and get your full body "mini massage" use the massage gloves and then soak in a tub!

Your lymph system will sing from this simple daily ritual & your health will dramatically improve!

Click on the image for a quick video on using the **Chelsey Jean massage gloves** or go **HERE** to purchase with 10% discount or "Janelle10" at checkout



## 2. Massage Therapy

Massage therapy is a great way to keep the lymphatic system healthy and help remove excess fluid in the tissues of the body. Some massage therapists are trained specifically to support the health of the lymphatic system should it require specialised care and attention.

Develop Your Own Personal Massage Practice!

In Ayurvedic Medicine Abhyanga is a daily practice of applying warm oil to the body, along with massage its intention is to stimulate the internal organs increasing circulation.

Explore Abhyanga's many numerous benefits in this great article below. I highly recommend jumping on board with this form of personal pampering!

Click on the image to learn more...



## 3. Eat to Thrive

Your lymph system (and entire body) loves whole, real food, free of the pesticides, toxins, and chemicals found on and in so many of the foods we consume today.

Include organic, non-GMO foods as often as possible and ditch refined vegetable oils, low-quality animal products, and foods that are inflammatory, processed, highly refined, and contain common allergens like soy, gluten, dairy, some nightshades, and shellfish.

These foods can induce stress on our immune, circulatory and digestive systems making the load placed on the lymph system a difficult one!

Antioxidants and anti-inflammatory foods often go hand in hand. Including things like berries, dark leafy greens, cruciferous vegetables (cauliflower, cabbage, Brussels sprouts, broccoli,) beets, celery, wild-caught salmon, chia, flax, hemp, pumpkin seeds, healthy oils like coconut, avocado, nuts, and extra virgin olive oil and natural anti-inflammatory herbs and spices (ginger, garlic, and turmeric) provide the body with all the good stuff it needs to promote both lymphatic and overall health.

## 4. Stay Hydrated

When we keep the body adequately hydrated we ensure that the lymph system has all the fluids required to move toxins into the liver and kidneys for removal.

Staying hydrated is imperative in making sure lymphatic fluids stay on the move.

## 5. Breathe Deeply

When we practice deep breathing into the belly we provide the whole body with additional oxygen. Paired with proper hydration this allows the body to better detoxify and drain the whole lymphatic system.

One of my favourite free apps, that's easy to use and that my kids also love is "Insight Timer" it has thousands of different types of recorded and guided audio and meditations that help us to learn deep breathing.

## 6. Get Moving

The lymph system, like the circulatory system, is responsible for moving some pretty important fluids through our bodies. The circulatory system has the heart as a "pump" to help it achieve this essential task, the lymph system doesn't.

So we have to get moving to keep that system active and doing its thing!

All forms of exercise help keep your cells healthy and fluids moving in the body, another reason including movement in your daily routine is essential.



## **Lymph Flow Friendly Exercise:**

### ***Rebounding***

Remember those mini trampolines that were a bunch of fun as a kid but always left you craving room for extra trampoline fun? Those little guys actually serve a purpose and it's called "Rebounding." 10 minutes of Rebounding a day is a great way to stimulate the circulation of the lymph fluid and keep things flowing throughout the body.

### ***Yoga***

Yoga is another excellent self-care practice that not only promotes mindfulness and mind-body awareness but additionally helps promote fluid drainage.

Also, my gorgeous yogi friend Vanessa has kindly done a lymphatic drainage and immune-boosting quick yoga flow for us! Check it out...



**If you're feeling overwhelmed by all this right now and just want a simple, personalised step-by-step process that will support you on your health and healing journey, to become the best version of you.**

**Book a call with me by clicking the button below...**

**[Book NOW](#)**

## Movement Matters

Often when we think of exercise, it consists of going apprehensively into a gym with loads of buff guys looking at their biceps in the mirror lifting enormous weights grunting obnoxiously, and walking on a treadmill dripping with sweat beside a 20 something-year-old

who is running hard out barely breaking a sweat.

But, this is far from what is required to relieve stress! Exercise is a natural remedy for anxiety and stress because it releases powerful endorphins in the brain (one of our powerful happy hormones), which act like the body's built-in painkillers and mood lifters!

Studies have also proven that exercising is best done in the morning or afternoon and this helps you sleep at night. So if you are someone who is a restless sleeper or finds it hard to drift off to sleep, take up exercising and see how it improves your quality of sleep! Even investing in a "walking pad" (mini treadmill) & using it each evening after dinner will benefit you greatly.

### Below are some tips to get started;

- Do something you love
- Build up your fitness gradually
- Make it a priority and schedule it
- Find a friend to help motivate and keep your commitment
- If you are super busy try exercising in increments - e.g. 3 x 10 minute walks

Whatever you do, don't think of exercise as just one more things on your to-do list. Find an activity you enjoy - whether it's a high-intensity activity like running, dancing or a team sport OR something more meditative like yoga, tai chi, or a walk to your park — make it part of your regular routine and you can include your kids too. Kick a ball around with them, go swimming together, have a dance party at home, take up roller skating...this is also teaching them healthy habits.

Any form of physical activity can help you unwind and become an important part of your approach to breaking free from stress!



## Satisfying Sleep

Do you ever feel like you've just closed your eyes and the next minute you have a couple of tiny monsters jumping on you, nearly giving you a heart attack as a stark wake-up call for the day?

We all know that sleep is important for our body, mind, and spirit to flourish and for overall health and wellness...

But, unfortunately, it's also one of the most undervalued factors when we consider the role it plays in our health.

The body needs sleep for proper detoxification, digestion, and the regeneration of healthy cells and tissues.

Sleep issues and deprivation, not only leave us feeling like the walking dead, but it makes it increasingly difficult to make changes and reach our goals. It leaves us unable to function properly, contributes to a host of stress issues, plus chronic and degenerative conditions.

One solution is to set regular sleep and waking times (I know, I know...it's not always possible with young children) to work towards and factor in a solid 7-8hrs a night. Hit the pillow early and make sound sleep a priority.

Make a solid commitment to ditching the vicious sleep/stress cycle: No sleep equals stress and stress equals no sleep.

**Sidenote:** Try getting to sleep no later than 10pm. Between 10pm-12am your pituitary gland releases the max amount of HGH (human growth hormone). The HGH rebuilds tissue, burns fat & strengthens bones. After midnight, it's production drops by 75%!!

Also, your body temp naturally drops around 10pm & you immediately enter "Delta waves"; the most restorative phase where your brain clears out toxins.

Below are some helpful hints to getting a good night's sleep...



## Sweet Sleeping Tips:

### ***Ditch the “Sleep Slayers”***

Caffeine, sugar, and alcohol can all interfere with a good night’s sleep. Avoid caffeine after 2 pm and limit alcohol to only weekends or specific nights, not every day. And, sugar...well as I mentioned above it’s something I recommend dramatically reducing or avoiding altogether. Refined sugar wreaks havoc in our body and mind. If you want to sleep well and wake up feeling energised avoid late-night sweet snacking.

### ***Go Herbal***

While caffeine can interfere with proper sleep it also increases your stress hormones, not good news! Try calming and stress-reducing herbal teas like Chamomile, Lemon Balm, Passionflower, or Tulsi (Holy Basil) to promote a good night’s sleep.

The herbal product that greatly helps to calm our adrenals and provides us restful, deep sleep, we highly recommend is Protandim® Nrf2 Synergizer...

\*Remember to double-check these herbs don’t contradict any medications or current health conditions you may have.



***Try including some relaxing yoga***, stretching, or meditation in your nightly routine.

### ***Stick to a routine***

Get your body in the habit of expecting sleep at a certain time nightly. Erratic sleep schedules do not equate to quality sleep.

### ***Try simple deep breathing***

Deep breathing helps to activate the body’s parasympathetic system which is naturally calming. There are many deep breathing/ “breathwork” practices you can find on the internet, or you can do *somatic “lazy workout” exercises* before bed, which help greatly reduce cortisol & stress hormones, allowing you an even deeper restful sleep.

**I teach basic Somatic Exercises in my 12week  
“Nurture You” program.**

### ***Try all-natural aromatherapy blends***

Or single oils like lavender to induce a sense of calm before sleeping. These can be diffused into the air or misted over bed sheets.

## ***Avoid devices***

Turn off devices like TV, phones, tablets, laptops at least an hour prior to sleep. We have seen increasing sleep issues (& hormone issues) in the past few years due to the blue light that these devices emit to us as it affects the production of our sleep-inducing hormone, melatonin & promotes wakefulness.

These devices additionally keep our brains engaged, preventing us from properly “shutting off” for the night.

Blue light glasses are also a great help and can be used for evening device times. Make sure to get legitimate ones as there are many fake brands on the market. My favourite is the “Block Blue Light” brand of blue light glasses.

Check them out here >> [www.blockbluelight.com.au](http://www.blockbluelight.com.au)

## **Still Struggling with Slipping into Sweet Slumber?**

Check out some excellent recommendations from sleep expert Dr. Michael J. Breus:

Website: <http://www.thesleepdoctor.com/>

Dr. Breus’s Books: <http://www.thesleepdoctor.com/resources/books>



## Declutter to De-stress

Have you ever wanted to pull your hair out or your teeth start grinding as you walk past your kid's rooms, that looks like a tornado has just passed through??? (or maybe your own bedroom haha)

Yep...Mess Causes Stress!

Clutter can play a significant role in how we feel about our homes, our workplaces, and ourselves. Messy homes and workspaces leave us feeling anxious, helpless, and overwhelmed. Yet, rarely is clutter recognized as a significant source of stress in our lives.

Why does mess lead to so much stress?

- 1. Clutter bombards our minds with excessive stimuli**, causing our senses to work overtime on stimuli that aren't necessary or important.
- 2. Clutter distracts us** by drawing our attention away from what our focus should be on.
- 3. Clutter constantly signals to our brains that our work is never done**, making it more difficult to relax, both physically and mentally.
- 4. Clutter makes us anxious** because we're never sure what it's going to take to get through to the bottom of the pile.
- 5. Clutter creates feelings of guilt** ("I should be more organised") and embarrassment, especially when others unexpectedly drop by our homes or workspaces.
- 6. Clutter inhibits creativity** and productivity by invading the open spaces that allow most people to think, brainstorm, and problem-solve.
- 7. Clutter frustrates** us by preventing us from locating what we need quickly (e.g. files and paperwork or keys swallowed up by the clutter).



Fortunately, unlike other more common sources of stress (e.g., our jobs, relationships), clutter is one of the easier stressors to fix.

*Here are a few ideas:*

## **1. Tackle decluttering as a family.**

If clutter has invaded your entire house, don't tackle the job alone. Get the whole family involved by starting with a room everyone uses and making each person responsible for a section. If you're on your own, start with one area at a time and finish de-cluttering that area before moving on to another. This will give you a sense of accomplishment as you see your successes little by little!

## **2. If you don't use it, don't want it, or don't need it, GET RID OF IT.**

You can toss it, recycle it, or donate it (one person's trash is another person's treasure), but don't keep it. If you use it, but only rarely, store it in a box in the garage (or if it's your office, in a high or low place) to leave easy-access space for things you use more often. Also, put a date on the box. With rare exceptions, if you haven't opened the box in a year, whatever is inside is probably not something you need.

## **3. When you take something out of its designated space, put it back immediately after you're finished with it.** Sounds simple, but it actually takes practice and commitment.

## **4. Don't let papers pile up.**

We are inundated with mail, flyers, menus, memos, newspapers etc. The key is to be conscious of what you and what others bring into your spaces. Go through these papers as soon as you can, tossing what you don't need and storing what is necessary in its proper place.

## **5. Make it fun!**

As you're going about and cleaning things out, put on some of your favorite tunes. The more upbeat, the better! Not only will you enjoy the tunes, but the time will also pass faster and you'll probably work faster than you would without the music!



## Master The Mind & Sow The Soul

Spirituality finds us all in such different ways and the means by which we practice spirituality in our own lives is as unique as we are.

At the core of it all is the way we connect ourselves to nature, others, the world around us and begin to understand our individual place in it all, it's a reference to the non-physical part of our being.

Spirituality is an expansive concept and although often thought of in terms of religion, can really be as simple as beginning to embrace a deep connection with joy, love, gratitude, compassion, and empathy towards others and ourselves.

There are countless ways to incorporate a sense of "spirit" in your life, having that connection to higher consciousness can help us better understand why things occur as they do, even in times when this may pose a real challenge.

Think of nurturing your soul with spirit as nourishing your body with food. There is no right or wrong, it's simply a part of the journey. When you find the spiritual path that "clicks" for you, that connects you to that life force within you'll feel it and begin to understand exactly how to nourish it.

Regardless of the path, you decide to follow there are a few "soul servers" that can help deepen and explore this aspect of yourself and your life. Incorporating spirituality into daily living is a wonderful way to stay in connection with our needs. Paired with the physical aspects of self-care and self-love it creates a harmonious blend of true balance between mind and body.

Meditation allows us to train ourselves in the ways we deal with and react to situations. It teaches us to exist in the moment and be present within our minds and our surroundings.

Learning this discipline prevents us from escalating the proportions of circumstances in our lives and it helps us focus on the awareness of our emotional patterns when coping with stress or daily life in general.



## ***Manage The Mind:***

Meditation allows us a means of true self-reflection, where we acknowledge and examine our thoughts for what they are and learn to dismiss them. This creates a quieted and tamed mind that is better equipped to productively and rationally deal with the challenges we may face. It also helps us acknowledge and evaluate what emotions are wanting to be seen, felt & nurtured, so that we can then release them instead of them looping and controlling our day.

Meditation is a practice that can be performed by absolutely anyone and pretty much anywhere. It's a great way to start your morning, end your evening and makes a great accompaniment to a yoga practice.

Below is a compilation of resources and guided meditations that will get you started on this beautiful incorporation into your self care and love practice!



**Meditation Resources :**

**1. Tips for Beginners and Getting Started with your Practice**

<http://zenhabits.net/meditation-guide>

**2. A General “How to Guide”**

<http://www.meditationoasis.com/>

*How-to-meditate/general-guidelines.*

**3. How Meditation can Make a Difference in Your Life!**

<https://www.headspace.com/science>

**4. The Science: How this Practice affects the Brain**

<http://www.collective-evolution.com/>

The Difference Between The Brains of People Who Meditate VS. People Who Don't

**5. Experiencing Challenges with Meditation?**

It's Totally Normal!

<http://www.mindoasis.org>

*How to overcome/difficulty-meditating.*

**Check out a few of our favourite sources for guided mindfulness, healing, relaxation, and sleep meditations:**

**2. Tara Brach**

<http://www.tarabrach.com/guided-meditations/>

**3. Free Mindfulness**

<http://www.freemindfulness.org/download>

**4. Meditation Oasis - FREE APP NOW AVAILABLE**

<http://www.meditationoasis.com/>

**5. Insight Timer (My Fav Pick)**

<https://insighttimer.com>



## Seek Your Spiritual Sanctuary:

In the fast-paced and ever-accelerating lives we lead, we often find ourselves in a state of constant stimulation and influence from outside forces, people, and technology.

This leaves little space for a deep connection with ourselves and our personal environments. We often don't realise the impact this disconnect can have and the havoc and lack of "grounding" can create in our lives.

To a certain degree, we all seek a sense and need for surrounding ourselves with the comfort of "home." How this looks is of course completely different for each and every one of us.

Truly finding this connection provides us with a sense of stability and a place to come back to where we are grounded by our values when things in our lives are beyond our control.

"Home" is an incredibly subjective term and your version of it is entirely your own to create. It can just as easily be a state of mind, as a hotel room with a picture of loved ones on the wall or simply being at one with nature.

Home is a place where we feel deep nourishment and connection to our souls, it speaks to us and we find comfort and safety in existing within it. So whether it be your hotel room in the city, your family home, or in meditation beside the roar of the ocean, find your "spiritual sanctuary," keep it close to your heart and truly make it your own.



## **Find Your Spiritual Tribe:**

Soul sisters, soul mates, those people you just get and get you, take the time to seek and nourish these relationships in your life!

The universe puts people on our paths for a reason the more we begin to understand and look for the meaning behind the relationships in our lives, the more perceptive we are about the roles these individuals play in our journey. Every relationship, whether it has lasted a lifetime, a long time or a brief time has something to teach us about ourselves.

People enter our lives for a reason, stay for a reason and leave for a reason. There is no wrong or right in any of these situations when we view each relationship as an opportunity to nourish and be nourished, to grow, and to nurture the growth of others. Learning to let go of things or people that we've only meant to be a part of a story momentarily helps us heal and move forward towards our next opportunity to experience new relationships and the elements they can bring into our lives.



When we do find those few people that are meant to be a part of our path long term and whether the good, the bad, and the ugly with us, it gives us such a deep sense of gratitude to know these people are “our tribe, our family.” These become the relationships we commit our very best selves to, because they are the ones that truly expand us on a deeper level.

## Expand Your Horizons: Nurture YOU!

Grow, learn, evolve, fall down, pick yourself up, fail, to understand what it is to really succeed. There is no growth in the safety of our comfort zones, it's only when we push ourselves outside those familiar spaces that we really evolve and learn to embrace the beauty to be found in the unfamiliar.

The only limitations in this world are the ones we place on ourselves. You are a being of strength, beauty, and resiliency and this world has all its infinite wisdom and gifts to offer you, these things are yours for the taking. When we commit to mindfulness and living our lives wholly in the present moment there is no “maybe next time” or “I’ll do it when....” There is only here and now, “next time” and “later” don’t concern us because there is no certainty in those things.

When we stop expanding our horizons and believing in our potential we lose pieces of who we are and quite possibly opportunities to evolve into the people we are meant to be. We lose our confidence and can experience a decline in our physical bodies, our spiritual growth, and the development of our minds.

So get out there and fully commit to living your life. Set a goal, change something, impact something, find a cause, and experience the shift it brings about within you and those around you. Open yourself up to the things that scare you, do it slowly or do it quickly, it doesn’t matter. What matters is that you do it for YOU!

I truly hope you “Unlock Your Bliss”, find your joy, your inspiration and your passions in all you do.

This is your life to create, to shape and to mould. Make it beautiful, construct it exactly how it suits you best. Do it on your terms and compromise absolutely nothing in your pursuit to your most authentic blissful fulfillment!

Remember we can’t drink from an empty cup, and self-care or learning to enjoy *the things that bring us bliss*, isn't about “me first”, it's about “me too!”



*I would love to help you unlock a few extra quick tips on how to learn to live your bliss and nourish your soul's desires...*

**1) Journal or write down what your top 10 highest values are in life?**

What this does is show you where you should focus on most in order to always be fulfilled and content in daily life.

An example of mine is;

Family,  
Friends,  
Food,  
Fun,  
Fitness,  
Fashion,  
Freedom  
Fulfilment!

I break these down into sections to then write out what it is for each one that lights me up the most....for example;

**Family** - Beach days, backyard fun, movie nights, camping, travel etc

**Friends** - Meaningful conversations, women empowerment, laughter, social activities,

**Food** - Home-cooked goodness as a family, visiting different restaurants weekly, learning how to make nourishing, organic meals the whole family loves, etc ....

I think you get what I mean right?!.....so what this does, as you start to unravel what those highest values are that light you up the most, you can start to craft your ideal life, your ideal day, your ideal relationships. You will start to attract and find your ideal tribe that wants these same things and you will start to realise that you are truly living your best possible life of bliss!!! And to be quite honest.....that's what living is all about!



**2) Write our 5- 10 gratitudes for the day**, every single day before bed or when waking up! What this does is it always helps us to stay focused on the positives in our day and we realise we can trade expectations of ourselves, for appreciation.

It helps the sub-conscious brain to celebrate the “small wins”, it helps us to unlock and realise that we have achieved some amazing things in the day or have amazing things to look forward to each day.

**Side-note:** I also do gratitudes daily with my kids, just before they go to sleep and they literally have so much to tell me, its extremely heartwarming!

Give it a try!

Our kids love to see us happy and studies have shown that when mum is more fulfilled and living life on her terms, she is teaching the kids they can as well!

This is super POWERFUL for our kids to see this!

“This life is a one-time offer, use it and know yourself well.”

To be supported and learn more about living a stress-less lifestyle join my **Instagram or Facebook pages...** (I use Instagram more than Facebook)



Or, if you want to dive into my 12 week “Nurture You” program to become more

**Calm - Restored - Deeply Connected;**

**Reclaiming the Essence of who YOU truly are**

Click here for full details **“Nurture You”**

I look forward to getting to know you and supporting you to *Ditch the Stress and Nurture Your Blissful life!*

*Janelle Emma*