

How Exercise, Nutrition, Meditation, and Self-Care Can Help Combat the Stresses of the Holidays
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A WELLNESS FORUM sponsored by Main Street Wellness Studio in association with The Coalition for a Better Wallingford. This is the first of 12 monthly wellness forums.

Today's panel consists of

Jennifer Nuzzo- Owner/Operator of Main Street Wellness Studio

Dr. David DeRosa- Owner/Operator Precision Chiropractic & Nutrition Center

Jacqueline McNamee- Licensed Marriage and Family Therapist

Kellie Codianna- Owner/Operator of Divinely Rooted Yoga Studio

One of the main culprits associated with stress, anxiety, depression, and weight gain is a reduction in structure within daily routines. The holidays tend to throw a kink into our daily routines causing all sorts of emotional, physical, mental and sometimes even spiritual upheaval. Today we will touch upon how regular exercise, proper nutrition, meditation, and self-care can help combat the stresses of the holidays.

The added benefits of exercising during the holidays....

- 1) Reduces stress and anxiety
 - A) Exercise stimulates the production of endorphins. These brain chemicals can trigger a positive feeling in the body which can boost your mood and reduce feelings of stress and anxiety. Aerobic exercise has best chance of helping to release endorphins i.e. running (runner's high), spin class, HIIT Training
 - B) Suggestion-30 minutes of aerobic exercise 3-4x a week
- 2) Combats seasonal affective disorder (SAD) /depression
 - A) Regular exercise is an amazing mood regulator. It can boost serotonin, endorphins, and other feel-good brain chemicals. This can help to treat mild to moderate depression including (SAD)
- 3) Creates restful sleep patterns
 - A) Exercise can help reduce insomnia by decreasing arousal, anxiety, and depression
 - B) Helps to regulate your body clock (circadian rhythms)

- 4) Increases self-confidence
 - A) Look good, feel good

- 5) Deters unhealthy food/drink cravings
 - A) Regular exercise makes junk food/alcohol less appealing
 - B) When you lose weight your body does not need as many calories to feel full
 - C) If you are hung over you won't be able to work out which makes people less likely to drink if they are trying to improve their health

- 6) Provides Structure
 - A) Maintaining your exercise schedule provides structure to your day
 - B) Routine will help you stay on track with food and water intake, aid in maintenance of your sleep schedule and provides a framework so you can prioritize the demands of the holiday season

- 7) Creates positive relationships within the community (fitness classes, small group training)
 - A) Making new friends helps build self-esteem and self-worth
 - B) Discover others that have similar hobbies build a comradery
 - C) Provides a network of healthy individuals that support your active lifestyle

- 8) Bonds families together by creating healthy activities to do together
 - A) Ice skating, skiing, sledding, snowshoeing, rock climbing, etc.
 - B) Could be the start of a new family tradition (make lasting memories)

- 9) Gives us an excuse to explore the great outdoors
 - A) Fresh air, sunlight, the feeling of freedom, and ability to escape the hustle and bustle of life

- 10) Enables us to discover inner peace and achieve enlightenment
 - A) When we focus our mind on the movements of our body and our breath i.e. yoga, tai chi, it can cause a meditative state, therefore lessening the stresses on the mind and body creating more focus on the positives