



Your Daily Practice

Episode 48

Slow Aging, Stress Better, and Rest Deeply
with Dr. Elissa Epel

We are all swimming in an ocean of stress. Whether it's the little daily stressors of getting through busy lives or it's the bigger stressors, how we respond to these stressors can influence our mood, our well-being, and the health of our cells. Our mindset and actions can impact whether our body is taxed or becomes resilient under stress. Here are 7 practices to try out this week based on Elissa Epel's research and her book *The Stress Prescription*.

Practices to try this week:

1. **Let go of control:** Relax into uncertainty with an “I don't know mind”
2. **Control what you can:** You may not be able to control a lot of things that are stressing you, but you can control how you act. Act from your values.
3. **Take on a challenge mindset:** Rather than seeing stress as a threat, take it on as an opportunity to grow and be challenged.
4. **Try Hormesis.** Stress your body on purpose with an acute stressor to strengthen your stress response. Try 1-3 min of a cold shower, 15 minutes of HITT training, or 15 min of Wim Hof breathing
5. **Get into nature.** Reset your nervous system by slowing down outside.
6. **Practice total relaxation:** Get into what Dr. Epel calls “blue mind” by removing yourself from stimulation and resting in silence. Take a longer Shavasana after yoga or try a visualization.
7. **Start and end your day with a healthy mind state:** When you wake up ask yourself, “What am I looking forward to?” When you go to bed ask yourself, “What went well today? What am I proud of?”