

THE ULTIMATE GUIDE TO

# BUSTING STRESS

*Proven techniques for busting stress to feel more relaxed and get the most out of life!*

THINK  
**NOBRU**  
DRINK

Your Ultimate Stress-Busting Cheat Sheet

## To use alongside Better Than Ashwagandha

### 1.. Master Your Morning Ritual 🌅

- Wake up at the same time daily (yes, even weekends!)
- Get 10-15 minutes of morning sunlight
- Take your BT Ashwagandha with breakfast
- Deep breathing exercises for 2-3 minutes
- Practice grounding (connecting your barefeet to the earth)

### 2. Move Your Body, Reset Your Mind 🏃

- Aim for 30 minutes of daily movement
- Exercise in the morning/early afternoon (not late evening)
- Try mindful walking during lunch breaks
- Focus on activities you enjoy - it shouldn't feel like a chore

### 3. Optimize Your Work Environment 💻

- Take regular 5-minute breaks every hour
- Keep your workspace clean and organized
- Use noise-cancelling headphones if needed
- Practice good posture (shoulders back, screen at eye level)

### 4. Mindfulness Made Easy 🧘

- Start with just 5 minutes of meditation daily
- Use simple breath counting (in for 4, hold for 4, out for 4)
- Practice mindful eating during meals
- Notice physical stress signals (tight shoulders, clenched jaw)

### 5. Social Connection Strategy 👥

- Schedule regular catch-ups with friends/family
- Join a hobby group or class
- Limit time with energy-draining people
- Share your feelings with trusted confidants

### 6. Evening Wind-Down Routine 🌙

- Stop screen time 1 hour before bed
- Take your evening BT Ashwagandha dose
- Use dim, warm lighting
- Do light stretching or gentle yoga
- Read or journal to process the day

### 7. Sleep Optimization 😴

- Keep bedroom cool (16-18°C/60-65°F)
- Use blackout curtains
- Maintain a consistent bedtime
- No caffeine after 12 PM

#### 8. Nutrition For Resilience 🥗

- Eat regular meals (don't skip!)
- Include protein with each meal
- Stay hydrated throughout the day
- Limit alcohol and processed foods

#### 9. Quick Stress-Busters ⚡

- 4-7-8 breathing technique
- Progressive muscle relaxation
- 30-second shoulder rolls
- Step outside for fresh air
- Listen to calming music

#### 10. Weekly Reset Ritual 📅

- Plan your week ahead on Sunday
- Meal prep to reduce daily decisions
- Schedule "me time" in advance
- Review and celebrate small wins
- Set realistic goals for the week ahead

Remember: Stress management is a journey, not a destination. Combine these strategies with your Better Than Ashwagandha for optimal results. Start small, be consistent, and adjust what works best for you!

Keep this cheat sheet handy - your future self will thank you!