

## Five tips to master stress this Back-to-Busy season

**AUGUST 20, 2015, VANCOUVER, B.C.** – With the hustle and bustle of the back-to-busy routines, some may be susceptible to the stress that comes with it. To make sure that you stay healthy and stress-free this fall, here are five tips to help you master stress, and be in your best shape for the back-to-busy season.

### 1. Get enough sleep

Sleep is a huge necessity that many individuals don't get enough of. In fact, sleep is what keeps us healthy, in shape, and feeds us enough energy to deal with our busy lives. Here are a few suggestions to make sure that you are leaving enough time in your life to get your suggested 8 hours of sleep, and are maintaining healthy sleeping habits during the night.



#### Fitbit Flex

The *Fitbit Flex* is the perfect device to track your sleep quality. By simply leaving the wrist band on during the night, the *Fitbit Flex* will track your sleeping stats and record it back onto any smart device you sync it with. Not to mention, it has a built in alarm that will silently wake you in the morning. During the day, it will even track steps, distance, and calories burned.

#### Timex Tech Watch

In order to keep your day on track and ensure enough sleep, why not think about investing in a watch? The *Timex Tech Watch* has two alarms that can either be set to a daily or one day option – perfect for waking up in the morning or reminding you it's time for bed. Think about utilizing the forward/bark setting for easy use as well as enjoying the comfortable resin strap to keep on during the night.



London Drugs carries a wide diversity of watches from designer to tech. View the full line of watches [here](#).

### 2. Take vitamins for stress

With busy schedules, it is not uncommon to fall off the healthy lifestyle track. In order to keep your body balanced and healthy, consider vitamins to help you feel strong, energetic, and stress free. When stress is continuous, accumulated, or especially intense, it can challenge the body's natural ability to cope. This leads to exhaustion or fatigue and eventually burnout. However, your local London Drugs Pharmacists are available to provide health advice and provide suggestions for vitamins to help you manage your stress:



#### London Drugs Stress B Formula with Vitamin C

The *London Drugs Stress B Formula* is combined with Vitamin C to help the body metabolise proteins, fats and carbohydrates. This combination gives the body a better ability to handle stress in a more natural way, leaving you with less stress and anxiety.

#### Jamieson Stress Support Day

Jamieson Stress Support Day is a daytime non-drowsy and non-addictive everyday stress relief formula that delivers all-natural herbs to help temporarily reduce stress and feelings of anxiety.



#### London Naturals Milk Thistle Extract

*London Naturals Daytime Stress Formula* is an extract for a relaxed alertness without drowsiness and also helps to reduce stress. The screw on lid and ideal sized bottle is perfect to fit in a purse or brief case for use throughout your busy day.

### 3. Eat healthy

During times of stress, some individuals may turn to traditional comfort foods like chocolate or cheese. However, these foods are some of the worst choices for our stress filled bodies. The high-fat content makes it difficult for our bodies to deal with stress and can increase feelings of anxiety. Low-fat and high-fiber meals are best for stressful times with a diet rich in fruits or vegetables. These foods give individuals high amounts of energy and nutrients which ultimately reduce stress and boost our body in a natural way. To learn more about making the right eating choices, visit [www.LDHealth.com](http://www.LDHealth.com).

### 4. Get enough UV light

In order to feel energized, focused, and healthy, it is important for individuals to receive a healthy amount of UV light. For those that wish to reduce the tired feelings that come with the shortening days of sunlight, a UV light may be the perfect addition to fall routines.

#### Philips Wake Up Light

The Philips Wake-up Light uses a unique combination of light therapy and sound to wake you up in a gentle and natural way. By waking up to increased light and soothing sounds instead of an alarm clock, individuals may feel more ready for the day ahead and can start off stress free.





### [Uplift Sunlite SAD Light](#)

For individuals wishing to start their day off with an uplifting energy through more intense UV light, the *Uplift Sunlite SAD Light* may be the perfect solution. SunLite is the bright light therapy lamp that provides therapeutic white light at a comfortable distance – perfect for every day use.



### [Nature Bright SunTouch Lamp](#)

The *Nature Bright SunTouch Lamp* enhances mood, elevates energy and promotes better sleep. By re-syncing the body's clock, individuals are able to improve their mood, energy and sleep, and ultimately work towards a stress free lifestyle.



### [Uplift DayLight Sky](#)

The *Uplift Day-Light Sky* is designed to provide optimal bright light therapy treatment for individuals. The two-light setting provides 10,000 LUX, while the one-light setting provides convenient task lighting. The Day-Light Sky is designed for use in the home or the office, and provides a bright light therapy and everyday task lighting for individuals.

## **5. Exercise or practice yoga**

Regardless of if you can touch your toes or not, yoga is a great exercise to clear the mind and body of all related worries, anxieties or fears. Through a variety of simple exercises, yoga has been known to cure stress and is often used as a stress management tool by many individuals. To find out a few ways that you can practice yoga at home, check out these suggestions:

### [Trimax Extra Thick Yoga Mat](#)

The first step to practicing yoga, is finding the right mat for you. The extra thick yoga mat provides comfort for all your exercises. Don't forget about the ultra stick grip to reduce slips as well. With the *Trimax Yoga Mat*, you will be well on your way to stress relief in no time.



### [Energy & Stress Relief - DVD](#)

For those that love a guide on stress relief, think about investing some time in a DVD. Rodney Yee'S Yoga For Energy & Stress Relief is equipped with 20-minute restorative yoga practices designed to calm the mind and energize the body and is perfect for anyone who wants to reduce stress and refocus.



### [6-piece Dumbbell Set](#)

If participating in weight lifting is your guide to stress management, why not consider tying in weights with your yoga experience? The 6-piece dumbbell set is colour coded with a carrying case that makes this set ultra portable and easy to store in small spaces. The dumbbells gradually increase in weight from 0.5 kg, 1 kg and 1.5 kg dumbbells and are coated to allow for better and more comfortable grip.

### **About London Drugs:**

Founded in 1945, B.C.-based London Drugs has 79 stores in more than 35 major markets throughout British Columbia, Alberta, Saskatchewan and Manitoba including its online store [www.londondrugs.com](http://www.londondrugs.com) London Drugs offers consumers a range of products from digital cameras and cosmetics to computers and televisions. Renowned for its creative approach to retailing, the company employs more than 7,500 people with pharmacy and health care services being the heart of its business. Committed to innovation and superior customer service, London Drugs has established itself as a reputable and caring company and continues to position itself for future growth and development. For more information, visit [www.LondonDrugs.com](http://www.LondonDrugs.com).

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