

Stress Free Zone

BY REBECCA KIDMAN

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THE TIME LEADING UP TO THE WEDDING IS WONDERFUL AND EXCITING, BUT IT HAS TO BE HANDLED THE RIGHT WAY TO KEEP STRESS UNDER CONTROL.

Weddings are all about organising—a great amount of organising—and there can be stressful moments for family members, friends as well as the bride or groom. The aim is to reduce the stress as much as possible so all involved can look back on this time with only wonderful memories. You may come up against interfering relatives; everyone will want to have their say about your wedding. Just remember to focus on what is important, and that is what your marriage will mean to the both of you.

Try to reduce stress around things such as money right from the start. Work out a realistic budget that works for you. If your parents are helping out, sit them down early in the planning and find out how much they are comfortable contributing. This will save a great deal of stress later on.

Learning to calm the mind and body is extremely important in relieving stress. One of the most powerful ways to decrease stress and increase energy in the body is by a breathing technique.

Close your eyes, inhale deeply through your nose letting air flow into your stomach area. Picture your body filling with peace as you inhale and stress flowing out of you as you exhale deeply. Allow your mind to clear. Repeat until your breathing has slowed down and relaxed.

Time management is important. Make sure you manage time sensibly; a diary of well paced appointments is necessary so you are not rushed off your feet and can make important decisions with a clear head. It will also make planning the wedding a much more enjoyable experience for all. If you are very busy, do yourself a favour, be realistic and hire a wedding planner.

DIETARY RECOMMENDATIONS TO HELP RELIEVE STRESS SHOULD BE CONSIDERED.

- Eliminate or restrict the intake of caffeine and alcohol.
- Eliminate refined carbohydrates such as soft drinks, sweets, fruit drinks, cakes and white bread.
- Eat regular planned meals in a relaxed environment.

NATURAL HEALTH

- Nutritional support for a person who is experiencing extra stress in their life is crucial, in particular to help the adrenal glands. The adrenal glands control many body functions and play a critical role in the resistance to stress. Often the adrenals become exhausted as a result of constant demands on them. This is not how you want to feel leading up to your big day. Several nutrients are especially important in supporting adrenal function including Vitamin C, B5 (Pantothenic acid), Vitamin B6, Zinc and Magnesium. They all play a big role in the health of the adrenal gland. The levels of these nutrients can be greatly reduced in the body during times of stress
- Vitamin C is recommended at about 1000mg 2x per day during times of stress to keep the immune system functioning the way it needs to. It can also be found in many dietary sources such as blackcurrant and citrus fruits.
- Pantothenic acid (B5), is also important during times of high stress and can be found in foods such as brown rice, salmon, chicken, almonds, beef and broccoli.
- Zinc should be taken at a rate of 20-30mg per day and can be found in oats, rye, wheat, oysters, egg yolk, tuna, chicken, walnuts, almonds and sunflower seeds.
- Magnesium should be taken at a rate of 250-500mg per day or can be found in foods like brown rice, wheat bran, wheat germ, figs, nuts, apples, broccoli and avocados.

Lavender oil can be used on the skin for massage or in an oil burner to help relieve stress. One of the best things to have handy in your handbag or pocket at all times is the Bach Flower Essence Rescue Remedy, this will get you through those more stressful moments. Just two sprays under the tongue and you will feel the instant sense of calmness flow over you.

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Please note: It is important to check with your healthcare professional before undertaking any changes to your diet or lifestyle.

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