

A daily routine to cultivate calm, peace, and health during stressful times.

CALM & SOOTHE DAILY ROUTINE



Joy Arnold
www.joyarnold.com

DAILY CALM & SOOTHE ROUTINE

ACTIVITY

Stay active! Even if it's simply taking a brisk walk but stay active. Physical activity lowers blood pressure, reduces risk of heart attack, & strengthens respiratory system. It also stimulates release of endorphins (feel good hormones) which have been shown to decrease symptoms of depression & anxiety and relax the body and CNS. That means, stressful times are the exact times you need to get your movement on!

NUTRITION

During times of stress, the body experiences systemic inflammation (which leads to all sorts of disease). Physical activity is vital to relieve this but so is what you eat. Foods either cause inflammation or reduce it. Again, now is the time to be incredibly mindful about what you eat! See the list on the following page for foods that are anti-inflammatory and have healing qualities.



HERBAL THERAPY

Certain herbs have adaptogenic qualities and calm the CNS (central nervous system). Adaptogens help the body to resist stress and cultivate homeostasis. If you're taking any medications be sure to check with your doctor before adding any herbal therapy. See the list of calming and adaptogenic herbs on the following page. Follow manufacturers dosing recommendations.

ROUTINE

The body and mind like routine and it's no different during times of stress. Actually, it's more important during stressful times to have a regular routine. Sleep and wake cycle, eating cycle, activity cycle, etc. I know it can be hard during times of unknown but it's critical in calming the mind and body.

DAILY CALM & SOOTHE ROUTINE

ACTIVITY

Monday	—————▶	Get your heart rate up! HIIT, walk, etc.
Tuesday	—————▶	Yoga
Wednesday	—————▶	Get your heart pumpin'! HIIT, walk, etc.
Thursday	—————▶	Yoga
Friday	—————▶	Get your heart pumpin'! HIIT, walk, etc.
Saturday	—————▶	Yoga
Sunday	—————▶	Rest

**Include daily meditatiton (even just 5 minutes has an impact!)*

NUTRITION

Berries, cherries, grapes, tomatoes, broccoli, avocados,
leafy greens, peppers, mushrooms, fish, olive oil, nuts,
turmeric, green tea, dark chocolate, & cacao.

This list is not exhaustive.

AVOID: all processed foods, fried foods, and sugar!



HERBAL THERAPY

Ashwagandha, chamomile, lavender, kava, lemon balm,
passionflower, valerian, holy basil, & rhodiola.

Visit gaiaherbs.com to read about these and more!

ROUTINE

- Start your day with gratitude (both big and small)
- Wake up & go to bed at the same time every day
- Eat meals and snacks at the same time daily (w/in 30mins)
- Stop several times a day, close your eyes and witness your breath (breathing slow and deep)
- Find a one-word mantra that keeps you positive & focused (*i.e. peace, surrender, strength, calm, etc*)

**FLows, MEDITATIONS, & EATS
RECOMMENDATIONS**

WWW.JOYARNOLD.COM

FLows

YouTube Content:
Easy Seated Flow
Strong & Gentle Flow
Mammoth Lakes Flow

MEDITATIONS

Soothe In 6
Hridayam (Heart) Meditation

NUTRITION

Blog Content:
3 Plant-Based Protein Powerhouses
Sugar-Free Banana-Choco Bread
Paleo Veggie Muffin
Nutrition & Immunity

To download and view any of the content above
visit www.joyarnold.com and Joy Arnold on
YouTube.

Email:
namaste@joyarnold.com