

Women's MIND BODY WELLNESS SUMMIT

BONUS VIDEOS

Expert: Lori-Ann Rickard
MyHealthSpin Founder

How to Handle a Stressful Day

1. Remember: "There is always a silver lining." and "This too shall pass."
2. Recall that you have had hard times before and you made it through.
3. Leverage good connections with friends, family or your minister to talk through things.
4. Know that kids can be a great distraction from whatever happened during the day.
5. Rely on your spirituality, whatever it may be.
6. Remind yourself that you are here to make the world a better place.
7. Acknowledge that you get to choose how you respond to the stress.
8. Be really careful with your self-talk.
9. Think about what you are grateful for, before you get out of bed in the morning.

"You can work 24 hours a day, but when you come home your kids need your attention."

How to Stay Connected With Loved Ones

1. Being around loved ones helps whether things are going well or badly.
2. Social media is helpful for connecting with extended family.
3. Mailing cards is good. Lori-Ann sends one to her daughter at college monthly.
4. Going out with friends to plays, activities or even on vacation together is great.
5. The best way to find friends is to be a good friend. Say "hi" to neighbors, help others.

How to Clear Your Mind

Journaling:

- Lori-Ann likes to use a relatively small journal with lined pages and three pockets. It's important for her that the ink doesn't bleed through to the other page.
- Her first paragraph is about the day before: what happened and what she thought.
- Her second paragraph is about the upcoming day and what she has planned.
- Her third paragraph is for gratitude. She breaks this into four categories: her work, her other businesses, her children, and personal things like health and relationships.

"When I used to drop my kids off at school, I made them give me three things they were grateful for before they got out of the car."

Meditation:

- Try an app for your phone. Deepak Chopra and Oprah have one that gets sent each day.
- Whether she can do 5 minutes or 15 minutes, she finds a benefit.
- If your mind is always going, do a meditation with a mantra to repeat. It will settle you.

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Expert: Francesca Saracino

Pilates Instructor

Fitness for Millennials

1. Ideally, do strength training 3-5 days per week.
2. Try not to workout the same muscle groups on back-to-back days.
3. If you can only go once or twice per week, a total body workout offers the most benefit.
4. Cardio and interval training are also great options.
5. When you go for a walk, move briskly, almost at a run.

Please view the workout for detailed steps.