

2 Minutes, 20 Minutes, 2 Hours SHIFT YOUR FRAZZLED STATE



2-20 MIN - 2 LIST

Make a list of activities that do NOT require digital devices. What activities can you do for 2 minutes, 20 minutes, or 2 hours to change scenery for your sight, sound, taste, smell, & touch?



2 MINUTE RULE

Step away from work/desk
2 minutes of vigorous activity - squats, run stairs, stretching.



20 MINUTES

Step away from stressors and change your environment - go outdoors if possible. Organize drawer/cabinet, chop vegetables, change clothes, take a shower



2 HOURS

Pick an activity that changes up your routine, location, who you are socializing with. Laughter is the best medicine.

Do you have the holiday blues, or feeling frazzled?

Your mood and vibe are dragging

- You feel numb watching the news/another catfight on reality TV
- indecision: what to wear/what to pack/what to cook?
- You are snacking every 17 minutes, drinking too many cocktails, or in a carb coma.
- Holiday activities are draining your energy rather than fueling joy

Are you feeling frazzled or dazzled?

- Does an activity add to a frazzled mood - anxiety, stress, frustration, anger OR
- Does it dazzle you with joy, hope, or a sense of opportunities?
- What is your holiday to-do list? Write tasks down.
- Look at each task and ask yourself - frazzled or dazzled?
- Then decide to ditch, do, or delegate?

Biohacking Holiday Weight Gain

Choose Comfort Food Over Stress Eating

Minimize Stress Eating or Overeating:

- Avoid skipping meals or conserving calories prior to a big meal or party.
- Eat protein & healthy fat prior to big meal & party
- Practice 2-20-2 destressing method prior to eating
- Out of sight, out of mind. Keep sugary snacks or unhealthy foods out of reach

Feeling Bloating? Indigestion?

- Chew on fresh ginger slices 15 min prior to meal, or ginger chews if primary ingredient is ginger
- Ayurvedic tea for digestion: cumin, coriander, fennel. 1 tsp each to water. bring to a boil for 10 min. Let is cool and drink early in the day.
- Eat prior to drinking water. Water dilates digestion processes- drink warm water

Too many adult beverages?

- Drink water between every cocktail
- Prior to bed take thiamine, folic acid, and magnesium
- Eat a banana (potassium)
- Wine and dine on protein, avoid drinking on an empty stomach
- Drink lower alcohol content beverages
- Drink electrolyte solutions before bedtime and again upon awakening- sports drinks, coconut water activated charcoal beverages or supplements