

Emotional First Aid Kit

All You Need Is A Good Plan
for the next time things get overwhelming.



The most important natural supplements to begin taking regularly for stress is magnesium and vitamin D3.

Unfortunately the old fashion misunderstanding about the grave calcium deficiency in this country has caused many people to over supplement with hard to absorb

forms of calcium like calcium carbonate and miss the fact that what they really need are magnesium and vitamin D3 to make the natural forms of calcium in food useful for the body.

Brand name supplements from the health food store are best.

Things To Have On Hand When Times Get Tough

Below is a list of herbs, supplements, homeopathic remedies and flower remedies that research has shown can be helpful when coping with stress.

The herbs should be used with caution and researched for any contra indications based on your particular health situation. They are best used under the supervision of a healthcare professional.

All of the other recommendations are generally thought to be safe for self care.

The first thing that I recommend to all my coaching clients is a commonly available flower remedy called Rescue Remedy.

-Dan Kass CCWC



HOMEOPATHIC REMEDIES, HERBS AND DIET

I have seen life changing results from homeopathic remedies. They are a very safe option and can work very quickly. One example is Aconitum Napellus. Many people report that this remedy can help reduce panic attacks. They come in different potencies. 30c is the potency most people start with. You can use the free remedy finder at abhomeopathy.com to find a remedy thats best for you.

The herbs that are most often used for



stress are: Valerian, Lavender, Oats, Chamomile, Skullcap and Passion Flower. Or if you feel burned out Ashwagandha could help your adrenals recover. Research which ones might be safest for you or ask a healthcare professional to advise you.

Last but certainly not least, as you learned in the *ZeroStress Coaching Series*, reducing your sugar and salt intake and regular stretching or exercise are essential to reducing you stress.