



Crack the Wellness Code
PERSONALIZE YOUR WELLBEING

Wellness Movement Newsletter

March 2025

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Wellness Tips - Managing Stress in Adolescents

Unique Wellness Tips for MANAGING STRESS IN ADOLESCENTS

01

The 5-4-3-2-1 Reset

When overwhelmed, engage your senses: name 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste to ground yourself.

02

Heart Rate Variability (HRV) Biofeedback

HRV training helps adolescents regulate their nervous system by improving the balance between stress (sympathetic) and relaxation (parasympathetic) responses. Devices like heart rate monitors can assist in real-time tracking.

03

Sunlight and Circadian Rhythm Alignment

Encouraging natural sunlight exposure in the morning helps regulate melatonin levels, improving sleep quality—a critical factor in managing adolescent stress.

04

EFT Tapping (Emotional Freedom Technique)

Tapping on specific meridian points while verbalizing emotions can help release stress and emotional blockages. This mind-body technique has been found effective in reducing anxiety in teens.

05

Cognitive Behavioral Therapy (CBT) for Thought Reframing

CBT techniques help adolescents challenge negative thoughts and replace them with more constructive, realistic perspectives, reducing stress-induced cognitive distortions.

06

Vagus Nerve Stimulation through Humming & Gargling

Stimulating the vagus nerve with humming, singing, or gargling activates the body's relaxation response, improving mood and stress resilience. This technique has scientific backing in autonomic nervous system regulation.

07

Social Connection as a Neuroprotective Factor

Encouraging adolescents to engage in in-person social activities boosts oxytocin levels, reducing stress. Research indicates that strong social bonds protect against anxiety and depression.

Disclaimer: Information provided here is general and suggestive, not meant to be prescriptive. You are advised to check your personal needs and consult with practitioners as applicable.

Summer Wellness Hack for the Diabetics

Dr. Soham Patel

3 Summer Wellness Hacks for the Diabetics



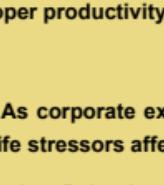
Watch Video

Skin Deep - Test Your Wellness Wisdom

SKIN DEEP – TEST YOUR WELLNESS WISDOM

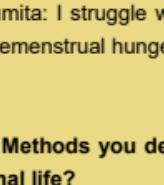
1 What percentage of dust in your home is actually dead skin?

- A) 10%
- B) 25%
- C) 50%
- D) 70%



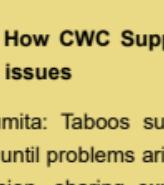
2 What happens to your skin when you're happy?

- A) It glows
- B) It becomes firmer
- C) It produces more collagen
- D) All of the above



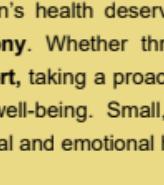
3 What does "skin fasting" mean?

- A) Avoiding food that affects your skin
- B) Letting your skin go without products for a while
- C) Using only water to cleanse your skin
- D) Applying sunscreen only once a week



4 What unusual ingredient has been found to improve skin hydration?

- A) Snail mucin
- B) Bee venom
- C) Mushroom extract
- D) All of the above



5 Which vitamin is known as the "skin vitamin"?

- A) Vitamin A
- B) Vitamin B12
- C) Vitamin C
- D) Vitamin E



Final Thoughts:

Women's health deserves more attention, and stress management is key to hormonal health. Whether through nutrition, movement, holistic remedies, or community support, taking a proactive approach can help you feel vibrant, balanced, and in control of your well-being.

In today's fast-paced world, stress is a constant for many women, affecting everything from mood to metabolism. Prolonged stress can disrupt hormonal balance, leading to fatigue, sleep disturbances, weight fluctuations, and irregular cycles. The good news? Small lifestyle changes and holistic approaches can help restore balance naturally.

The Stress-Hormone Connection

When stress levels rise, the body produces excess cortisol, which can suppress key hormones like estrogen, progesterone, and thyroid hormones. This imbalance can lead to mood swings, low energy, and metabolic issues. Managing stress effectively is essential for overall well-being.

Lifestyle Tweaks for Hormonal Balance

Incorporating simple habits into your daily routine can have a big impact:

- Prioritize Sleep: Aim for 7-9 hours to support hormonal repair.

- Move Your Body: Engage in strength training, yoga, or walking to regulate cortisol.

- Set Boundaries: Reduce overwork and allow time for relaxation.

- Digital Detox: Limit screen time before bed to enhance melatonin production.

The Role of Nutrition in Hormone Health

A hormone-friendly diet can prevent imbalances and promote stability:

- Increase Healthy Fats: Avocados, nuts, and olive oil help hormone production.

- Balance Blood Sugar: Eat fiber, protein, and complex carbs to prevent insulin spikes.

- Reduce Stimulants: Cut back on caffeine, sugar, and alcohol to prevent fluctuations.

Stress-Reduction Techniques That Work

Managing stress is key to hormonal harmony. Try:

- Meditation & Deep Breathing to lower cortisol.

- Nature Therapy for relaxation and emotional balance.

- Gratitude & Journaling to shift focus from stress to positivity.

Medical & Alternative Therapies

If lifestyle changes aren't enough, consider:

- Functional Medicine & Hormone Testing to diagnose imbalances.

- Bioidentical Hormone Therapy (BHRT) for menopause and hormonal issues.

- Acupuncture & Chiropractic Care for stress and hormone regulation.

Community Member Interview: Madhumita Jena on Stress, Hormones and Women's Well-Being. To bring real-world perspective to this discussion, we spoke with Madhumita Jena, CWC Board Member and Women Track Leader with expertise in AI and developer productivity.

CWC: As corporate executive, entrepreneur and busy mother, what are your biggest daily life stressors affecting physical and emotional well-being?

Madhumita: Balancing different responsibilities, including family care, personal health issues, and career aspirations, are the biggest stressors for me. Towards the end of the week, I am exhausted and overwhelmed, and I notice that I have less patience.

CWC: Any hormonal changes linked to mood swings, cyclical changes, or fatigue?

Madhumita: I struggle with irregular, heavy periods that cause anaemia and fatigue, along with premenstrual hunger that undermines my weight management.

CWC: Methods you deployed to manage stress effectively while balancing work and personal life?

Madhumita: I manage stress through intentional living, timeboxing, and a holistic approach encompassing daily exercise, meditation, healthy eating, sufficient sleep, and Ayurvedic practices like self-massage.

CWC: How CWC Support Groups and community networks can address hormonal health issues

Madhumita: Taboos surrounding menstruation leave many uninformed about hormonal health until problems arise. Community support groups like CWC address this through open discussion, sharing experiences, and providing emotional support, leading to improved mental and physical well-being.

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