

Transcript

00:02 i'm dr geo espinosa
00:04 chief medical officer formulator and
00:07 co-founder
00:08 of xy wellness stress reduction is one
00:12 of the core pillars of the xy wellness
00:14 approach
00:15 to reclaiming and rebuilding your health
00:16 and quality of life
00:19 for your consideration here are seven
00:20 simple suggestions to mull over
00:23 number one give up all hope for a better
00:26 past
00:27 regrets and grudges are a waste of your
00:29 here and now
00:30 as is worrying about an uncertain future
00:33 it is how you take advantage of and use
00:36 your here and now
00:37 that will determine your future number
00:40 two
00:41 not everyone is in your hurry traffic is
00:44 traffic
00:45 and it's not our job to teach the world
00:47 how to drive
00:48 and that's just one example the more we
00:51 react to things that we cannot affect
00:53 the more stress we needlessly inject
00:56 into our daily life
00:58 number three avoid the absurd and
01:01 unnecessary
01:04 arguing over politics for example has
01:07 as much a chance of leading to change in
01:09 either party's perspective as
01:11 arguing over religious beliefs so what's
01:14 the point
01:16 there's far too much self-induced and
01:18 misdirected anger in the world today
01:21 you have better things to do

01:24 number four meditate don't medicate
01:30 if the term meditation seems too new
01:32 agey to you despite it being an ancient
01:35 practice then
01:36 let's simply refer to it as gathering
01:38 your thoughts
01:40 a few moments each day unplugged and off
01:43 the grid
01:44 will not only lower your stress level
01:46 but will boost your
01:47 energy level as well
01:53 number five definitely
01:56 naturally medicate tap into the powerful
01:59 benefits of exercise and enjoy life
02:01 riding a wave of
02:03 dopamine and serotonin all so good that
02:06 is hard to believe
02:08 they're both free and legal the fitter
02:11 you get
02:12 the less you will crave other stimulants
02:15 that actually
02:16 further stress in your body
02:20 number six focus on your priorities
02:23 understand what truly matters to you and
02:25 make certain that you are investing your
02:27 time and energy
02:28 accordingly recognize the difference
02:30 between being busy
02:32 and being successful set and act upon
02:35 priorities that make sense
02:37 for you otherwise
02:40 others will set your priorities for you
02:44 number seven life is far simpler
02:47 than we allow it to be no
02:50 drama is my mantra in life and at work
02:54 but don't get me wrong i am a work in
02:57 progress and
02:58 that's on a good day that said
03:02 before you get upset about something ask

03:04 yourself if
03:05 you will even remember the issue in two
03:07 weeks
03:08 if not just let it go
03:11 in general lighten up focus on the here
03:14 and now
03:15 pursue what matters most to you and
03:17 don't forget to have a great time along
03:19 the way
03:20 let's get to work