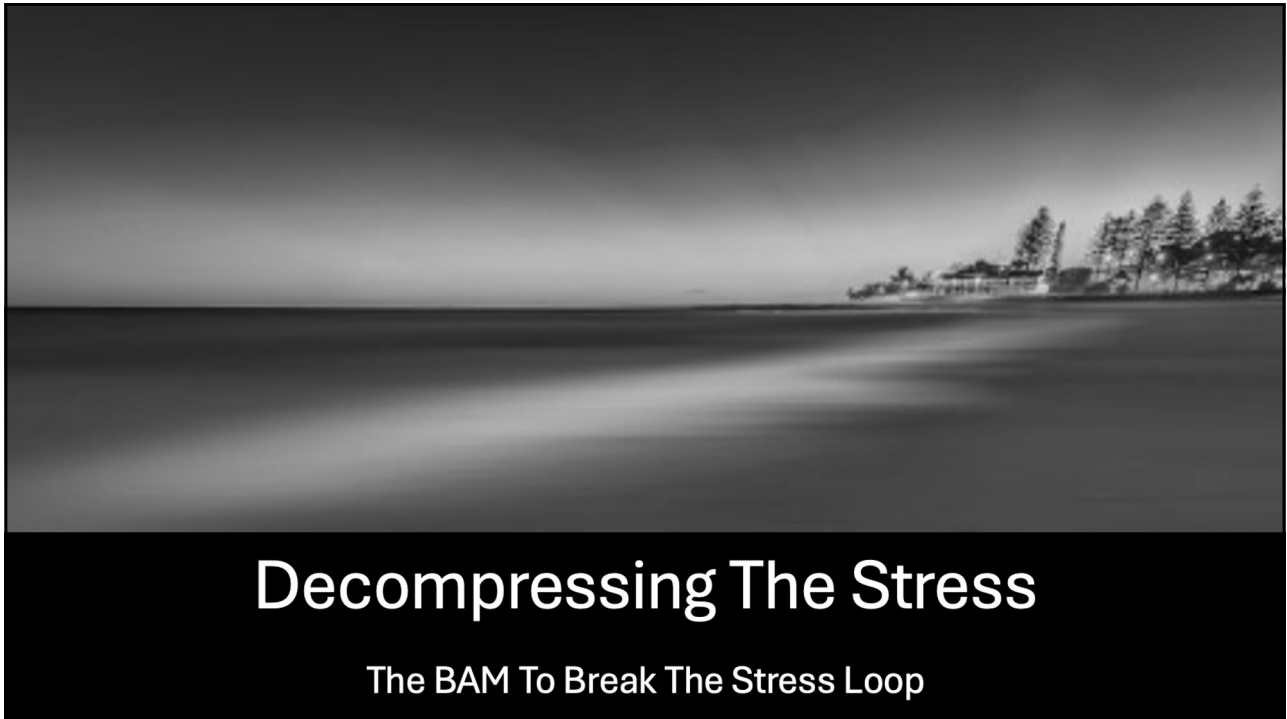




1



2

Anyone Can Stay Calm In The Spa

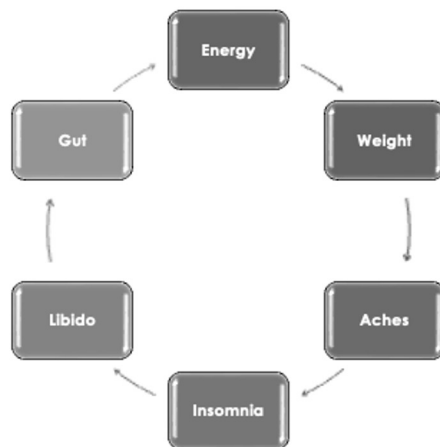
Stress, worry, overwork, limited sleep, junk foods and drinks, exposure to toxins, and more can reduce our window of tolerance.



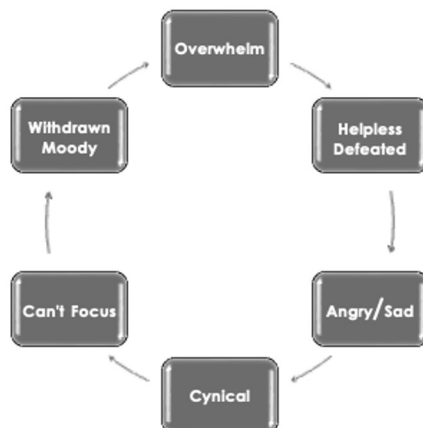
4

NOT Balanced?

PHYSICAL SIGNS



EMOTIONAL SIGNS



5

Stress – The Real Health Pandemic

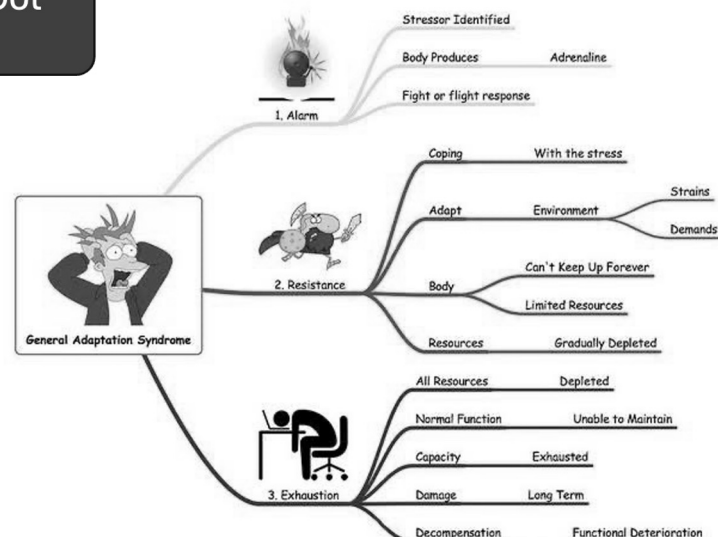


Stress is when the demands exceed the personal and social resources the individual is able to mobilise to **adapt** to the conditions.

Lazarus

6

Have You Got GAS



7

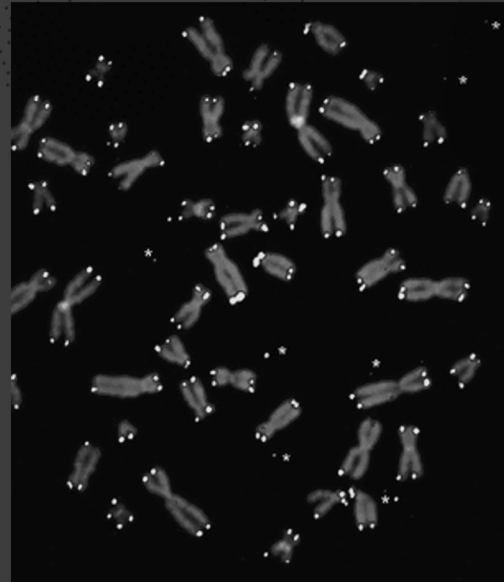
Stress Shortens Telomeres

- High-stress women lose 9 years of telomere length

• Blackburn, E. H., Epel, E. S., & Lin, J. (2006)

- Chronic depression reduces telomere length by a decade

• Simon, N. M., Smoller, J. W., McNamara, K. L., Maser, R. S., Zalta, A. K., Pollack, M. H., ... & Wong, K. K. (2006)



8

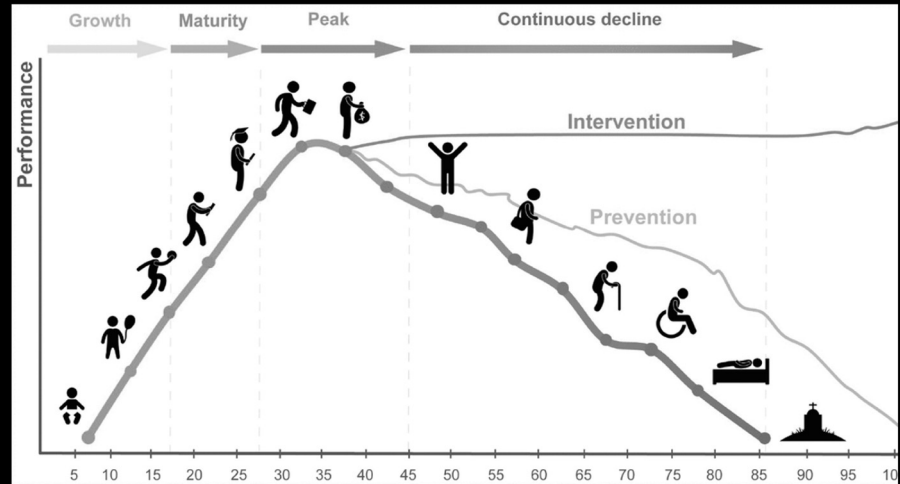
Navigating the Modern Mental Terrain & The Loneliness Epidemic

In Australia, just over 1 in 6 people reported experiencing loneliness in 2022

Loneliness transcends mere emotional distress; it poses significant health risks comparable to smoking 15 cigarettes a day, as noted by the World Health Organization (WHO)

9

Health Span vs Life Span



11

HEALTH DISTANCE

Based on life expectancy in years at birth for persons 2020.

Source ABS 2022 & UN World Population Prospects 2022

#1 Monaco 86.5 years

#2 Japan 84.7 Years

#3 Australia 84.3 years

12

The BAM to Manage Stress

**'You can't stop the waves,
but you can learn to surf'**

Jon Kabat-Zinn



13

WELLBEING IS A SKILL WE CAN LEARN

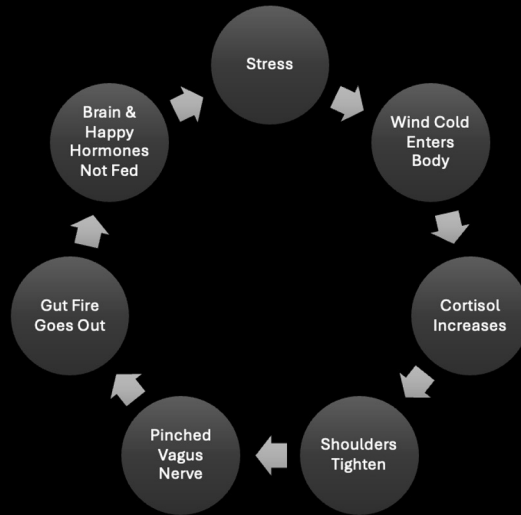
Wellbeing is not a static "thing" – but a set of skills that can be learned and cultivated over time, just like learning to play a musical instrument or riding a bike.

Ritchie Davidson
*Centre for Healthy Minds
University of Wisconsin-Madison*



15

The Perpetual Stress Loop



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ADRENALS RECHARGE WITH



GOOD FOOD



GOOD REST



GOOD PLAY

18



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WHY THE GUT FIRE GOES OUT

The vagus nerve tells the stomach

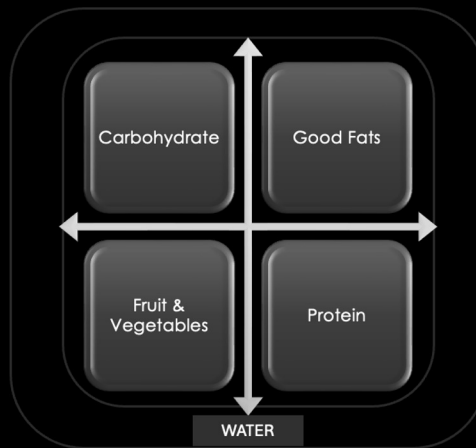
- To churn the food within it
- To produce stomach acid

A damaged or under-active vagus nerve =

- ***Low stomach acid levels and low enzyme production.***

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Good Food Is Square



22

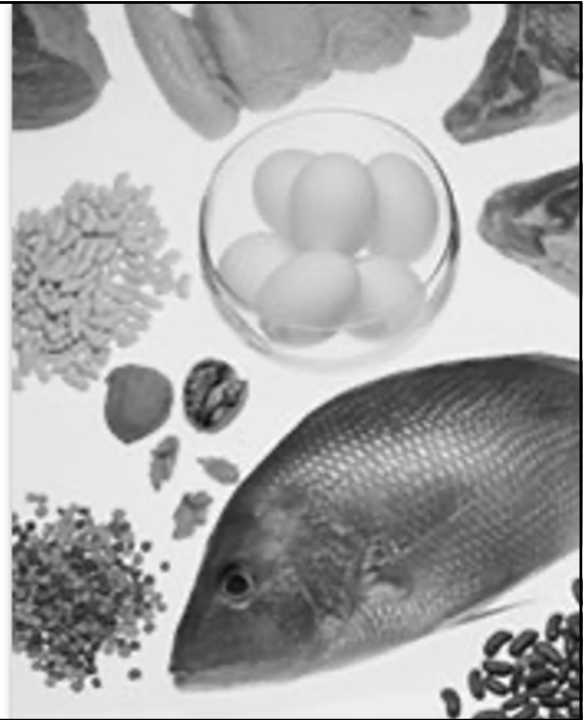
WATER BAM

- We need 33 millilitres per kilo of filtered water's desired body weight daily. This is what an active person needs just to stay hydrated.
- Warm water hydrates the body faster allowing for quicker absorption.
- It also improves blood circulation, aids digestion, and avoids the shock response caused by cold water.

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HOW MUCH PROTEIN?

1.6 to 2 grams per kilogram of desired body weight (or approximately 1 gram per pound) per day.



24

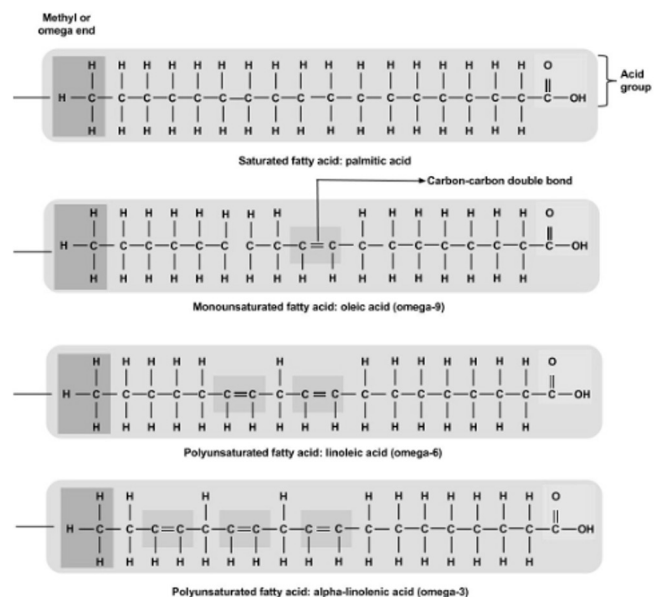
FATS BAM

•Saturated fats

•Have only single bonds between carbon atoms in their fatty acid chains. This makes them the most stable of the fatty acids. Saturated fats are often found in animal products like meat, poultry, and eggs.

•Omega-3, 6, and 9 fats

•All unsaturated fats, meaning they have at least one double bond in their fatty acid chains. The number of double bonds and the distance from the methyl end of the chain where the first double bond appears determines which type of omega fat it is.



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CARBOHYDRATES BAM

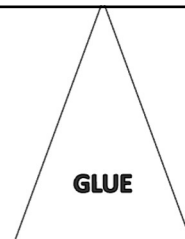
**Carbohydrates are the
"intensity macro".**

**The amount of carbs we
need correlates with the
intensity of our exercise.**



26

How come when you mix water &
flour together you get glue..



And then you
add eggs



And sugar...

And you get cake?

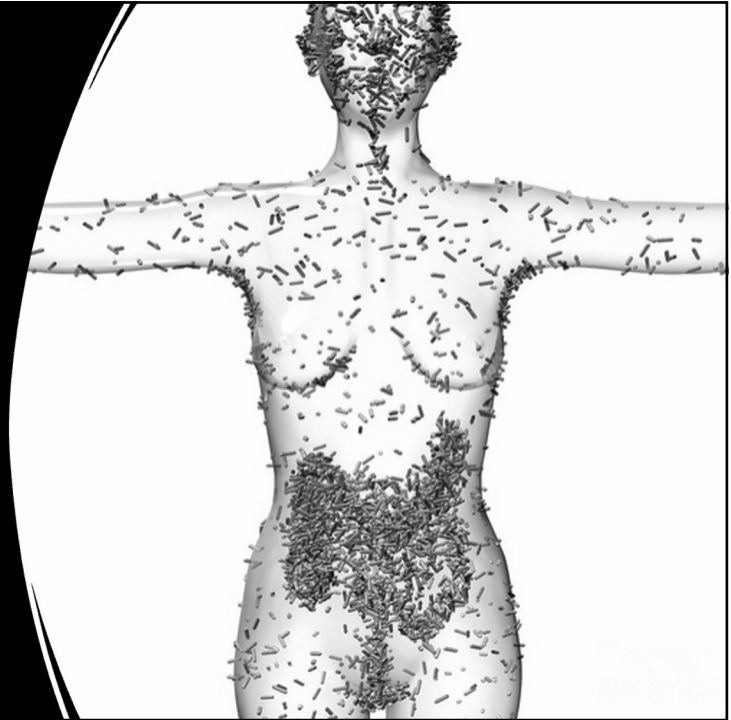


Where did the glue go?

27

MICROBIOME

- PRE BIOTICS
- PRO BIOTICS
- POST BIOTICS



28

FOODS TO STOKE THE FIRE

Enzymes –
PawPaw, Pineapple,
Green Kiwi Fruit

PreBiotics
Pungents – Onions, Garlic
Fibre, KP Mango, Kiwi

Pro Biotics
Fermented Foods, Kim
Chi, Sauerkraut, Keifer.
miso

29

Rest BAM



34

SLEEP – Our #1 Priority



35

*Want more energy...
get better sleep.*

*Want to lose weight...
get better sleep.*

*Want to age slower...
get better sleep.*

*Want to be less stressed...
get better sleep.*



36

Sleep

- **HARD TO GET TO SLEEP**
- Is low in calcium (eat a 1-2 teaspoons of sesame seeds most days)
- Flowery essential oils like lavender, chamomile, marjoram, jasmine and Citrus oils like lime and orange etc help (Jen's Chill Out Blend)
- **HARD TO STAY ASLEEP**
- Is low magnesium eat almonds pecans, walnuts and dark green veggies.
- Wood essential oils like vetiver, sandalwood, cedarwood etc (Jen's Sanity Saver Oil has them all)

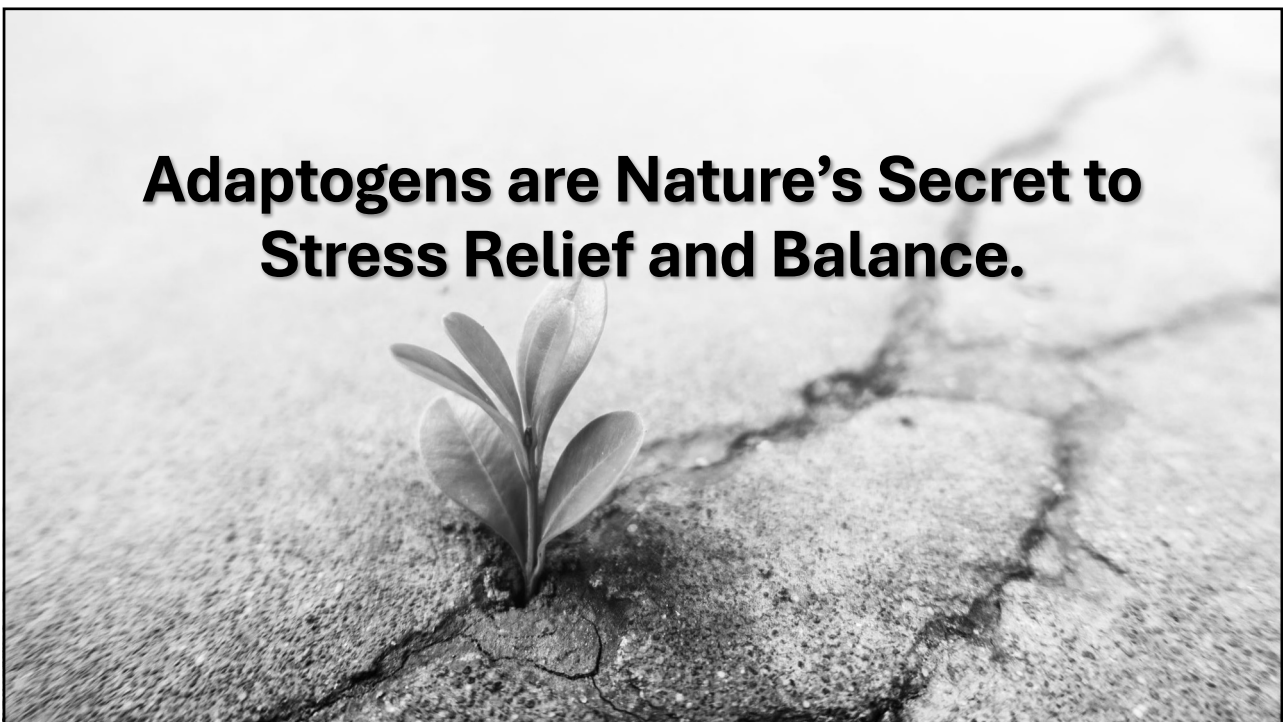
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ADRENAL GLANDS NEED

- Between 7-9 Hours Sleeps to Recharge Effectively
- Most Important Time is 10pm – 2am

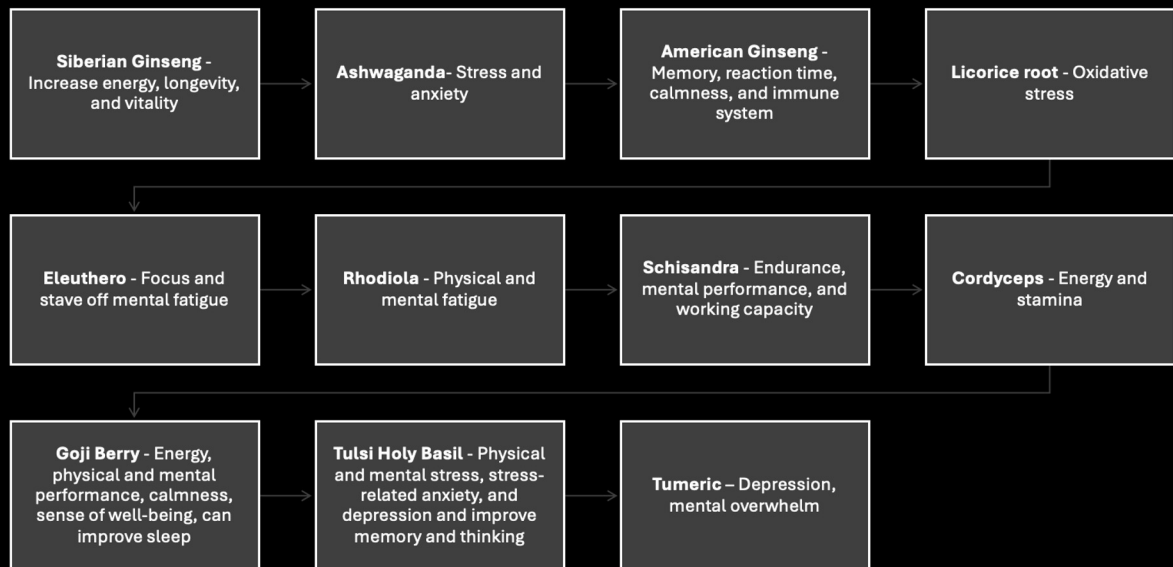
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Adaptogens are Nature's Secret to Stress Relief and Balance.

39

Adaptogens



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THE VAGUS NERVE

Just Breathe!

2 Quick Sniffs then breath out through mouth slowly

41

“NSDR or Non-Sleep Deep Rest



“NSDR is a state which can be achieved by dampening down our nervous systems by removing stimulants from our environment”

Dr. Andrew Huberman
Neuroscientist and Professor at
Stanford University School of
Medicine

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Play BAM



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Schedule in PLAY time

Balancing 1 Hour to Yourself Daily 15 Minutes

- 15 minutes - Relax i.e., meditate/ just be still
 - 15 minutes - Educate yourself
 - 15 minutes - Play with yourself
- 15 minutes - Play with someone you care about

44

Movement BAM



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THE REALITY

86% Surveyed would
like to exercise
everyday
Only 22% actually did.

71.5 % Time is the
factor deciding the
amount of exercise
achieved.

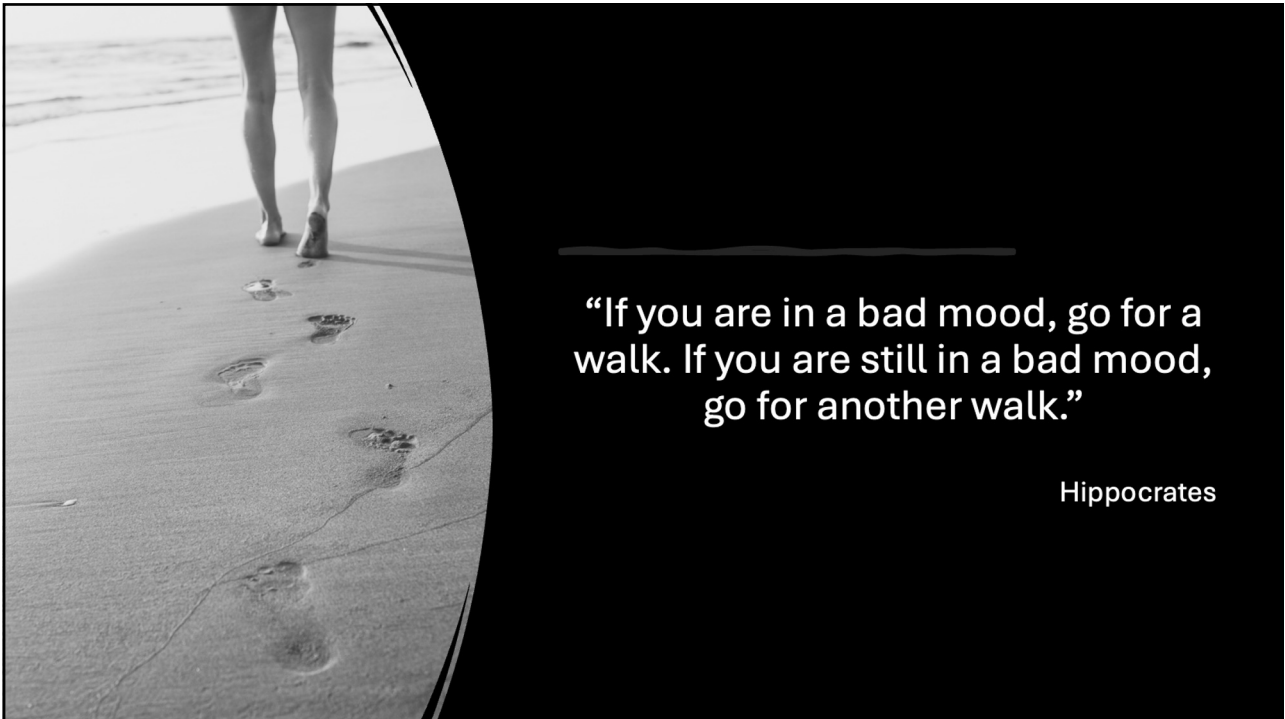
46



MINDFUL MOVEMENT : Flow vs Push

- Walk don't Run
- Make it flow
 - Qi Gong, Tai Chi, Pilates, Yoga
- Make it Low Impact
- Make it Joyful

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INCREASING DOPAMINE & SERATONIN TO HANDLE STRESS

- ❖ Move Your Body
- ❖ Nutrition – Close to nature
- ❖ Meditation - Even 5 mins a day
- ❖ Gratitude's
- ❖ Aromatherapy
- ❖ Celebrate all the little Wins

51

Anyone Can Stay Calm In The Spa

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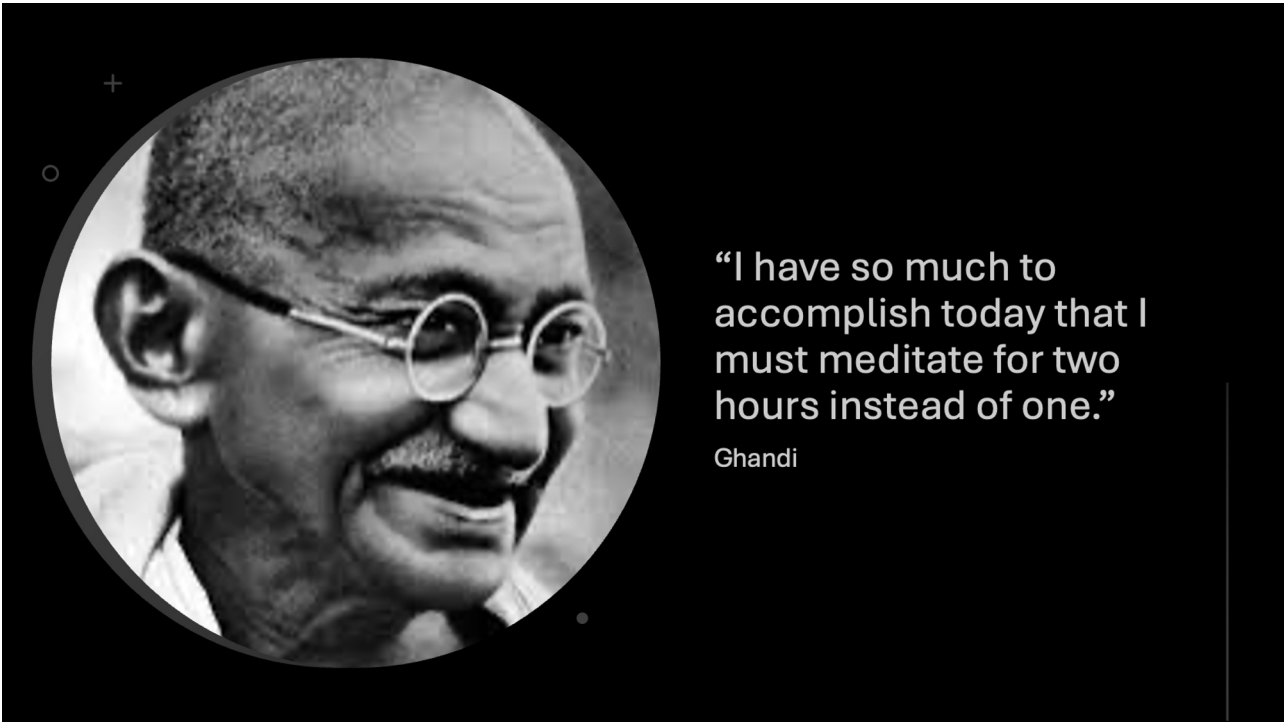
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WHEN THE GOING GETS TOUGH

If you can't fly then run,
If you can't run then walk,
If you can't walk then crawl,
But whatever you do...
Just keep swimming



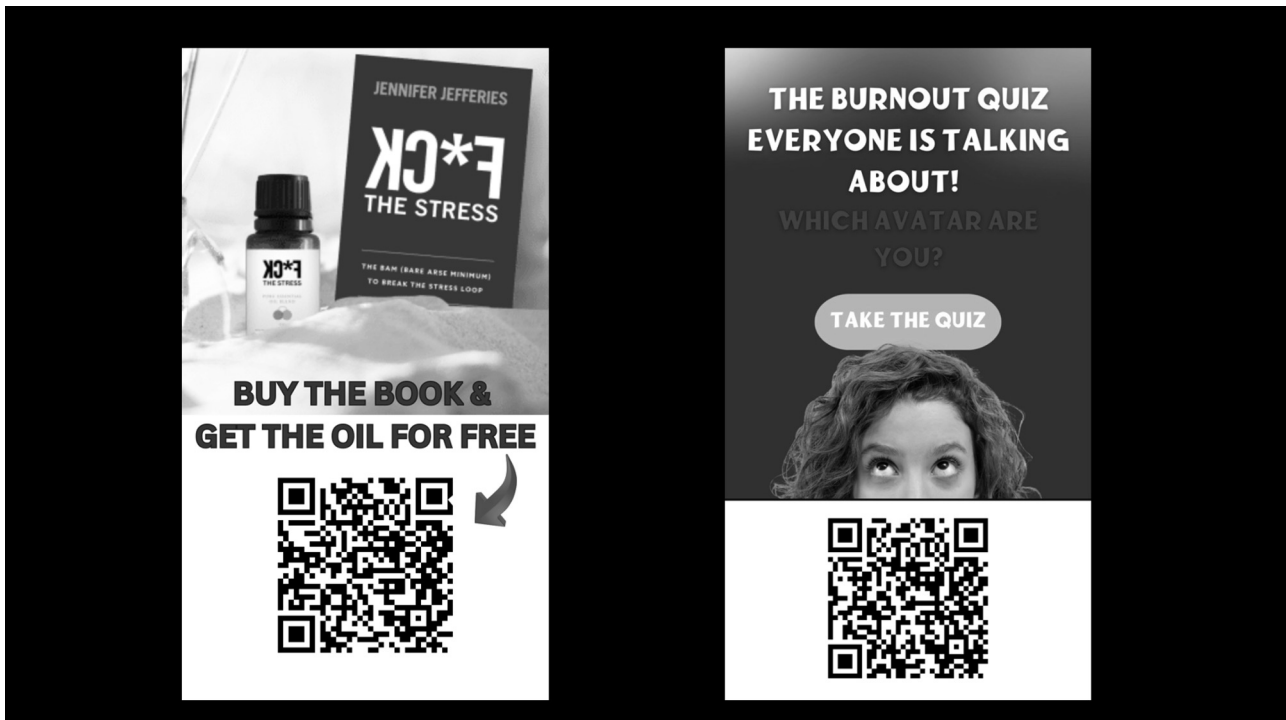
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HOW TO FOLLOW & CONTACT JEN

- INSTAGRAM @thepresentdaywisewoman
- FACEBOOK <https://www.facebook.com/jennifer.jefferies.10/>
- LINKED IN <https://www.linkedin.com/in/jenniferjefferies/>
- Email jennifer@jenniferjefferies.com

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