

LITTLE ADAPTS BY JAX

Natural Ways to Manage Stress + Improve Sleep Guide

Forms of Meditation:

1. **5 Minute Notebook:**

- AM
 - 3 things you're grateful for
 - 3 things that would make today great
 - Daily affirmation: I am...
- PM
 - 3 amazing things that happened today
 - 1 way you could have made today even better

2. **Meditation:**

- Breathing Exercises - My favorite is 4-7-8. See article: <https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>
- Meditation apps to try:
 - Headspace or 10% happier for monthly subscriptions
 - Insight Timer is a free meditation app

Healthy stress/sleep supplements:

1. **Magnesium**

- Start taking magnesium daily with dinner or before bed as it will also help to relax and calm you in addition to alleviating sore muscles. During stressful times, your cortisol levels rise and it depletes your magnesium so it would be good to take daily during stressful times! (Also, it is perfect when you're craving something sweet after dinner!)

2. **Pure Encapsulations - Best-Rest Formula Supplement**

- This will help you sleep better as it's a combination of natural herbs that aid in sleep.

3. **CBD Oil**

- I'm an advocate with GreenCompass because of the quality of their product and how much it has helped my body to find balance. You can find more information here through my link:
 - <http://Littleadaptsbyjax.greencompassglobal.com>
 - There are 2 ways that you can order:
 - **Retail Customer** - You will pay the full retail price.
 - **Preferred Customer** - You will get a 20% discount! There is no fee to enroll as a Preferred Customer, but you will have to select the "enroll in auto-ship" option. You are able to go in and change this at any time. Delay, skip, switch up products, cancel, etc. **Note:** *There is no required monthly commitment! You will receive an email 5 days before your shipment as a reminder. At that point (or any time before), you can go in and make any changes as well. (All changes have to be made 5 days prior to the shipment going out).
 - Lastly, you will receive FREE shipping on your 3rd monthly, consecutive order and EVERY order after that as long as you don't skip!

****Note: I would recommend checking with your doctor before taking the Gut Garden Protocol + the CBD just to make sure it doesn't interfere with any medications you are taking!***