

RECURRENT STRESS



This **Personal Coach program** is designed to help you take simple steps toward living more serenely. The objective is to help you achieve a healthy lifestyle using easy-to-adopt measures to restore your positive energy.



DEVELOP THE RIGHT HABITS!



IN THE MORNING

- **Do a few stretching exercises** when you get out of bed. Exercise helps put you in a good mood.
- **Start the day calmly, don't rush.**
- **Plan your day.** Draw up a realistic to-do list.



DURING THE DAY

- **Take short breaks.** Go to a neighboring office for a pleasant chat. Laugh.
- **Visualize a joyful image** (e.g. your child's face, a beautiful place or a positive situation) to counteract moments of anxiety.
- **Eat a balanced meal** rich in antioxidants (vitamins C and E, beta-carotene and selenium), vitamin B and magnesium, for optimal nutrition.
- **Avoid unhealthy snacks.**
- **Breathe deeply** throughout the day. Being active will boost your circulation, improve your concentration and reduce aches and pains.



AT THE END OF THE DAY

- **Choose to go on foot or by bike** rather than taking public transportation or your car.
- **Do low impact exercise** (two or three times a week), e.g. pilates, yoga, meditation, etc.
- **Concentrate** on one activity at a time to avoid becoming distracted and losing your temper at home.
- **Delegate some tasks** to those around you.
- **Disconnect...** Unplug all electronic devices (cell phone, PC, tablet and television) one hour before going to bed. They stimulate the brain and make it harder to sleep.
- **Relax** on your own for 15 minutes and practice a few simple breathing exercises to release the tensions of the day.
- **Get enough sleep.** Your body needs to recover.



LACTIUM® RECOMMENDED DOSAGE

To ensure Lactium®, your daily partner, is as effective as possible, **take 150 to 300mg per day⁽¹⁾⁽²⁾ for 15 days to one month..**

⁽¹⁾ Lanoir D. (et Al.). Stress, 5 (suppl.), 124, (2002)

⁽²⁾ Dr Abdul Samad F. (et. Al.). Unpublished, (2011).

