

B THE NEWSLETTER

A Monthly Edit: By Lia Bartha



De-Stressing

By Lia Bartha

This past month was an exceptionally busy one for me and my family. The shift from summer spontaneity to a stricter, fall schedule has been a huge adjustment, both mentally and physically. Just the small change of pre-planning kids' lunches and scheduling work around pick-up and drop-off has me exhausted. Then on September 1st, we traveled back from visiting my folks in Hawaii just as Hurricane Ida hit New York City. Luckily, nobody got hurt but like so many in Brooklyn and the surrounding areas, we've had to deal with some pretty significant damage to our home. Long story short, keeping positive as your home is being demolished is no easy feat. Facing the reality that rebuilding said home will take at least a year, has got me stressed with a capital S.

So, I figured now would be the perfect time to address this added stress in our lives and find ways to reduce and manage it. If you aren't feeling stressed today, make sure to keep this issue on hand for those times when you might need it. Because the number one thing you can do for yourself when times get tough, is turn to your community. As I begin the process of rebuilding my home, which also happens to be the B The Method headquarters, it's easy to let the stress distract and overwhelm. But with a little help from my loved ones, my community and a few special tools I've learned along the way, I know that when the clouds finally part and the sun shines down once again, we'll be built back stronger than ever.

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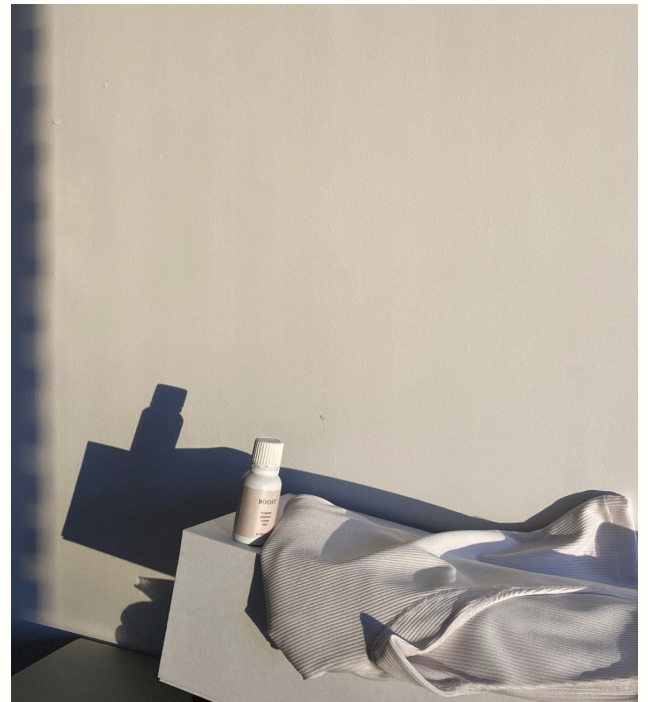
The Focus

De-stressing your life

Stressors are everywhere and there's very little you can do to avoid them. We can certainly try to limit the amount of exposure to stressful situations but we all know it never goes away entirely. And so I've devoted this entire issue to finding ways to reduce the stress before, during and after it kicks in.

Conversely, stress can sometimes be a great motivator. Once in awhile, the sense of urgency makes us more aware of our reality and attuned to what we need. It's all about how we choose to deal with it (or not deal with it) which dictates what the long term damaging effects will be to our health. So rather than getting bogged down by the stress of being stressed, take some time to figure out how to manage it.

You know what the cheapest and easiest way to reduce your stress is? Laughter. So, call that person in your life who makes you smile. Another easy stress reducer? Sex. So call that person in your life who can make you....(bonus if you only need one phone call.)

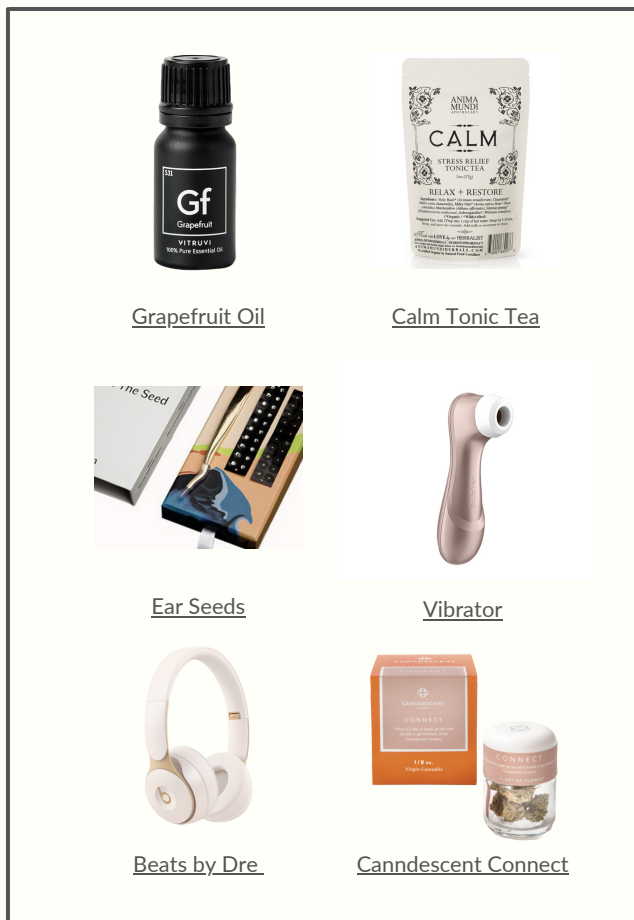


The Essentials

Tangible tools to reduce stress in the moment

For those moments when your person doesn't answer the phone..

- **Grapefruit Essential Oil** : Drop a little bit in your palms and breath in deeply. I use this grapefruit oil everyday before I start my day.
- **Calm: Stress Relief Tonic Tea** : I'm much more of a coffee person (as you know) but too much caffeine when I'm stressed-out gives me anxiety. Listen to your body. This tea is a much better choice.
- **Ear Seeds** : To be honest, I was a sceptic the first time I used ear seeds but damn, they really do work! You'll feel a sense of calm and when it wears off, you can reactivate by rubbing on the pressure point.
- **Vibrator** : If you don't have that special someone to call, take things into your own hands. With all the pelvic floor work we do, your orgasm should be extra intense, which should take your stress away. Oldest trick in the book.
- **Noise Cancelling Headphones** : This one is my favorite. Throw on your headphones and dance. Block out all the extra noise and blast your favorite music. My go to is Prospe right now.
- **Candescent Connect Flower** : Once in a while, when I'm feeling extra rigid and in my head, I like to partake in a little flower therapy. When the kids are asleep, my husband rolls us a joint. Like coffee and alcohol, I use only in moderation and stick to one brand/strain so I know the effects. All you need is one/two hits.



Grapefruit Oil

Calm Tonic Tea

Ear Seeds

Vibrator

Beats by Dre

Candescent Connect

The Movement

A guide to making your workout meditative

Exercise is one of the best ways to reduce unwanted stress in your life. We all know this to be true, but it can sometimes be more challenging in practice when you are feeling overwhelmed by time, energy and having too much on your plate. This is why it is extremely important to choose a form of exercise for your body that will help you, not hurt you. Meditative movement, meaning exercise focused on breathing and internal strength, will reduce the body's stress hormones, such as adrenaline and cortisol, while increasing the production of endorphins. Thus, relieving your body of tension and all the feelings that come with it.

In those moments of stress, spending a little extra time focusing on opening up the chest, hips, lungs and mind, will do wonders for your stress levels. Meditative movements with a focus on connecting your breath, will make space for the good and release the unwanted. Stress will always be a part of our lives but having tools to come back to make it easier to manage.



Try these Meditative Exercises:

- **Deep Lateral Breathing:** Sit or lay comfortably. Place your hands around your ribs, both hands over your chest or both hands on your pelvis. Close your eyes. Breathe normally for a few breaths. Then, start to deepen the breath, in through your nose and out through your mouth for 5-10 minutes. Feel your ribs expand in a horizontal manner, releasing tension in the back and shoulder blades with every breath. Take a peek at a breathing tutorial [here](#).
 - **15 minute - De-Stressing Series:** I created a short series on the app specifically for reducing stress, tension and anxiety. I filmed this because I REALLY needed it in the moment. Try it out this new series [here](#):
 - **Go for a walk:** Not a groundbreaking moment, but take this as a reminder to step away from the screens and breathe some fresh air.
 - **Sweat:** Use the cardio flow sessions to let your body release the tears, in the good way. These sessions will still have a meditative quality but with that extra component of letting energy leave the body. I know you know.
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The Pantry

Combat stress with good nutrition

There are two ways I tend to go about fueling my body while stressed out. Either I feed myself excessively all day or don't eat at all. The gravitation to either end of the spectrum depends on what has triggered the stress. When I am feeling anxious and nervous, no food is safe from entering my mouth. When I'm overwhelmed, my appetite is gone entirely. Neither of these solutions truly help to calm or ease the situation. I've learned this the hard way. Lots of stomach aches, headaches and gut issues (if you know what I mean).

The best case scenario is to eat, repeat and choose wisely. Certain foods can often bring on more stress, whereas others can really help level out your body. As much as I love the boost of energy I get from a second shot of espresso mid-day, it can be damaging to my mental and physical health on a stressful day. Here are some of my dos and don'ts I TRY (but don't always succeed) to stick to.

Eat, Repeat and Choose Wisely

Cinnamon Overnight Oats:

So breakfast is one less thing you have to think about.

Ingredients:

- 1/3 cup rolled oats
- 1/2 cup oat milk (or milk of choice)
- 3 tbsp coconut yogurt (or yogurt of choice)
- 1 tsp vietnamese cinnamon
- 1 tsp chia seeds
- 2 tsp maple syrup
- Pinch of salt

Directions:

- Combine all ingredients in a sealed jar and shake to combine.
- Store in the refrigerator overnight.
- Add a dash of milk when ready to eat plus a drizzle of maple syrup.
- Favorite toppings include: sliced bananas, peanut butter, cacao nibs, chia seeds.



Choose this, not that →

- Dark Leafy Greens. Great for the gut. Helps you poop it out.
- Vitamin C. My grandma always swore that it was the cure all.
- Cacao & Dark Chocolate. Just a little bit for the euphoric feeling.
- Oatmeal and whole wheat grains. Complex carbs for the win.
- Turmeric Golden Milk. This one has Ashwaghandha & herbs for relaxing.
- Coffee (Listen, I love coffee but grab a tea instead. I will try as well)
- Alcohol (Will not help the situation in the long run)
- Refined sugar. It just makes you crash. Grab a date instead.
- Fried and overly processed foods. I love fries but not now.

Coming Up This Month



- B The Method x Seed: I am partnering with Seed this month for a community gut challenge. The gut is inhabited by trillions of bacteria that have a huge impact on how our brain and body function and feel. An out of balance microbiome can trigger swings in stress levels which are not pleasant. Seed is a probiotic + prebiotic, taken daily, that supports your microbiome and overall digestive health. Join me this month, in partnership with Seed, in making a commitment to making your gut health a priority. Code LIA15. #ad #accountable.

- Friday 15 minute Instagram lives this month will continue focusing on Meditative Movement! Tune in Friday's at 12pm EST, IGTV, and the B The Method App.
- Instagram Live on 10/7 at 3:45pm with Seed founder, Ara Katz.

THANK YOU FOR READING

This newsletter is for our community, by our community.
Send us a message with any questions, comments, and feedback.

JOIN OUR AFFILIATE PROGRAM!
Interested in being part of our program? Email us to chat.

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