



DR. JUDITE BLANC

Introduces: H.S.R. Holistic Stress Reduction



**Book time on my calendar to
discuss my exclusive: HSR
Holistic Stress Reduction**



I've developed this exclusive guide for my clients to help them understand and manage their stress.

I ask them to consider making small changes in how they live day-to-day, getting their bodies moving, eating right, sleeping better, and maybe even trying out some herbs or other natural helpers. Plus, there's a big focus on doing things that help their minds and spirits, too, like meditation or yoga, that can really help them chill out and feel more connected.

Below is a quick peek at how all these pieces come together to help them kick stress to the curb and boost their overall happiness and health:

1. **Mental Stimulation** - This keeps your brain busy with activities like meditation and reading, that gets you thinking, helping you manage stress better.
2. **Time Management** (according to your life purpose) - Helps you organize your day more efficiently, so you have time for work, play, and rest. Setting goals and using planners can keep you on track.
3. **Physical and Natural Wellness** - Links how you feel mentally to how you take care of your body, suggesting eating well, moving more, and maybe trying some natural remedies like herbs and aromatherapy.
4. **Social Connection and Community Support** - Shows how having friends and feeling part of a community can make you happier and less stressed. It's all about making connections that matter.
5. **Spiritual Wellness** - Finding peace and purpose through your religious or spiritual beliefs.
6. **Digital Health** - Using tech like apps and online therapy to manage stress wherever you are. Just remember to take breaks from screens too.
7. **Leisure and Creative Expression** - Letting loose and expressing yourself through fun activities like art, music, or dancing.
8. **Trauma Informed Care** - Making sure everyone feels safe, especially if they've had tough experiences in the past.
9. **Psychotherapy** - Talking things out with a therapist to learn new ways to deal with stress, especially for people who feel left out or under a lot of pressure.
10. **Evaluation and Feedback** - Checking in, to see if what you're doing to feel less stressed is working and changing things up based on what you experience.

About Dr. Blanc

Judite Blanc, PhD is an assistant professor of psychiatry and behavioral sciences, and founding director of the Holistic Families Lab at the University of Miami Miller School of Medicine.

Her Mission

To transform the lives of families, women, and children who are overwhelmingly burdened by ever increasing amounts of stress in their lives by utilizing science, education/training, community services, and advocacy in the US and globally to support them.

More Information

✉ Info@DrJuditeBlanc.com 🌐 www.DrJuditeBlanc.com