

# NEED A NATURAL NUDGE?

## We've Got Some Suggestions...

We've assembled a selection of products that will help calm your body and mind. Discover how these well-researched botanicals can complement your stress-management initiatives.



Each **D-Stress** softgel delivers 80 mg of certified-organic lavender oil, the time-honoured botanical shown to help relieve restlessness as well as mild symptoms of mental stress and exhaustion, and to aid sleep.

**Sleep<sup>8</sup>** features a blend of eight ingredients to help you fall asleep faster and stay asleep longer. It assists in resetting your body's sleep-wake cycle, or circadian rhythm, and helps cope with jetlag or altered sleep schedules.



**New Roots Herbal Chill Pills** is a comprehensive formula featuring L-theanine, passionflower, ashwagandha, rhodiola, and holy basil, plus an array of B vitamins, working synergistically to temporarily promote relaxation and help you to simply "chill out"!



Sourced from sardines and anchovies, each **Merry Mind Omega 3** softgel delivers 1,000 mg of pharmaceutical-grade eicosapentaenoic acid (EPA). This naturally occurring yet ultrapotent compound is recognized to promote healthy mood balance.

**New Roots Herbal Joyful** features biologically active forms of vitamins, amino acids, and botanicals known to help improve healthy mood balance and to temporarily promote relaxation.



**GABA** is a naturally occurring amino acid within the nervous system. By attaching to GABA receptors, it produces a calming effect, temporarily promoting relaxation.

**L-Theanine** is an amino acid commonly found in tea leaves and shown to help temporarily promote relaxation. Each capsule delivers a potent 250 mg of soothing, caffeine-free L-theanine so you can decompress and unwind.



To ensure these products are right for you, always read and follow the label.

All ingredients are tested for potency and quality in our ISO 17025-accredited laboratory.

HPL0007



# NEED A REST FROM STRESS?



New Roots  
HERBAL

# STRESS

This single syllable can impact every waking moment and every second of slumber.

***Stress is a normal reaction the body has when changes occur. It can respond to these changes physically, mentally, or emotionally.***

We're all exposed to stressors. What makes us unique, for better or worse, is how we cope with them. The balancing act of family, finances, career, academics, and the inevitable challenges every new day delivers can get the better of us. When you consider the COVID-19 pandemic of 2020/21, even the most grounded of people may be feeling more than a little stressed out.

## You're Not Alone

As we cope with the COVID crisis...

- Canadians are using "worried" (44%) and "anxious" (41%) to best describe what they are feeling\*
- 46% of Canadians report feeling stressed, either "regularly" or "all the time"\*
- Up to 48% of Canadian women and 45% of men report difficulty sleeping\*

Elevated stress levels, especially for extended periods of time, can take a toll on both your mental and physical health. Do not wait for it to become unmanageable.

\*Data on file

# EMPOWER YOURSELF

## There Is a Wealth of Lifestyle and Natural Strategies Which Can Help

Has anyone ever told you take a deep breath when you're feeling stressed? **Deep-breathing** exercises are recognized for stress reduction.

**Yoga** is recognized globally for both mental and physical wellbeing. And yes, yoga is also for men!

**Mindfulness**—the moment-by-moment awareness of our thoughts, feelings, and surrounding environment—is worth exploring. So is simple gratitude. Each can help you live in the moment and appreciate simple pleasures.

The cascade of benefits from **physical activity** includes better cardiovascular health, stronger bones, and improved mental health. Ask anyone about the rush of natural feel-good hormones (endorphins) following a good workout!

A **healthy, nutritious diet**—complete in vitamins, minerals, and healthy fats—will not only feed your body but also help nourish your mind and keep you well-balanced.

Plan some time to **pamper yourself** and do whatever it is that helps you relax. It's just as important as everything else you are juggling—maybe even more so.

And, of course, a good night's sleep!

# SLEEP TIGHT

## Did You Sleep Well Last Night? Who Can Honestly Answer "Yes"?

Experts say we need **eight hours of sleep** a night; yet, too many of us set our alarms already knowing we cannot hit this goal. The rest can wait; treat yourself to eight!

Try to maintain a **regular sleeping schedule**. Staying up late, sleeping in, and afternoon naps can disrupt your natural circadian rhythm.

**Limit caffeine** intake late in the day. Decaf has come a long way in delighting even the more discerning taste palates.

**Skip the nightcap**; choose a cup of chamomile or passionflower tea instead.

**Avoid late-night screen time** from TV, computers, and phones. The subject matter alone may work you up, and blue light has been shown to interfere with melatonin production.

Create a **soothing atmosphere** with an essential oil diffuser or calming music. For some added comfort, look into getting a more supportive pillow.

**Try a natural supplement**. Plenty of botanicals can help you appreciate what a solid eight hours of sleep feels like!