

# SELF-CARE SOLUTIONS

WINTER 2021

QUARTERLY NEWSLETTER  
Wellness through lifestyle medicine

By Z Altug, PT, DPT, MS, OCS  
Z Lifestyle Physical Therapy  
[www.integrativedpt.com](http://www.integrativedpt.com)

---

## INSIDE:

- Reducing Stress
- Healing Music
- Positive Psychology
- Science-Based Smoothie



## Reducing Stress

---

Here are 5 steps to help you reduce your stress:

1. Exercise with friends in a nice outdoor environment
  2. Play with your pets
  3. Try smelling some lavender
  4. Meditate daily
  5. Try yoga, tai chi, or qigong
-

---

## Healing Music

A study in the *International Journal of Environmental Research and Public Health* shows that music combined with aromatherapy can reduce anxiety and stress.

The key is to listen to music you enjoy. For example, listen to pleasant music such as Beethoven's *Moonlight Sonata*. Also, try smelling lavender, orange, or jasmine scents.



---

## Positive Psychology

---



Here are 5 steps to using positive psychology:

1. Adopt a positive outlook
  2. Express gratitude for good things in your life
  3. Find your purpose or have a vision
  4. Find nurturing social relationships
  5. Learn coping strategies
-

---

## Science-Based Smoothie

Try the following modified smoothie to help reduce inflammation:

1. Spinach, baby bok choy, or baby kale
2. Blueberries and banana
3. Soy or almond milk and water



### Sources:

#### Reducing Stress

- Altug, Z. *Integrative Healing: Developing Wellness in the Mind and Body*. Springville, UT: Plain Sight Publishing, 2018.

#### Healing Music

- Son HK, So WY, Kim M. Effects of aromatherapy combined with music therapy on anxiety, stress, and fundamental nursing skills in nursing students: a randomized controlled trial. *Int J Environ Res Public Health*. 2019;16(21):4185.

#### Positive Psychology

- Verhiel SHWL, Greenberg J, Zale EL, Chen NC, Ring DC, Vranceanu AM. What role does positive psychology play in understanding pain intensity and disability among patients with hand and upper extremity conditions? *Clin Orthop Relat Res*. 2019;477(8):1769-1776.

#### Science-Based Smoothie

- Perzia B, Ying G-S, Dunaief JL, Dunaief DM. Once-daily low inflammatory foods everyday (LIFE) smoothie or the full LIFE diet lowers C-Reactive protein and raises plasma beta-carotene in 7 days. *American Journal of Lifestyle Medicine*. October 2020. Electronic publication ahead of print.

### Images:

Shutterstock Monkey Business Images; Bing Images Creative Commons, Canva

### Bio:

Z Altug, physical therapist and wellness consultant, is available to speak at virtual or live events. Author of *Integrative Healing* (2018).

### Contact:

[zaltug13@gmail.com](mailto:zaltug13@gmail.com)

[www.integrativedpt.com](http://www.integrativedpt.com)

---