



Dr. Adrienne Youdim

PHYSICIAN • AUTHOR • KEYNOTE SPEAKER

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Dear Friends,

Who is feeling stressed? Who is feeling overwhelmed? If the answer is you, you are not alone!

83% of US workers suffer from work-related stress and the cost of turnover and lost productivity cost globally due to employee burnout is \$322 billion! 41% of parents say most days they are so stressed they cannot function, and 48% feel completely overwhelmed.

But I would argue that stress is not new. I would argue that the change is not in the stressors themselves but in how we live our lives. We are inundated with tasks, trying to do too much, striving to be all things to all people and are bombarded by news and social media, and constant toxic noise.

And here's the truth: our stress is not just about external pressures—it's about how we manage ourselves from within. The failure to nourish ourselves, mind, body, and soul is at the root of our overwhelm.

But, there is a solution...

There are strategies that take back our power and help us navigate the chaos outside. Here are some of my favorites:

1. Be Present

Much of our stress comes from fear of the future—what's going to happen? While it's natural to worry, our power lies in the present moment. So take a beat, breathe, and focus on just one thing at a time. When you're making dinner, just cook. When you're showering, avoid thinking outside thoughts and just feel the water. (this one is really powerful and I suggest you try it) The simple act of presence can be profoundly restorative.



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2. Preserve Your Bandwidth

You have a finite amount of energy. When you push beyond your limits, you may still get more things done—but not effectively. Running on empty catches up with you. One of the biggest drains on our energy? The inability to set boundaries. Here are five to consider:

- Boundaries around social media
- Boundaries around news consumption
- Boundaries around work
- Boundaries with friends and family who ask too much
- Boundaries around food and substances that deplete you

Ask yourself: Who and what can I say no to? Just pick one thing and act on it.

3. Create Pause

Victor Frankl said, “Between stimulus and response, there is a space. In that space is our power to choose our response.” Our stress often comes from reactivity. The more we react, the more stress we create. When stress hijacks our brain, it impairs decision-making, our focus, and emotional regulation.

So, how do we reclaim that space? One powerful tool is autogenics, a guided practice that calms the nervous system and activates our inner wisdom. This practice helps us move from ove

rwhelm to clarity, from powerlessness to agency—the antidote to stress.

If you’ve never tried autogenics before, I invite you to listen to this week’s podcast episode where I guide you through it. (It’s how I get my daughter to sleep, every single nite!) Try it, save it, and practice it. And if you find it valuable, share it with someone who needs it.



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Remember, your well-being matters—not just for us but for all those who are watching, our kids, our partners, our co-workers. Because how we chose to care for ourselves trickles into the way we interact with and care for others.

Want to join a live mindbody practice with me?? Register for this Saturday's FREE mindbody event.

100% of last month's participants agreed that they felt greater calm and peace of mind. Give me 30 minutes this Saturday and I will give you the same! You can find the registration link here. See you then!

Sending you lots of love out there.

Xx,

Dr. Adrienne Youdim

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