

June Holistic Wellness Tips*

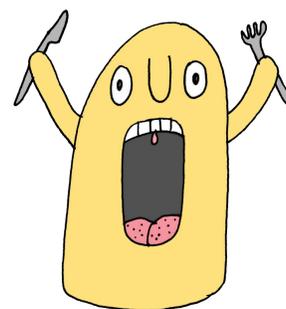
Written and Illustrated by Atlassian's Holistic Health Coach Lila Volkas N.C.

I feel like we are running a marathon with an ever shifting finish line. My current mantra is: one day at a time. Enjoy these blood sugar balancing tips to keep your energy and spirits up! Making time to rest and be with any feelings that are coming up is equally as important as being "on" and productive.

Blood Sugar 101

What is Blood Sugar?

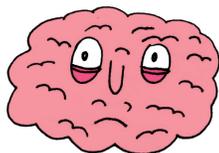
Blood sugar is the amount of glucose (or sugar) present in the blood. This glucose transports energy into our cells and fuels us for our daily activities. Our blood sugar fluctuates throughout the day and greatly affects how much energy we have, our ability to concentrate, the mood we are in and much more.



How does it work?

After you eat a meal or snack, your body responds by secreting insulin, a hormone produced by the pancreas. Insulin regulates your blood sugar levels and its job is to prevent your blood sugar from getting too high. Chronically raised blood sugar levels are often what start a blood sugar cascade into chronic illness. At the extreme, dysregulated blood sugar leads to insulin resistance, pre diabetes and type 2 diabetes.

Balanced blood sugar feels: productive, balanced energy, content, and rested.

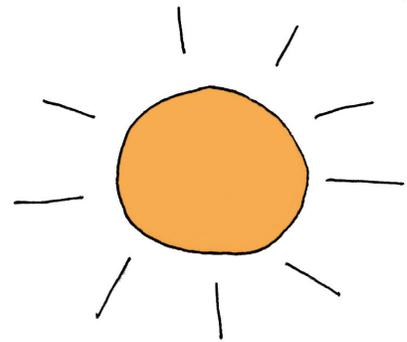


Imbalanced blood sugar feels: being "hangry," high energy followed by a crash, brain fog, poor sleep, mood roller coaster and challenging time concentrating.

Having stable blood sugar makes your body feel safe. When your body is not in a fight or flight state it will have the resources to focus on other things like balancing hormones, powerful concentration, and being in a better mood.

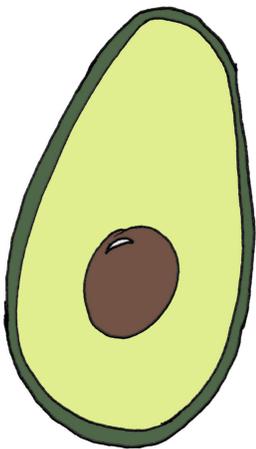
Easy Blood Sugar Balancing Hacks:

1. Eat a healthy breakfast! Your first meal of the day can either set your blood sugar up for success or put you on an energy rollercoaster. A balanced breakfast includes a healthy source of protein, complex carbs and healthy fat.



Breakfast ideas:

- Fried eggs, rye bread and avocado
- A vegetable omelette or frittata with organic bacon.
- Oatmeal with fruit and a hard boiled egg
- Open faced breakfast sandwich with avocado, smoked salmon and sprouts
- Organic whole-fat unsweetened yogurt, fruit and nuts
- Chocolate Smoothie with avocado, ½ banana, blueberries, 1 handful spinach, 2 tsp cacao powder, coconut milk and whey, pea/rice protein or grass-fed collagen
- Savory or sweet breakfast quinoa/ brown rice bowl with green, avocado and an egg or coconut milk, fruit, nuts or nut butter



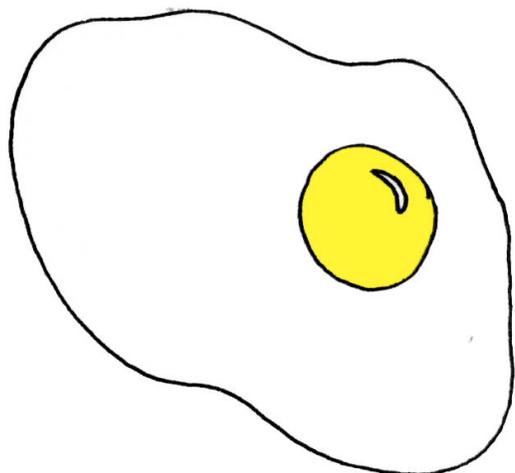
2. Reduce/ Avoid Blood Sugar Bandits

- Excess refined carbohydrates (ie pasta, white bread, baked goods)
- Refined sugar (ie candy, soda, conventional sweets)
- Excess caffeine (ie coffee and energy drinks)
- Excess alcohol
- Artificial sweeteners

Its all about balance! Treat foods totally have a place in a healthy diet, but an excess of these foods can cause unwanted blood sugar symptoms.

An excess of these foods steals nutrients from your body, destabilizes blood sugar, disrupts digestion, fires up the immune system, inflames brain, nerves, and muscle and increases weight gain & fat storage.





3. Balance your meals

Include healthy protein, fats and carbohydrates. Favor carbohydrates with a high fiber content like whole grains and starchy vegetables over pasta and white bread.

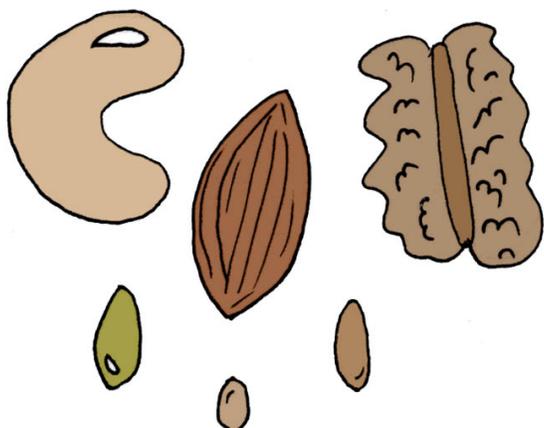
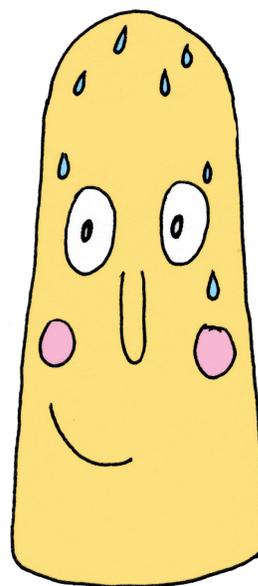
When we eat carbohydrates, with lots of good fat and protein the glucose from our meal enters our bloodstream more slowly. This means no blood sugar rollercoaster!

4. Move your booty!

Exercise allows the cells in your muscles to take up more glucose to use for energy and tissue repair.

Moving your body lowers your blood sugar. In the long term, exercising regularly makes your cells more responsive to insulin and helps to prevent insulin resistance and lowers your risk for type 2 diabetes.

Try to do sweaty exercise at least 3 times per week.



5. Snack Smart!

Keep protein rich snacks on hand to stabilize your blood sugar.

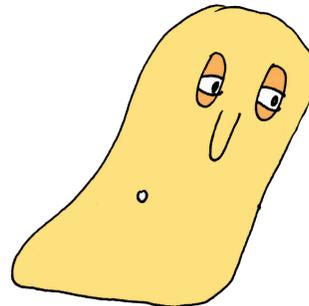
Large, infrequent meals will cause bigger blood sugar waves than smaller regular meals. If you know that you struggle with dysregulated blood sugar, intermittent fasting may not be for you.

Healthy Snack Ideas

- Apple and cheese
- Fruit and nut butter
(individual squeeze packs are great on the go)
- Seed crackers or carrots / celery and a to-go pack of hummus
- Trail mix - make your own!
- Grass-fed jerky
- ½ avocado and seed crackers
- Healthier chips like (sweet potato, plantain, potato with coconut or avocado oil) and hummus, nut butter or cheese
- Hard boiled egg and seed crackers
- Organic whole-fat unsweetened yogurt, fruit and nuts

6. Prioritize sleep

A lack of sleep raises stress and appetite hormones that make you more hungry and less likely to make conscious choices. Make sure you get those Zzzs so you don't need to reach for a quick energy sugar bomb.



7. Manage stress

- Stress raises cortisol and insulin.
- Chronic stress wears out the adrenals -> hypoglycemia and lower serotonin- both cause you to crave sugar.
- Chronic Stress lowers the anti-aging, libido-stimulating, fat burning hormone DHEA

Stress Management tips:

- Take a yoga class
- Practice a breathing technique
- Three-part breath
- Journal
- Express gratitude
- Do a guided visualization
- Meditate
- Go for a walk
- Be in nature
- Get support from a therapist



* Note: This information is not meant as medical advice or an alternative to