

5 Yoga & Ayurveda Tips to
Relieve Stress & Avoid Burnout

The Stress Reset Guide

A Simple Guide to Finding Peace in Your Busy Life



Yoga & Ayurveda

WELCOME!

This is Your Guide to Balance & Ease. I'm so glad you're here.

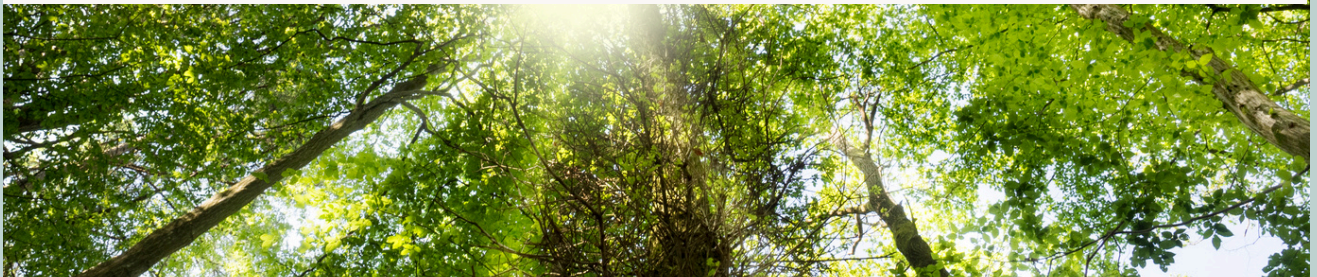
If you're feeling drained, overwhelmed, or like there's never enough time to take care of yourself – trust me, I've been there. For years, I pushed through stress, thinking that rest some something I'd "earn" once everything was done. But burnout doesn't wait. It creeps in when we ignore the signs.

That's why I turned to **Yoga and Ayurveda** – not just as practices, but as a way to **realign with my natural rhythm**. Through small, intentional shifts, I learned how to feel more **energized, clear, and grounded**, even in the busiest seasons of life. And that's exactly what I want to share with you.

Inside this guide, you'll find five simple yet powerful ways to **reduce stress and prevent burnout aka "The Stress Reset"**. These aren't complicated or time-consuming. They are small shifts that create big changes. My hope is that as you try them, you'll begin to feel a sense of ease return to your days.

With love and gratitude,

Jennifer



REMEMBER

YOU DESERVE TO FEEL GOOD, WHOLE, AND IN FLOW WITH YOUR LIFE.



ABOUT THE AUTHOR

"Balance is not something you find, it's something you create – one breath, one choice, one moment at a time."

Jennifer is a yoga instructor, Ayurveda wellness coach, and guide for those seeking balance in a busy world. With a deep passion for helping others reconnect to their natural rhythms, Jennifer weaves together the wisdom of Ayurveda and the transformative power of yoga to support healing, energy, and inner harmony.

Having personally experienced the toll of stress and burnout, Jennifer found freedom in simple, intentional practices—and now shares these time-honored tools with others. Through classes, coaching, and holistic wellness practices, Jennifer helps individuals create sustainable self-care rituals that nourish the body, calm the mind, and uplift the spirit.


Connect with Jennifer at jenniferferdin.com


Feeling Stressed? Reset in Just 5 Minutes!


Modern life moves fast—your mind races, your body tenses, and before you know it, stress takes over. But what if relief was just a breath away?

Yoga, breathwork, and Ayurveda offer time-tested, science-backed ways to calm your nervous system, release tension, and restore balance—no matter how hectic life gets.

✨ Why This Works: ✨

 **Yoga gently stretches away stress**, releasing tension stored in the body so you feel lighter and more at ease.

 **Breathwork (Pranayama) instantly soothes the nervous system**, bringing your body out of "fight-or-flight" and into deep relaxation.

 **Ayurveda**, the ancient science of holistic well-being, **teaches simple daily rituals that naturally reduce stress and create harmony** from the inside out.

With just a few mindful minutes a day, you can reset your stress levels, feel more grounded, and reconnect with a sense of calm.

Tip #1 - Breathwork

Breathe to Calm Your Nervous System



A minute of breathwork for instant calm...

Rhythmic Breathing with the 5-5-7 Breath

(Inhale for 5, hold for 5, exhale for 7)

When stress builds up, our breath becomes shallow and fast, keeping us stuck in a cycle of tension. Slow, mindful breathing signals the body that it's safe to relax. Just 3 minutes of the 5-5-7 breath can help lower cortisol and shift you into a state of calm.

✓ **Bonus:** Try this before meetings, after a stressful conversation, or anytime you feel overwhelmed.

Tip # 2 - Move

Move to Release Tension and Energy



Move! Just 5 Minutes for this "Reset Flow"

Burnout isn't just mental—it lives in the body. Movement helps clear stagnant energy and brings life back to your system. This 5-minute flow is perfect when you feel drained:

1. Child's Pose – Breathe into your back, release tension.
2. Cat-Cow – Loosen the spine, connect breath.
3. Downward Dog – Stretch the hamstrings, relieve stress.
4. Standing Forward Fold – Let go of tension, ground yourself.
5. Mountain Pose + Deep Breath – Return to stillness and clarity.

✅ **Bonus:** Even a few shoulder rolls or a short walk outside can shift your energy.

Tip # 3 - Daily Rituals

Ayurvedic Rituals to Restore Balance



Small Rituals, Big Impact

Self-care isn't a luxury—it's a necessity. Ayurveda teaches that small, consistent acts of care are more powerful than occasional big efforts.

Try one of these:

- Morning Oil Massage – A 3-minute warm oil massage calms the nervous system.
- Evening Foot Soak – A warm foot bath with Epsom salts grounds and soothes.
- Screen-Free Evenings – Reducing screen time after sunset improves sleep and mental clarity.

Note: Using essential oils like Lavender, Chamomile or Bergamot in a diffuser, an oil massage or evening foot soak will work wonders to soothe the nervous system.

✓ **Bonus:** Pick just one small ritual. Notice the shift!

Tip # 4 - Let's Eat!

Eat to Reduce Stress Not Create It



Nourish with Warm, Grounding Foods

In Ayurveda, food is medicine. When we're stressed, our digestion weakens, leading to fatigue and imbalances. Instead of grabbing caffeine or sugar (which spike energy and crash later), try warm, grounding meals like:

- Oatmeal with cinnamon and almonds (calms the mind)
- Golden milk (turmeric, ginger, almond milk) (soothes stress)
- Cooked vegetables with ghee and cumin (supports digestion)

✓ **Bonus:** Try eating without distractions—just you, your food, and a few deep breaths between bites.

Tip # 5 - Make a Plan

Create Your Personal Stress Relief Plan



Stress relief isn't one-size-fits-all—what works for someone else may not be exactly what your body and mind need. By designing a personalized plan, you can integrate small, sustainable practices into your daily life for long-term balance and resilience.

1 Ask yourself:

- When do I feel the most stressed? (Morning? Work? Evenings?)

2 Choose Your Go-To Stress Reset Practices

🧘‍♀️ Breathwork: (for quick relief)

🧘 Yoga Poses: (for physical tension)

🌿 Ayurvedic "Self-Care" Rituals: (for long-term balance)

3 Create a Simple Routine That Fits Your Life

- Your plan should feel realistic and sustainable, not like another task on your to-do list. Start small.

✅ **Bonus:** The key? Keep it simple. Even one small change can shift your energy and stress levels dramatically. By listening to your body and making small, conscious choices, you'll build a stress-relief plan that truly supports you.



Final Thoughts

You Deserve Balance

Stress and burnout don't have to be the norm. By making small, conscious shifts, you can feel more grounded, energized, and at peace. These practices have transformed my life, and I know they can do the same for you.

If this guide resonated with you, I'd love to support you further—whether in a class, a coaching session, or through deeper Ayurvedic practices.

Let's stay connected on this journey.

With love and gratitude,

Jennifer

THANK YOU

Thank you for downloading "The Stress Reset Guide". I'm so grateful to share these practices with you, and I hope they bring more ease, energy, and balance into your life.

Burnout and stress don't have to be your norm. With small, intentional shifts, you can begin to feel more grounded, calm, and in flow—even in the midst of a busy life. This guide is just the beginning, and I'm here to support you every step of the way.

What's Next?

If you're ready to take these practices deeper, I'd love to invite you to **Join a Class** or **Work with Me**. Let's put these practices into action together! Whether through yoga, Ayurveda, or coaching, I'd love to support your journey toward balance.

Let's stay connected – I share more tips, inspiration, and real-life ways to integrate Ayurveda and yoga into your daily life.

Most importantly, I'd love to hear from you! What resonated most with you in this guide? Email me and let me know—I read every message.

Wishing you peace, balance, and joy,

JENNIFER FERDIN