

# PRÖZE BALANCEKIT

Feeling more stressed lately? You've got company. In 2018, the majority of Americans (55%) said they experienced stress during most of the day. **That's the fourth-highest percentage reported worldwide.**

**1 in 5 Americans currently experience mental illness, with minority populations comprising the vast majority**



For a lot of us, simply trying to remove these stressors from our lives isn't an option. The **PRÖZE BalanceKit** has compiled the most immediate and effective **simple daily steps** for you to practice when you're feeling overwhelmed, so you can **chill like a pro.**

STEPS TO BETTER BALANCE

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## Spend time being **active**

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Whether you're experiencing a simple case of the Sunday scaries/Monday blues or more persistent symptoms of **anxiety or depression**, exercise can help boost your mood.

The first thing you might think of when it comes to exercise and depression is what is commonly known as **“runner's high.”** This describes the release of **endorphins** that your brain experiences, that help relieve pain and stress. More than this, however, exercise can help **stimulate parts of your brain** that aren't as responsive when you're feeling anxious or depressed.

**Researchers say exercising for 150 minutes a week can help ease mental health disorders such as anxiety and depression.**

**“I've seen firsthand the incredible benefits that even the slightest amount of regimented exercise can have on anyone,”** says Dr. Vernon B. Williams, the director of sports neurology and pain medicine at Cedars-Sinai Kerlan-Jobe Institute in Los Angeles.

This isn't even to mention the other mental health benefits of exercise: **For example, focusing on your body's movements during exercise may help distract you from upsetting thoughts.**



## Take a *breather*

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It can be hard to think clearly when you feel anxious. Sometimes anxious thinking can make us believe harmful thoughts that are untrue or make us do things that make our anxiety worse.

**Here are some ways to break your anxious thought cycle:**



Sing a silly song about your anxiety to an upbeat tempo, or speaking your anxieties in a funny voice.



Choose a nice thought to focus on instead of your anxiety, like something you look forward to doing later that day, such as eating a nice dinner.



Do something to change your activity, environment, or focus - like listen to music , get up and dance, or read a book.

This may sound flippant in the face of anxiety, but research shows that **interrupting your anxious thoughts can help you think clearly and react appropriately to your thoughts.** Be conscious when you shift your attention from your anxiety to a task at hand and notice how you feel.

**Deep breathing is one of the best ways to lower stress in the body.** This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. **The symptoms of stress in your body,** such as increased heart rate, fast breathing, and high blood pressure, **all decrease as you breathe deeply to relax.**



## Write it all down

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Ever feel worked up, depressed, or just plain bad without knowing exactly why? Many of us can wander under a cloud of vague, undefined gloom or anxiety all day — if not longer.

One useful exercise to get to the root of lingering negative feelings (and increase positive ones) is **keeping a mood journal, or emotion journal.**

**“If you can record how you are feeling and what you are thinking, you are better able to track your emotions, notice people or places that are triggers, and recognize warning signs of your strong emotions,”** says therapist Amanda Ruiz, MS, LPC.

**Journaling your thoughts, emotions, and challenges has been shown to reduce anxiety and depression.** One reason: Putting down our problems on paper often helps us see the causes — and therefore solutions — **more clearly.**

If you feel yourself experiencing a distressing emotion (*after getting some exercise like taking a short walk, and disrupting the thought process with slow breaths or listening to your favorite song*), consider writing down your feelings and identifying an **in-the-moment game plan** for concerns you can actively address in your mood journal to alleviate some tension.



## Do the things you **love**

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Who doesn't love a good hobby? They offer a break from the daily grind. Opportunities to get together with friends. Light at the end of the work shift.

Did you know **hobbies also have physical and mental health benefits**? Dancing or gardening, running or baking — it doesn't matter whether your chosen pastime is intense or mellow. Making time to do what you love can help you **ease your stress, lift your mood, and expand your social circle**. It can help you **manage chronic pain**. It may even **improve your heart health** and add quality years to your life.

Release the tension with your favorite physical activity — maybe it's kickboxing, rollerblading, or karaoke. Looking for something less intense? Consider a calming, rhythmic activity like painting, knitting, or gardening.

**Whatever your preference, research shows that when you engage in interests you enjoy, you're more likely to have lower stress levels, a lower heart rate, and a better mood.**

You're also more likely to engage in the world around you. That means less boredom — and **less time to fixate on the stressors** that have you feeling wound up to begin with.



# CHEW **GUMEEZ** SLOWLY TO ALLOW GUMMY TO DISSOLVE

To get the most out of GUMEEZ, let the gummy dissolve in your mouth for at least 10 minutes- this gives the product ample time to absorb into your system.

Take GUMEEZ throughout the day, or **10-15 minutes** before stressful events to ease anxiety. **GUMEEZ** are uniformly infused so they can be sliced to provide desired level of CBD.



## **GUMEEZ** calms the nervous system

You need help to calm your nerves and trigger emotional balance. By using an optimal, researched dose for your Endocannabinoid System, **GUMEEZ** allows for greater control of your nervous system before or after stressful situations.



## **GUMEEZ** provides extended release

You need time for your nervous system and relating emotions to settle. By accounting for this period, **GUMEEZ** bioavailability provides for a slow and extended release to provide complete emotional balance.



## **GUMEEZ** provides convenience and enjoyment

You need sensory feedback loops to enhance and amplify change in your emotional responses. By providing you with something joyful for your emotions to follow, **GUMEEZ** allow for a powerful sensory experience resulting in immediate calming and relaxing effects.