Dr. Worden's Unique Gift Ideas For Stressed Friends Transcript

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Intro

Gift Ideas

Equine Therapy

Vitamins

a lot of us were doing our christmas a lot of us were doing our christmas shopping and many people shopping and many people are a little anxious nervous these days are a little anxious nervous these days and they could probably use a special and they could probably use a special gift gift gift this year denise warden from the arizona this year denise warden from the arizona naturopathic medical association is naturopathic medical association is joining us joining us this morning with some calming gift this morning with some calming gift ideas good morning ideas good morning good morning how are you i am doing well good morning how are you i am doing well you know i think what this pandemic has you know i think what this pandemic has showed me showed me is that a lot of people have mental is that a lot of people have mental health issues health issues and maybe you yourself don't but i think and maybe you yourself don't but i think a lot of us feel a lot of us feel anxiety lately we're suffering from a anxiety lately we're suffering from a little bit of depression so little bit of depression so if there's one thing the pandemic has if there's one thing the pandemic has done it has probably done it has probably really shined a light on mental health really shined a light on mental health and and the importance and and the importance of having a mental health community of having a mental health community that's that's correct and you know it's that's that's correct and you know it's kind of kind of it's been a stigma for a while but it's it's been a stigma for a while but it's not anymore people are okay not anymore people are okay saying that they may feel a little blue saying that they may feel a little blue or depressed anxious ptsd whatever it is or depressed anxious ptsd whatever it is so this so this is something good that's coming out of is something good that's coming out of all of this that we're having a all of this that we're having a conversation about it conversation about it so we're talking about christmas gifts so we're talking about christmas gifts and getting maybe the anxious person in and getting maybe the anxious person in your life maybe the person that your life maybe the person that struggles with struggles with mental health issues what do you get mental health issues what do you get them for christmas so when you're them for christmas so when you're thinking about it thinking about it how should you try to kind of come up how should you try to kind of come up with some ideas with some ideas right you've got to really understand right you've got to really understand and know the person instead of what do and know the person instead of what do you like what do they like and i think you like what do they like and i think some things that we overlook some things that we overlook is music music um there is different is music music um there is different types of music types of music that have has been designed for brain that have has been designed for brain coherence this is a good one here coherence this is a good one here genesis for sleep insomnia is a bad genesis for sleep insomnia is a bad thing that people are going with this thing that people are going with this time of year here's one for pet therapy time of year here's one for pet therapy so let's go back to the basics we've got so let's go back to the basics we've got a sleep a sleep we've got to get our mind in order this we've got to get our mind in order this is a book i'll talk about a couple of is a book i'll talk about a couple of books in a minute that i really like books in a minute that i really like this book secret language of the heart this book secret language of the heart is a great gift because is a great gift because it's teaching you how to use music it's teaching you how to use music for getting you to the mood that you for getting you to the mood that you want to be if you're depressed how do want to be if you're depressed how do you come you come up to a higher level if you're anxious up to a higher level if you're anxious how to how to how do you relax into that and there's a how do you relax into that and there's a lot of science behind lot of science behind using music to be able to take you to using music to be able to take you to those those those those places and books are a great gift those places and books are a great gift whether they don't like to read they can whether they don't like to read they can get an audio book get an audio book but that's one also journaling helps but that's one also journaling helps for depression anxiety get them a for depression anxiety get them a beautiful journaling beautiful journaling book and so these gifts are things that book and so these gifts are things that go beyond the holidays go beyond the holidays that can continue to help using music in that can continue to help using music in those playlists where do you want

to go those playlists where do you want to go emotionally where you need to be emotionally where you need to be and you know equine therapy what a fun and you know equine therapy what a fun gift get them gift get them at equine therapy to be able to go out at equine therapy to be able to go out and work with a horse that and work with a horse that really is working with you in a really is working with you in a different way different way so maybe you're expecting a new purse or so maybe you're expecting a new purse or a jacket or you know a jacket or you know new clothes and you get all of this new clothes and you get all of this instead how do you instead how do you prefer you know what do you say when prefer you know what do you say when you're introducing your gift you're introducing your gift do you kind of specifically say hey i do you kind of specifically say hey i wanted to help you this year wanted to help you this year this is what i got you i i wouldn't this is what i got you i i wouldn't because people because people that are struggling with mental illness that are struggling with mental illness sometimes they are not really ready sometimes they are not really ready to come out with it and they say why are to come out with it and they say why are you telling me i need therapy you telling me i need therapy so it could backfire on you this is ways so it could backfire on you this is ways to say to say i thought you might enjoy this i have i thought you might enjoy this i have found it to be helpful found it to be helpful i know you like music or you like pets i know you like music or you like pets or animals or animals i know you like to read so preface it i know you like to read so preface it softly softly softly and that this is something unique i and that this is something unique i heard about that heard about that may help all of us in many different may help all of us in many different ways a good way to put it ways a good way to put it finally vitamins this is another thing finally vitamins this is another thing you think maybe this is a stocking you think maybe this is a stocking stuffer what vitamins do you like stuffer what vitamins do you like well first of all we're going to talk well first of all we're going to talk about food because it's that time of about food because it's that time of year year year year that everybody's eating foods and year that everybody's eating foods and sugars that they shouldn't sugars that they shouldn't when you mess up your gut health that when you mess up your gut health that affects your brain affects your brain your neurotransmitters and your immune your neurotransmitters and your immune system called the brain system called the brain gut health so first we have to eat gut health so first we have to eat healthy second if you're not sleeping a healthy second if you're not sleeping a controlled release controlled release melatonin may be something to consider melatonin may be something to consider because there's a little bit because there's a little bit of it all night long to help you stay of it all night long to help you stay down b vitamins are always a great thing down b vitamins are always a great thing to help you with stress these are just to help you with stress these are just examples but b examples but b complexes make sure they're methylated complexes make sure they're methylated in case you have this strange gene in case you have this strange gene that regular b vitamins can make you that regular b vitamins can make you worse so worse so methylated b vitamins controlled release methylated b vitamins controlled release melatonin melatonin melatonin fish oil those are things that are fish oil those are things that are basics that can help people basics that can help people but go back to what we're eating in the but go back to what we're eating in the diet and as naturopathic medical doctors diet and as naturopathic medical doctors and with our association aznma it's and with our association aznma it's about educating people that about educating people that it's about your own body's ability to it's about your own body's ability to heal itself heal itself working with nature as much as possible working with nature as much as possible we can get out a prescription pad and do we can get out a prescription pad and do minor surgery if we need to minor surgery if we need to but in the meantime nature cures best in but in the meantime nature cures best in our opinion our opinion dr warden interesting and helpful ideas dr warden interesting and helpful ideas for the anxious for the anxious and maybe kind of worried folks in your and maybe kind of worried folks in your life you gave them a lot of different life you gave them a lot of different suggestions we appreciate your time suggestions we appreciate your time