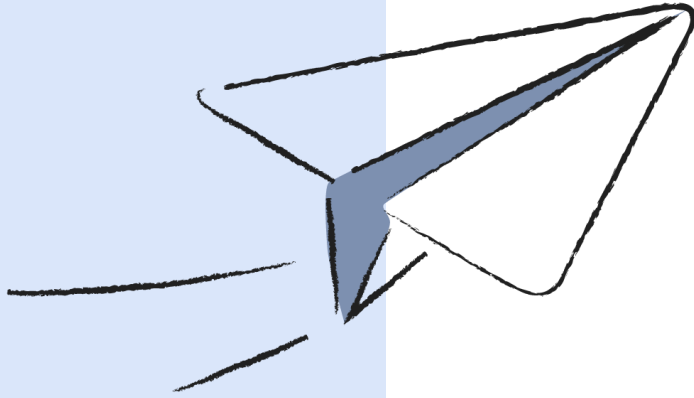




Paloma

Stress 101: How to Avoid a Flare-Up

Learn more at
palomahealth.com



A note from Paloma Health

Paloma Health is the first online medical practice focused on hypothyroidism. We offer at-home blood test kits, live video consultations with thyroid specialists, and prescription management.

Ahead, tools to lower your chance of an autoimmune flare-up due to stress.

Avoid an autoimmune flare

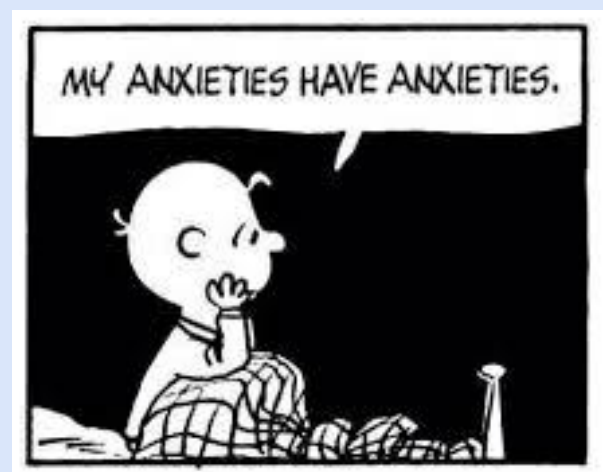
Stress affects thyroid function. When the body is stressed, the adrenal glands produce cortisol. Studies suggest that elevated levels of thyroid-stimulating hormone are associated with high levels of cortisol.

Ahead, practical, actionable ways to cope with fear and anxiety. The tools in this guide will help you to build resilience, calm, and awareness to lower your chance of an autoimmune flare-up due to stress.

Control the controllable

In times of uncertainty, it's important to distinguish anxiety from fear. Fear is based on a real threat that requires immediate action. Anxiety, on the other hand, is conjecture – a story our mind makes up based on incomplete information.

Anxiety feeds on itself. We make up story after story about all the things that could happen, and these imaginary threats heighten our senses. In this state, our brain doesn't have enough space to perceive the world around us clearly, & judgment becomes impaired.



Decide what's in your control

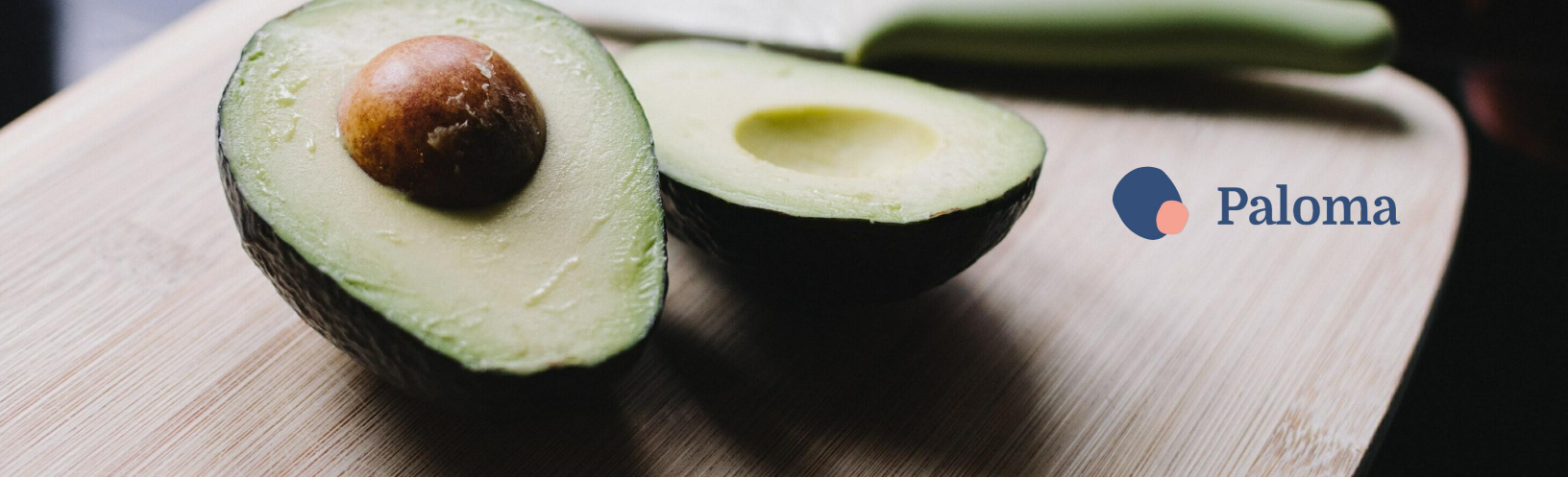
Separate fear from anxiety to understand and manage what is in your control. This is a mindfulness superpower that gives your brain some space to decide what to do next.

Circle of influence

Draw a circle on a piece of paper. On the inside of the circle, write or draw the things that are in your control. On the outside of the circle, write things that are not in your control.



Out of my control



Eat well for a healthy mind

Evidence shows that the gut microbiome and thyroid autoimmunity influence one another. People with Hashimoto's disease often have an imbalanced gut microbiome – meaning that there are more bad bacteria than good bacteria in the gut's environment.

The thyroid is sensitive to changes in the gut microbiome. A well-balanced gut supports metabolic functions and helps to manage stress. Research shows that imbalance and inflammation in the central nervous system can cause mental illnesses like anxiety and depression.

1

Remove dietary triggers

Reactive foods may cause inflammation that can worsen your autoimmune reactions or interfere with your thyroid function.

2

Replace with nutrient rich foods

You need nutrients like selenium, iron, & zinc for thyroid synthesis. Load up on fruits & veggies, fresh fish, and healthy fats like seeds & nuts.

3

Reintroduce healthy bacteria

Probiotics can help to rebalance your gut microbiome, which may reduce leaky gut and its symptoms.

4

Repair with supplementation

Supplementing nutrient deficiencies can help to improve symptoms or support thyroid medication absorption.

Practice regular movement

Research suggests that people who exercise regularly are more resilient against stress, which may protect them from diseases or flare-ups related to stress. While your hypothyroid symptoms may decrease your endurance, exercise increases natural endorphins, and this helps combat fatigue and stress.

It can be hard to build healthy habits and momentum. The important thing is consistency; move your body for 30 minutes, three to five times per week. Start your morning with five to ten minutes of stretching or yoga, go on a walk on your lunch break, or schedule in time in your calendar to do a home workout video.



Try this at-home workout

- Warm-up your body for 60 seconds
- Standing lunges for 60 seconds
- Push-ups (knees down) for 60 seconds
- Jumping jacks for 90 seconds
- Plank for 30 seconds
- Bicycle crunches for 60 seconds
- Mountain climbers for 60 seconds

Rest for 15 to 30 seconds between each.

Meditate to manage stress

Mind-body interventions like meditation can help to reduce and manage stress, which affects endocrine function. One benefit of meditation is to develop a compassionate attitude toward ourselves and our thoughts. When we have self-compassion, we show more resilience, ruminate less, and learn from setbacks more quickly.

Loving Kindness Meditation

Very simply, chant to yourself: "May I be safe from harm. May I be strong and healthy. May I be happy and contented. May I experience a life filled with ease."

Then, extend those same sentiments to the people you love and to the world. Saying those words to yourself with sincerity helps you to relax & release the control of anxiety.



Get smart, holistic care.

[Schedule a free call](#) with a care advisor to determine if Paloma can help you manage your condition.

