

# Natural Stress Support Cheatsheet

*Simple ways to support your nervous system  
—without overloading your day.*

## When Life Feels Like Too Much...

Stress shows up in our bodies long before we realize it—tight shoulders, snappy reactions, a racing mind, or total brain fog.

As a mom, I don't always have time for bubble baths or silence... so here's what's actually helped me feel grounded (even on busy days):



## What I Personally Use & Love:

### ♥ Earthley Anxiety Relief Tincture

My favorite for when I feel tense, overwhelmed, or stuck in my head. Gentle herbs, no drowsiness—just feels like a deep breath in a bottle.



### ♥ Magnesium Glycinate

This helps me relax at night when I feel restless or wound up. Supports sleep, mood, muscles, and your nervous system.



### ♥ Tranquility Essential Oil Roller

This isn't an affiliate link—just something I genuinely love. I swipe this calming blend on my wrists or neck when I'm overstimulated or anxious.

Smells like peace.



### ♥ Liposomal NeuroCalm

Recommended by my health coach. I recently started using this and it's helped so much! Made with GABA + L-theanine for healthy stress support.



*Note: This info is for educational purposes only and isn't medical advice. Please check with your provider before starting any new supplements. Disclosure: As an Amazon Associate, I earn from qualifying purchases. I'm also an Earthley affiliate and earn commissions on some links shared in this guide—at no extra cost to you*

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## What Stress Is (and Why It Matters)

Stress isn't just "feeling overwhelmed"—it's your body stuck in survival mode. When you're juggling a million things, your brain sends out signals that say we don't have time to rest right now. That can mess with your hormones, your sleep, your digestion, and even how patient you are with your kids.

But a lot of us (especially as women) are so used to pushing through, we miss the signs our body is asking for help. Things like:

- Constant tension in your jaw, neck, or shoulders
- Feeling wired but exhausted
- Brain fog or trouble focusing
- Trouble falling asleep—even when you're tired
- Snapping over small things
- That "always on edge" feeling you can't quite name

*You can find my go-to supplements and natural remedies here:*

- [non toxic meds and vitamins](#)

And all of my Earthley favorites:

- [nurture-nook.com/earthley](https://nurture-nook.com/earthley)

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