




Subscribe to
Whole Living
Magazine

Feel your best every day:
Get a FREE preview issue!

▶ [Subscribe](#)

Categories

PHOTO GALLERIES

BEHIND THE SCENES

CAREER

ECO-PARENTING

FITNESS

FOOD + NUTRITION

GREEN LIVING

INSPIRATION

MEDITATION

ORGANIZATION

PETS

SKIN CARE + BEAUTY

SPECIAL DIETS

SPIRITUALITY

STRESS RELIEF

TRAVEL

WELLNESS

YOGA

Our Bloggers

EXPERTS:

[Adina Niemerow](#)

[Andrew Kirschner, D.O.](#)

[Anna Getty](#)

[Caroline Samponaro](#)

[Cybele Pascal](#)

[Donald Altman](#)

[Elizah Leigh](#)

[Ellen Barrett](#)

[Eric Maisel](#)

[Esther Gokhale](#)

[Francesca Olivieri](#)

[Gena Hamshaw](#)

[Jamie Novak](#)

[John M. Rowley](#)

◀ [Previous Post](#)

[Next Post](#) ▶

August 13, 2010

Serenity Now! Terri Talks Stress Relief on Today

Posted by [Whole Living Daily](#)

Senior editor Terri Trespicio [appeared on the Today Show](#) this morning to chat with hosts Hoda and Kathie Lee about easy ways to relieve stress.



3 Additional Ways to Relax - WEB EXCLUSIVE!

- **Take your Omega 3's.** Emerging research suggests a link between omega 3's and positive mood changes. Build more of this heart- and brain-healthy essential fatty acid into your diet by taking a supplement (here we showed [Solgar](#) and [LifesDHA](#), both solid products and worth trying), and adding dietary sources into your meals, like sardines (we showed sardines and tuna from one of our favorite brands, [Wild Planet](#)) and ground flaxseeds (check out [Bob's Red Mill](#)).
- **Drink Tulsi Tea.** Tulsi tea (such as this one, by [Organic India](#)) is actually made from an [adaptogenic herb](#) called Holy Basil which, when taken regularly, can help boost your resistance to stress. Try a cup every evening as part of your wind-down ritual.
- **Enjoy the occasional glass of vino.** Many of us turn to a nice glass of red or white as a way to relax (we suggest giving [Chateau St. Jean](#) a try). A little vino can work wonders (not to mention provide you with healthy antioxidants like resveratrol, found in red wine). Just make sure not to drink it too close to bedtime, as alcohol can disrupt sleep cycles and leave you less refreshed in the morning.



Whole Life Action Plan



Want to write your own blog? Or pledge to take daily steps toward whole living? Become a member of our [Action Plan community](#) to record your goals and track your progress.

▶ [Follow the Action Plan](#)

Search Whole Living Daily



Sign Up for Our Newsletters

Get weekly email updates on healthy eating, wellness, stress relief, and more.

▶ [Sign Up Today](#)



New on Whole Living