



Wacky But Wise:
7 Surprising Stress
Hacks That Actually
Work

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Welcome! I'm Diana

I help women reduce stress in biologically smart ways so that weight loss, calm, and healthy habits feel easier and actually doable.



Why Stress Makes Health Harder—And Why These Hacks Make It Easier

We all know what we “should” be doing: eating better, exercising, resting more, cutting back on the junk. But when your stress is high, even the best health plan feels impossible.

Here’s the truth: Stress isn’t just a feeling—it’s a biological state that

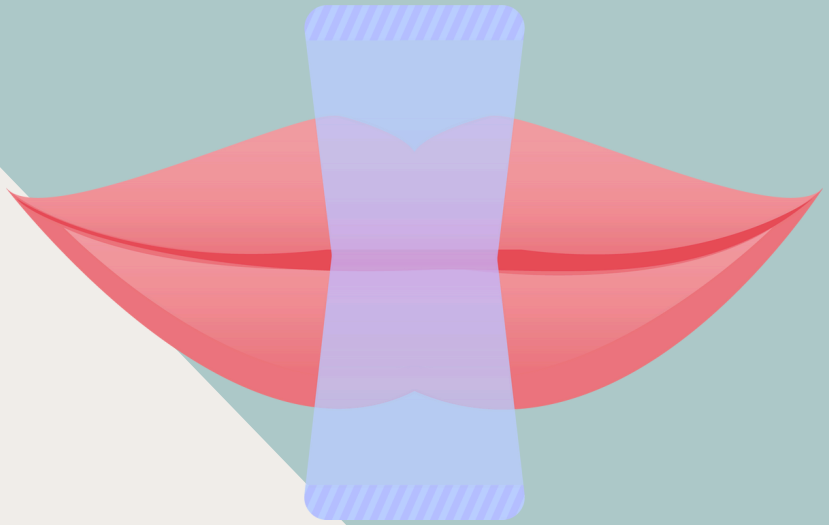
hijacks your cravings, zaps your energy, disrupts your metabolism, and keeps your body stuck in survival mode. That’s why, as a health coach, I always start with stress.

Because science has shown that when you reduce stress, you also reduce the cravings for all the toxic ways we cope—overeating, overdrinking, under-sleeping, over-doing. When stress goes down, success in health goals goes up. It’s that simple.

So... What if stress relief didn’t have to be complicated?

What if it could be fun, fast, and surprisingly effective? These 7 wacky-but-wise hacks are my favorite stress-busting tools—playful, practical, and rooted in real science.

These hacks help you reset your biology so your habits can finally stick. Ready to feel better fast? Let’s go.



HACK #1 TAPE YOUR MOUTH AT NIGHT

Train your body to calm itself—while you sleep.

Use gentle mouth tape at night (think: one vertical strip, Charlie Chaplin style!) to promote nasal breathing. When you breathe through your nose instead of your mouth, you boost nitric oxide production, support your vagus nerve, reduce cortisol, and improve oxygen flow—basically, you help your body feel safe, sleep better, have less anxiety, and have more energy in the morning.

Try [Nexcare Durable Cloth Tape](#)—gentle, breathable, and perfect for beginners.

👉 Watch this [short video](#) where an MD explains the surprising benefits of mouth taping



HACK #2: STRAW BETWEEN YOUR TOES

Take 3 minutes to get between each toe using a bamboo straw (or a pen). You want to push hard enough that you feel that sensitivity—that pain—because that's the fascia adhesion we want to get to.

Your breath is your guide.

Hold. Press down. Create space between the toes. And while you do this, focus on your full exhalation.

When we exhale fully, we increase carbon dioxide in the blood—and that becomes the currency for oxygen. We need carbon dioxide in order to release oxygen from hemoglobin so it can enter your cells.

So as you move between each toe...

Breathe out.

Slow down.

Let your body release the tension it no longer needs.

 [Watch the demo](#)

 [Grab the bamboo straws I recommend here.](#)



HACK #3: TOWEL TRICK FOR INSTANT CALM

Take a bath towel and fold it lengthwise into fourths (fold in half once, then fold in half again). Then, roll it up tightly to create a firm, dense roll. Lay face-down with the center of the towel positioned under your belly button.

Now breathe: As you inhale, let your belly expand into the towel. As you exhale, allow your belly to pull away and soften.

Do this for 3 minutes.

This practice retrains your diaphragm to work as it should—stimulating your parasympathetic nervous system (aka your calm, healing mode), reducing tension in your belly, and teaching your body to feel safe again.

💡 It might be uncomfortable at first. That's okay. Feel the pressure, notice the sensation, and keep breathing. This is how we undo years of shallow, stress-induced breathing. Just 3 minutes to shift into your parasympathetic system (hello, calm!).

 [Watch the demo](#)



HACK #4: STOP THE HARD WORKOUTS

If your workouts leave you drained and craving carbs—this one's for you.

Here's what most people don't realize: When your heart rate stays too high for too long, it triggers a stress response. That stress response pumps out adrenaline and cortisol, which then spike your blood sugar... and leave you reaching for sweets and carbs.

That keeps you stuck in sugar-burning mode, not fat-burning mode with more cravings and more stress. .

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Walking at a steady pace does the opposite: It calms your nervous system, lowers adrenaline, promotes fat metabolism and actually supports weight loss. Don't be fooled by its simplicity—walking is powerful medicine. It's the easiest way to lower stress and get your body into a rhythm that supports sustainable weight loss and deep restoration.

Stop grinding. Start strolling. Your hormones (and waistline) will thank you.




HACK #5: BEANS AS MEDICINE

½ cup per meal to clear stress hormones and steady your blood sugar.

Beans aren't just food—they're medicine for your nervous system. They're packed with soluble fiber, which binds to bile in your gut. Why does that matter? Because bile is where your liver dumps excess stress hormones like adrenaline and cortisol.

If you don't eat soluble fiber, that bile (and the stress hormones in it) get recycled back into your bloodstream. That's called enterohepatic recycling—and it keeps your body stuck in stress mode.

 The Fix: **Eat ½ cup of beans with each meal** to trap and remove those hormones. Less stress in your body means fewer cravings, steadier moods, and a more resilient nervous system.

Think of it as calm in a side dish. Your body will thank you.



HACK #6: BOUNCE IT OUT

Got two minutes? Great—because that's all it takes to help your body detox.

Bouncing gently on a mini-trampoline (aka rebounder) stimulates your lymphatic system, which is key for flushing out cellular waste, excess hormones, and stress-related toxins. Unlike your heart, your lymph doesn't have a built-in pump—movement is the only way it flows.

Just 2 minutes a day can open up those drainage pathways and give your body the support it needs to offload stress.

Don't have a rebounder? No problem! You can jog gently in place while shaking your arms and legs—or even do seated bounces on the edge of your bed or couch. It still counts.

Think of it as a little joy jump for your nervous system.

Just 2 minutes a day to get your lymph moving and stress draining.



HACK #7: GO SCENT-FREE

Yes—even “natural” fragrances can stress your body out. Here’s a wacky truth: your favorite scented lotion, “clean” detergent, or citrusy shampoo may be doing more harm than good.

That familiar “fresh” smell? It often comes from neurotoxic chemicals and endocrine disruptors—even in “natural” products. These artificial scents can trigger your stress response, disrupt hormone balance, and add to your body’s overall toxic load.

Your nervous system notices everything. The fewer invisible stressors it has to manage, the more energy you have to heal, thrive, and feel good.

The good news is that there are now tons of fragrance-free options out there. Look for labels that say:

- Fragrance-free
- Unscented
- Free & clear

Start with the basics: Laundry detergent, Dish Soap, Body wash, shampoo & conditioner.



Thank you!

Thanks for hanging out with me!

I hope these 7 wacky (but wise!) hacks gave you a fresh dose of inspiration.

If you've been putting in a lot of effort but not getting the results you want, you're not alone. Sometimes the very effort we're making is creating more stress for the body—and working against our goals. What if the missing piece isn't *more effort...* but *less stress*?

This is a **new approach**—one that works *with* your biology instead of against it.

Ready for support that feels doable and aligned with your body? Let's talk. I offer a **free 30-minute Wellness Strategy Call** so you can learn how I support clients—and we can see if it's a good fit.

➔ Click [here](#) to book your call

Stay in touch!

DIANA RAVE

