

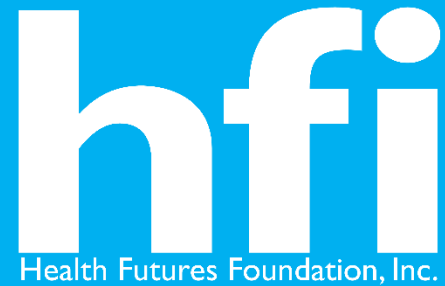
STRESS-INDUCED DIARRHEA

Supportive Management

- Manage stress levels.
 - Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.
 - Take breaks from stressful situations (e.g. go for a short walk).
 - Stay away from situations that induce stress (e.g. avoid driving along congested roads, set the time advanced by 5-10 minutes to avoid stressing over being late).
 - Schedule time for hobbies and other enjoyable recreational activities. Every day, do one pleasurable activity, even just for 15 minutes. The perception of a pleasurable activity may vary from one person to another – it's something personal. Pleasurable activities may involve simple activities such as writing a journal entry, reading a favorite book, watching a favorite movie or series, listening or singing to favorite songs, walking in nature, playing favorite sports, or taking up a new hobby (e.g. sewing, knitting, cooking).
 - Learn to say no. Acknowledge own limits.
 - Spend time with loved ones.
 - Let go of grudges. Learn to forgive.
 - Express gratitude.
 - Perform relaxation exercises (e.g. deep breathing, music therapy, meditation).

Deep breathing:

- Find a quiet and comfortable place where you can be alone with yourself.
- Sit upright in bed or chair, and find a comfortable position.
- Place one or both hands over the abdomen, just below the ribs.
- Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
- Feel the abdomen rise with each inhalation, and as far as possible.
- Through a pursed-lip, breathe out. Breathe out for a count of seven.
- Feel the abdomen sink with each exhalation.
- Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.



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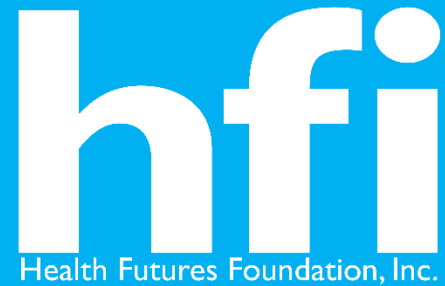
Supportive Management

Music Therapy:

- Choose a soothing, therapeutic song. Research findings indicate that music with slower tempo (60 beats per minute) induces a calming, relaxing effect. Sounds of nature (drops of rain, flowing waterfalls) are also relaxing. But the best relaxation music ultimately depends on each person's preference – whichever music one finds relaxing (albeit upbeat or moderately loud) – may be used for music therapy.
- Relax before and during the music therapy by performing deep breathing exercises (see instructions above).
- Listen actively to the music. Feel the music. Focus your mind on the music, get lost in it – listen to every beat and every silence in between. Let the music's mood influence yours.

Meditation:

- Meditation is a calming activity which restores inner peace. It brings the body into a deep state of relaxation and produces a peaceful mind. It enables one to redirect the mind away from thoughts that bring stress, anxiety, or tension.
 - Walking meditation – Video guide on walking meditation:
https://www.youtube.com/watch?v=7t70V_bnds
 - Qi Gong – Video guide on Qi Gong:
<https://www.youtube.com/watch?v=Ac08kMK-dyl>
 - Yoga – Yoga guide:
<https://www.youtube.com/watch?v=v7AYKMP6rOE>
 - Guided Imagery – Video guide on Guided Imagery For stress relief:
https://www.youtube.com/watch?v=gU_ABFUAVAs
- Manage possible dehydrating effects from stress-induced diarrhea.
 - Take an oral rehydration solution (ORS) which includes sports drinks (e.g. Gatorade) or the commercially sold Oresol. Take one glass with each bowel movement.
 - A home-made oral rehydration solution (ORS) may also be taken. Take one glass with each bowel movement.
 - Six (6) level teaspoons of Sugar
 - Half (1/2) level teaspoon of Salt
 - One liter of clean drinking or boiled water and then cooled
 - Avoid dehydrating drinks such as caffeinated drinks (e.g. cola, coffee, tea, energy drinks), as well as alcohol.



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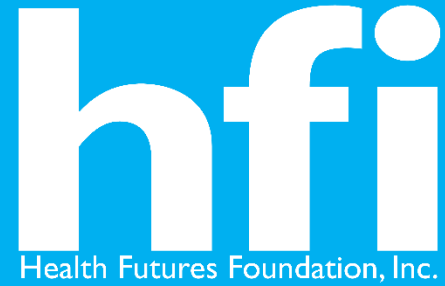
POSSIBLE

STRESS-INDUCED DIARRHEA

Herbal Medicine

- **Coconut Water**

- For fluid electrolyte replacement
- For every 2 glasses of plain coconut water, add 2 glasses of clean water, 1 tablespoon of sugar and ¼ teaspoon of salt. Stir the mixture thoroughly. Take one glass with each bowel movement.



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