

How To Become More Stress Resilient

Some stress is natural but too much over time can lead to serious health concerns including impacting your metabolism and ability to shed fat. How we respond to and manage stress has a direct impact on all of our bodily systems including our nervous system, immune system, digestion, endocrine system and brain health! Here are some tools you can use to become more stress resilient! For more detailed information on utilizing your parasympathetic nervous system please reference our Rest & Digest Protocol.

- 1 **Recognize Stress:** Learning to recognize when your body is reacting to stress and identifying our stressors are the first steps in managing stress.
- 2 **Take a Break:** A change of pace, no matter how short, gives us a new outlook on old problems. Take a vacation 20 minutes a day - enjoy a change from the daily routine.
- 3 **Learn to Relax:** Under stress, the muscles in our bodies stay tight. One of the most effective ways to combat tensions is deep muscle relaxation. Other techniques that produce muscle and mental relaxation are yoga, prayer, and deep breathing.
- 4 **Be Nutritionally Aware:** Good nutrition is vital to optimum health, and is especially critical when we are under unusual stress, or going through a major life change. Utilizing a macro-nutrient strategy and understanding how to appropriately fuel your body is a great place to start. Additionally, minimizing and/or optimally eliminating inflammatory foods can have a big impact on your stress resilience over time.
- 5 **Exercise Regularly:** Just like nutrition, exercise is imperative for maintaining good fitness and can serve as an excellent stress reliever.
- 6 **Prioritize Sleep:** Make getting deep restorative sleep a must. Adequate quality sleep can help your body and brain respond to stress in a healthier way and can regulate cortisol levels, support immune health and lesson anxiety. Sleep is critical for optimal health.
- 7 **Plan your Work:** Tension and anxiety really build up when our work seems endless. Plan your work to use time and energy more efficiently. Take one thing at a time.
- 8 **Talk it Over:** This may be the most important thing you can do for yourself as you gain tools to both reduce stress and become more stress resilient. Find a good listener. Just as a pressure relief valve allows steam to flow out of a pressure cooker and keeps it from blowing up, so talking allows stress to flow out of the body and keeps us from overflowing.
- 9 **Accept What You Cannot Change:** If the problem is beyond your control at this time, try your best to accept it until you can change it. It beats spinning your wheels and getting nowhere.
- 10 **Evaluate Your Perceptions:** What we think is sometimes what we feel. If we constantly think unrealistic or alarming thoughts about ourselves or other folks, then our stress level is increased.
- 11 **Relax Unrealistic Standards:** When we set unrealistic standards for ourselves, we usually can never reach them. If we do, we burn out quickly. Set reasonable goals and standards.
- 12 **Reward Yourself:** Find ways to reward yourself when you've completed a minor or major task. We cannot always depend on others to recognize us, so we must develop our own reward system. We encourage this reward system to be something such as an experience and not to be tied to food as this can lead to using food in an unhealthy way over time.
- 13 **Become Assertive:** Take steps to solve problems instead of feeling helpless. Distinguishing assertiveness (respecting others' rights and your rights) from aggressiveness and passivity can do much to resolve internal stress.
- 14 **Rediscover Humor:** Learn to laugh at yourself and your situation!
- 15 **Increase Pleasurable Activities:** Take time to participate in fun, pleasurable, activities on a regular basis.



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