

Manage your *stress*, improve your **life**

We are busy, but need to stay alert to those things that can hurt us..

Stress triggers



Let's define "stress"

- A state of **mental** or **emotional** strain or tension resulting from **adverse** or very demanding circumstances.
- Is the **body's reaction** to any change that requires an adjustment or response. The body **reacts** to these changes with **physical**, **mental**, and **emotional** responses.

- <https://my.clevelandclinic.org/health/articles/11874-stress>

Things you can do everyday to address your stress..

- Drink **water**
- Use your **breathing** to destress
- **Stretch** your body
- Practice daily **gratitude**
- Walk or **exercise**
- **Eat** real food
- Get plenty of **rest/sleep**



Water...

- Water promotes *movement* in our body systems
- Replenishes what we lose in *moisture* from breathing and going to the bathroom
- Our *brain* needs water to cool itself and work correctly
- Water is essential for *blood* production
- Helps muscles, tendons and ligaments *work* better



Breathing...

- Automatic, yet necessary
- We can slow our **breathing** down when we are stressed
- We can use breathing to reduce **blood** pressure and reset our **emotional** state



Stretching...

- Similar to yoga, stretching allows us to **relax** and promote movement in muscles, tendons, ligaments
- Promotes activation of the **nervous** system
- Allows us to release **pressure** from joints
- Builds **strength** and resilience



Practice Gratitude...

- **Meditation**, prayer, focus on goals
- Allows yourself to see what is going well
- Acknowledges **goodness** in your life
- Is positive reinforcement



Exercise...

- Our bodies are meant to work, not be sedentary
- Promotes **health** and **well-being**
- Builds strength and capacity
- Works our **stamina**
- Keeps our body flexible



Nutrition...

- We are what we **eat**, so good food is what we need
- A balanced diet **promotes** health
- Our bodies and **brains** need nutrients to stay strong and healthy



Rest/Sleep...

- We need sleep to **repair** our bodies
- Resting also helps w **brain** repair and **neuro-connections**
- We can try again with **new vigor** when we have rested



Remember, fill your **life** with things that bring you joy too..

- **Crafts**
- Connecting
- **Gardening**
- Reading
- **Games**
- Music
- **Laughter**
- Spirituality



Questions, concerns, comments?

- Remember to put **yourself** on your priority list
- Take time for **health**
- Teach and **encourage** others
- Learn **new** things, **try** things



Thanks for your time and attention!

