# 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 loose 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



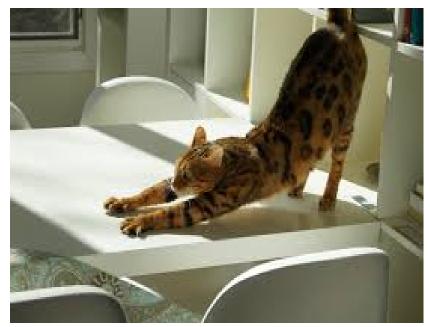
## Breathing...

- 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!

