



# Improving your HC360 Score - Part 2

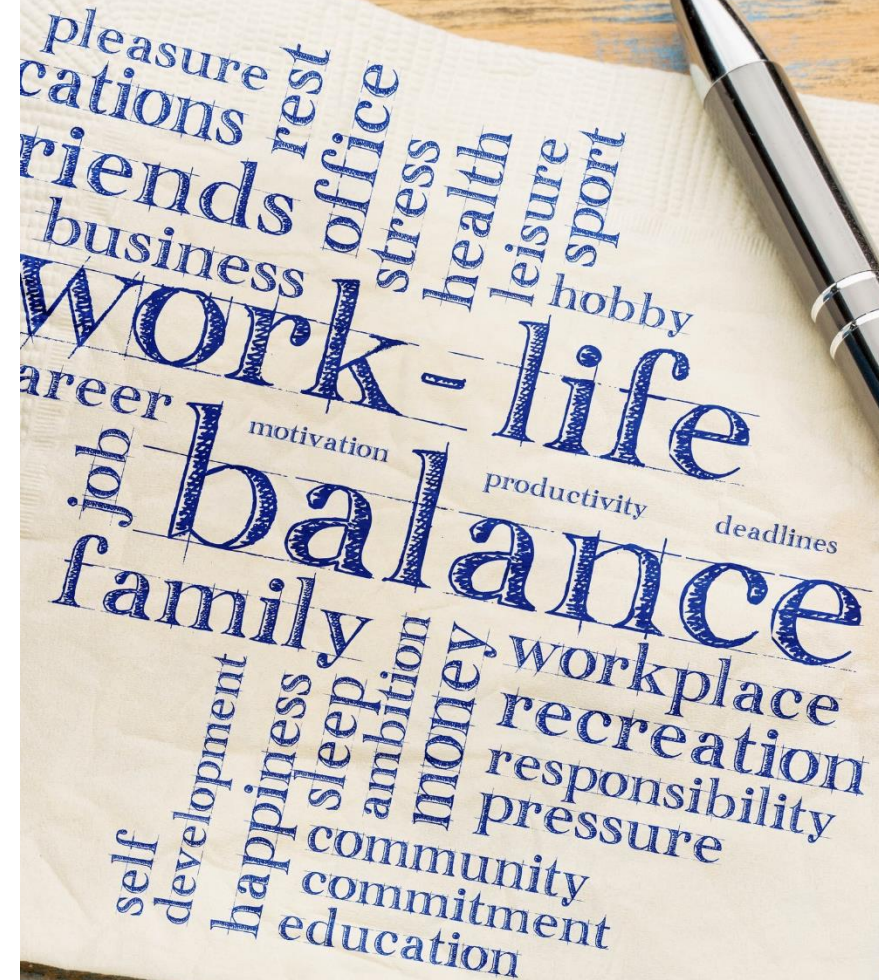
Presented By | Coach Shelby



# AGENDA

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- How stress and sleep affect your biometrics
- Simple ways to improve your habits





# WHAT DO WE TEST?

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## Standard Panel

BMI/Measurements

Blood Pressure

Glucose

Cholesterol

- HDL, LDL, Triglycerides

Nicotine

Additional testing and different models available







## BMI/MEASUREMENTS

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### How stress affects these

- Cortisol – stress hormone
  - “Fight or Flight”
  - Insulin response
  - Crave quick energy – Sugar!





# BMI/MEASUREMENTS

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## How sleep affects these

- Leptin
  - Alerts brain when full
    - We release less when we are tired
- Ghrelin
  - Stimulates appetite
    - We release more when we are tired
- Cortisol
  - We release more when we are tired
- Metabolism
  - Goes down when we lack of sleep
- Less motivation/energy/judgement



# BLOOD PRESSURE

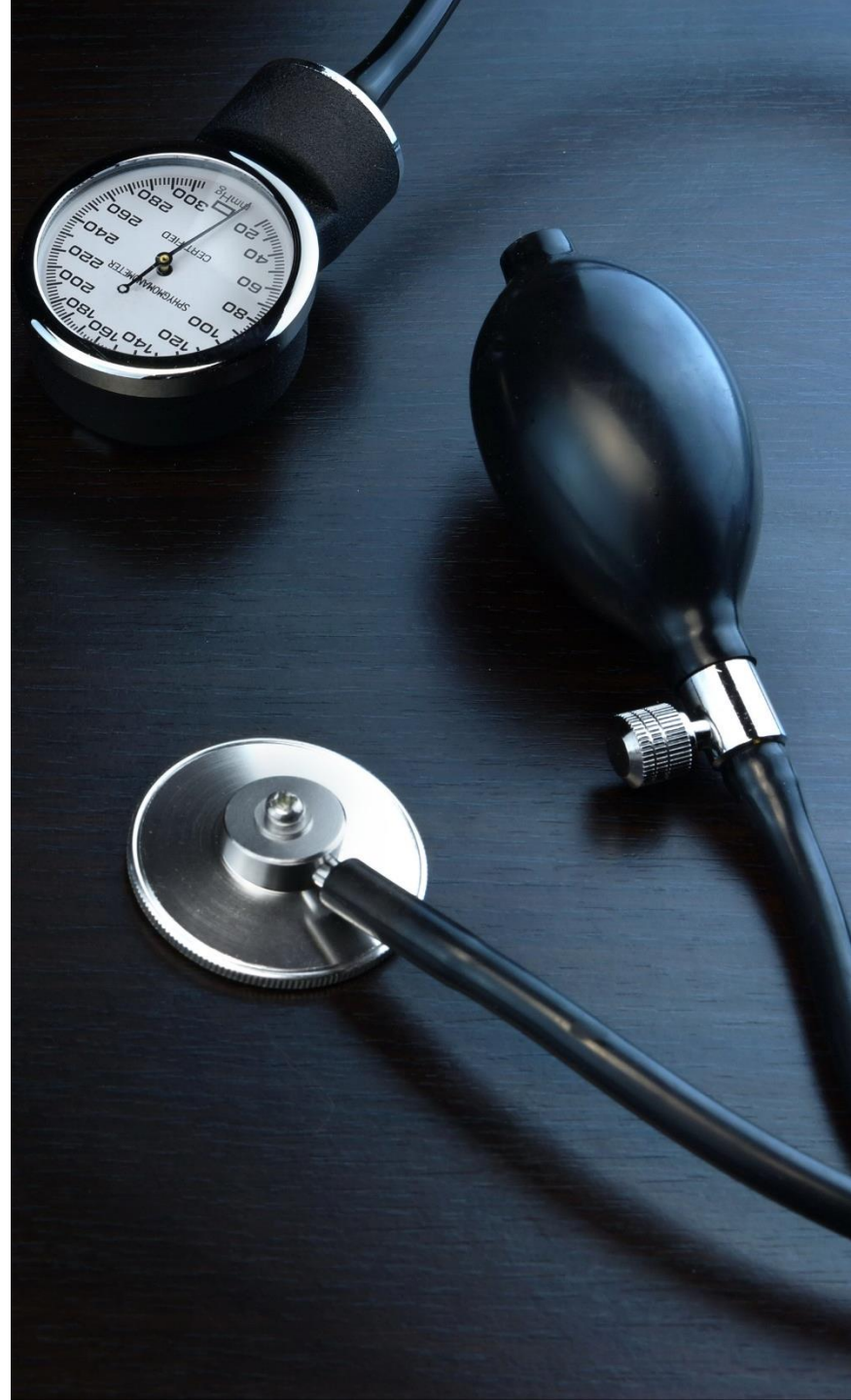
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## How stress affects this

- Adrenalin and cortisol
  - Heart beats faster
  - Blood vessels constrict



<https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/managing-stress-to-control-high-blood-pressure>





# BLOOD PRESSURE

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## How sleep affects this

- Sleep is thought to regulate stress hormones
- Obstructive sleep apnea
  - Can cause increased blood pressure
- Disrupted sleep in women
  - Can cause increased blood pressure
- Indirect relationship
  - Poor decision-making and stress response

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/expert-answers/sleep-deprivation/faq-20057959>

<https://www.medicalnewstoday.com/articles/322270.php>





# GLUCOSE

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## How stress affects this

- Cortisol
  - Causes cravings for sugary foods
  - Store excess sugars as fat
    - Store in abdomen in many cases

## How sleep affects this

- Poorer decision-making
- Leptin and Ghrelin
  - Crave quick energy/sugar
  - Body stores excess
    - Increased risk of Type 2 diabetes





# CHOLESTEROL

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## How stress affects this

- Hemoconcentraion
- Cortisol
- Inflammation
- Poor decision-making

## How sleep affects this

- Poor decision-making
- Irregular sleep patterns can cause cholesterol changes



<https://www.medicalnewstoday.com/articles/313207.php>  
<https://www.sciencedaily.com/releases/2019/06/190605133514.htm>



# WHERE DO I START WITH STRESS?

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## In the moment Stress

- Deep breathing
  - Box breathing
    - Inhale for 4, hold for 4, exhale for 4, hold for 4
- Use your senses
  - Sight
  - Sound
  - Smell
  - Touch
  - Taste
- Positive self-talk
  - Reframe the situation
  - Perspective



# WHERE DO I START WITH STRESS?

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## Long-term Stress Reduction

- Stress journal
- Practice the 4 A's
  - Avoid
  - Alter
  - Adapt
  - Accept
- Create a stress toolbox
  - Exercise
  - Healthy nutrition
  - Meditation
  - Music
  - Gratitude journal
  - Connections



<https://www.helpguide.org/articles/stress/stress-management.htm>



# WHERE DO I START WITH SLEEP?

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## Stick to a schedule

- Create sleep wake schedule

## Relaxing bedtime routine

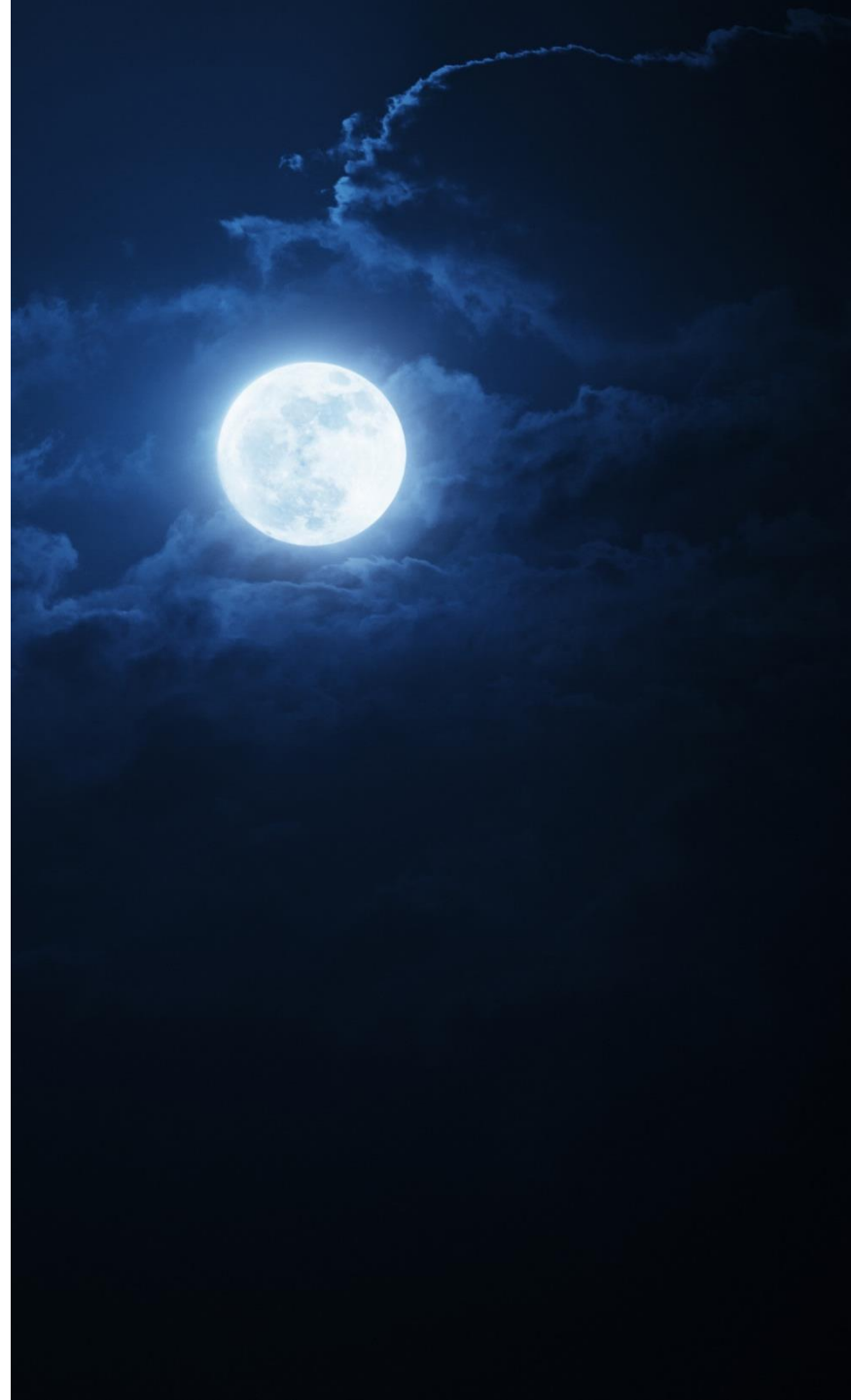
- Bath
- Read
- Meditation

## Avoid naps if you have a consistent bedtime

- Can disrupt the sleep wake schedule

## Exercise

- Expend energy
- Reduces stress
- Sleep wake schedule
- Natural sunlight





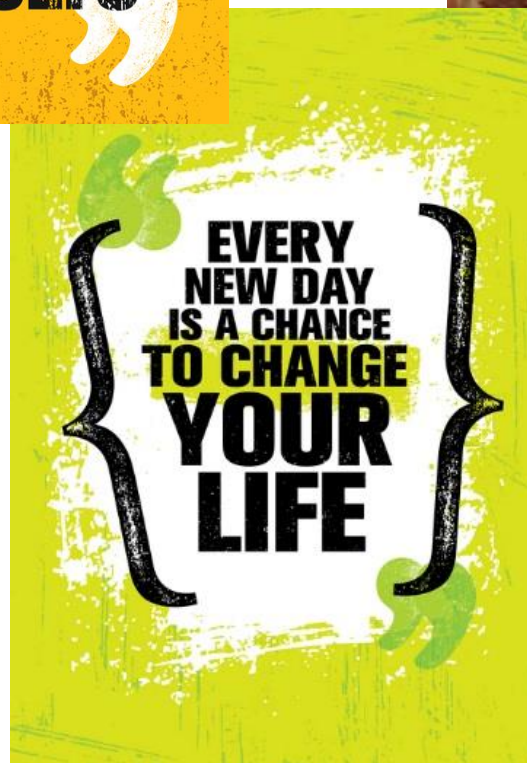


## WHERE DO I START WITH SLEEP?

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- Nutrition
  - Avoid alcohol, nicotine, caffeine, big meals, especially in PM
- Environment
  - Temp
  - Noise
  - Light
  - Mattress/pillows
- If you can't sleep, get up
- Speak to a professional





# UPCOMING WEBINARS

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## Developing Resilience

Practicing optimism and healthy habits to adapt to life's curve balls

July 3, 2019

Find out more on [www.healthcheck360.com/blog](http://www.healthcheck360.com/blog)



## Processed food: The Good, the Bad, the Ugly

Do you really know what processed food is? Find out what to look for and how to make better decisions in every eating situation.

August 7, 2019



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