



STRESS

STRESS LESS

IT'S POSSIBLE TO KEEP REOCCURRING OR UNMANAGED STRESS IN CHECK.

Having a hard time managing your stress? Talk to one of our Health Coaches today!

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Stress can create a fight or flight response. When you're put into a stressful situation, your body creates a chemical response to help you respond to the stressor. If left unmanaged, these chemicals can wreak havoc on your health.

- They suppress your digestive, reproductive, and immune system functions while at the same time increasing food cravings and spike your blood sugar
- Your body is constantly responding to stress and loses its ability to properly respond in times of need

IMPORTANT FACTORS NEEDED TO MANAGE STRESS

- Quality sleep: feeling rested when waking
- Quality nutrition: your body can only run as well as you fuel it
- Physical activity: increases your feel good hormones, releases tension in the muscles, and improves alertness & concentration

TIPS TO MANAGE STRESS

- Deep breathing
- Take a gratitude walk: think about everything you're grateful for
- Muscle relaxation: sit back in a chair and gradually relax from head to toe to release tension