

Stress and You Series – Week #4

“Able doesn’t always mean ready and willing”.

What is Your Number 1 Stressor?

- Family?
- Work?
- Environment?
- Social Situation?
- Other?

When do I notice it? _____

Physical Evaluation

Are you experiencing any of the following symptoms?

- Blood pressure
- Elevated heart rate
- Perspiration
- Low energy
- Jumpy
- Upset stomach
- New food intolerances
- Bowel concerns
- Headaches
- Other



Step 1: Decide to Change

Step 2: Decide What to Change

My Plan: Indicate a behaviour or behaviours you would like to consider changing for the better.

Eating

Eating every 2-3hrs (5-6x day)
Eat food slowly
High on colour, low on process
Portions = 2 hands for a meal, 1 for a snack
Water!!!

Exercise

Cardiovascular exercise is the best format to reduce stress hormones
20mins in duration or longer
As vigorous as is appropriate for you (see your consultant)

Sleep

Is my bedroom an environment conducive to sleeping?
Am I scheduling myself for sleep?
How do I quiet my mind for sleeping?
Am I eating to help me sleep?

Notes:

