



Dear Stress, Let's Break Up!

Pillar #1 – Healthy Nutritional Habits

1. Eat on a schedule – Try eating something every 3 hours [5-6 small meals per day]. Plan, prepare, and pack the night before. Do your best!
2. Choose the right foods and not energy zappers – Wet [fruit/vegetables] and dry [whole grain products] carbohydrates, lean proteins [limit red meat], healthy omega fats [fish, flax, walnuts, avocados].
 - Power foods for heart health/healthy weight [oats/steel cut oats, water, beans, cinnamon, bananas, fish [or fish oil supplement]
3. Combine your foods – Always eat carbohydrate and protein together [crackers and peanut butter, cottage cheese and fruit, apple and cheese, tuna and bread/wrap]. Protein with every meal keeps you full, longer! Protein helps control blood sugar levels and cravings.

Pillar #2 - Stress-Reduction

4. Make an appointment with YOURSELF every day! What relaxes you? Book it in just like any other appointment/meeting.
5. Self-develop – Any chance you get! Read “Peaks and Valleys” [by Spencer Johnson]. While driving, listen to audio CDs. Two empowering techniques to help train the mind to deal with what comes up.
6. Relax by drinking calming teas [ie: lavender, chamomile, lemon are good suggestions].

Pillar #3 – Restful Sleep

7. Bedroom – Your bedroom is your sanctuary. Keep it cool, quiet and dark [can you see your hand in front of your face?]. Limit distractions by turning your alarm clock around.
8. Bed – Your bed is for sleep only! No computers, no phones.
9. Food – Avoid high fat, sugar, protein-rich foods late at night. Try easy-to-digest “CSI Snacks” instead [ie: cereal/milk, granola/yogurt, toast, air-popped popcorn, banana, milk, calming tea].

Pillar #4 – Motivation to Move and Positive Thinking

10. We were born to MOVE – Non-exerciser? Try walking 30 minutes/day [~6000 steps]. Even break it up in 10mins increments if that is easier! Take stretch breaks during your day – avoid sitting disease! Did you get your 10 oxygen breaks in today?
11. Get Motivated – do more of what you love to increase your movement. Don't forget to move more at work too! Stay out of sloth-mode!
12. Positive Thinking – try to keep your thoughts positive. Sometimes, when energy levels are low, we can start to have negative thoughts which can spiral. Find ways to think positively by counting your blessings, be grateful for what you do have, and keep reminders around you to help!