Ways to Reduce Stress

The body's reaction to stress, especially if it's chronic, isn't something to be taken lightly. Stress can take years off your life…it can even kill you. Sleep helps regulate your hormones. It kills off bad bacteria that have accumulated in your gut throughout the day and it's the primary time for your body to repair its tissues (especially your muscles). If you don't get enough sleep, your immune response (i.e. your ability to fight off disease and sickness) will suffer, you will gain belly fat (because of the higher amounts of the hormone cortisol) and you'll experience lows in energy.

This Week and Month:

Think about three ways to reduce stress.

1. _____

2. _____

3. _____

Answer the Following Questions:

1. What is my sleep ritual like?

   _____

   _____

2. How can I make some changes to my life as it pertains to stress and sleep?

   _____

   _____

On a scale of 1-10, rate how well you do the following body honoring activities. Don't just look at these, write the number down!

- Forgive yourself
- Get to bed by 10:30
- Exercise or do movement regularly
- Practice relaxation techniques
- Breathe deeply at least twice a day

- Laugh at least twice per day
- Practice gratitude
- Drink half your body weight in ounces of water a day
- Liquefy your food when eating (i.e., chew it)
- Eat three balanced meals a day (e.g., balance means you eat a protein, fat, and complex carbohydrate at each meal)
- Practice 'thought awareness' (e.g. you recognize the thoughts that could lead to a downward spiral of negative emotion resulting in mental and physical stressors, which in effect are viruses in your mind)

Look at your scores and determine where you can improve the way(s) in which you honor your body. Answer the following questions:

1. What is one way that I have failed to honor my body (i.e. I did not do what I said I would do, or I failed to act appropriately given a certain situation)?

   _____

   _____

2. What lesson(s) did I learn?

   _____

   _____

3. How can I improve my self care?

   _____

   _____

At The End of Each Week:

My grade for this week is _____

(A = Excellent, B = Good, C = Average, D = Poor, F = Failed)

If you have a best practice or question(s) to share, email Ingo@wellness-csi.com.