

STRESS

**Effects of Stress**

*When you are stressed, your body stimulates your adrenal glands to produce cortisol and adrenaline.*

INCREASES BELLY FAT- With chronic stress, insulin increases. This drives metabolic dysfunction that leads to weight gain, [insulin resistance and ultimately diabetes](https://drhyman.com/blog/2010/05/20/5-steps-to-reversing-type-2-diabetes-and-insulin-resistance/).

INCREASED CORTISOL-Raises heart rate, increases blood pressure, makes your blood more likely to clot, damages the brain’s memory center, increases [belly fat](https://drhyman.com/blog/2012/02/08/new-study-finds-secret-to-a-faster-metabolism/) storage

ADRENAL BURNOUT- Feeling wired but tired, palpations, anxious, trouble sleeping, low blood pressure, salt and sugar cravings

INCREASES FATIGUE-Leads to seeking stimulants

DECREASED HEALING- Our emotions impact our ability to heal.

**Stress Management**

*Stress is a thought, a perception of a threat, even if it is not real. That’s it. If that’s true, then we have complete control over stress, because it’s not something that happens*to us*but something that happens*in us.

ACTIVELY RELAX- Profound, deep relaxation like relaxing music, drinking tea, playing with a pet, going for a leisurely walk, watch a sunset, get a massage, stop rushing, spend time enjoying nature and turn your mind off.

MOVE YOUR BODY-Exercise, any physical activity you enjoy or stretch 20-30 minutes five times a week to provoke a moderate heart rate and sweat

LEARN NEW SKILLS- Take a class, learn a language or a sport, play a game, or read a book

SUPPLEMENT-Use supplements to balance the stress response. Magnesium, multi-vitamin, vitamin C, or B-Complex vitamins

ADAPTOGENS- Adaptogens help your body “adapt” to stress. Drink tulsi tea, try Adrenal Support, ashwagandha or ginseng

HEAT THERAPY- Saunas or a hot bath with essential oils and Epsom salt

CHANGE THOUGHTS- Get rid of negative self-talk and thoughts, change *your* response to stressors, limit exposure to people who make you feel bad

COMMUNITY-Surround yourself with people who believe in you and encourage you. Find a place to belong where you can be yourself and share your heart. Call a friend.

BREATHE-Deep breathing

SLEEP- Take a 20-30 minute nap every day. Get 8 hours of sleep at night. Use essential oils to relax before bed to sleep deeply

MEDIATE- Spend time with God and in prayer. Journal your feelings every day-good and bad

MEDIA HOLIDAY-Turn off the phone, tv, computer or whatever media distracts you

**Diet**

*The right diet can do wonders to reduce stress’s impact on your life and restore an even-keeled mindset. Food is information that controls your gene expression, hormones, and metabolism*

EAT-real whole foods, clean protein, healthy fats, leafy and cruciferous vegetables, berries, non-gluten grains

AVOID- alcohol, caffeine, refined sugars

**Benefits of Stress Management**

BRINGS DELIGHT AND REFRESHMENT-Changes your outlook and mood

INCREASES ENERGY- So you can care for others and fulfill obligations

HEALS- More healing from 20 minutes of pleasure than damage from 20 minutes of extreme stress.

*Spend at least 20 minutes per day, 5 days a week doing something that reduces your stress*.