

Managing Stress & Creating Balance

Excessive stress may be harmful, and is only a signal that lets you know you are out of balance. To achieve optimal health, you must focus on regular stress management to keep your physiology and hormone levels balanced. Long term lack of balance can lead to significant health consequences.

Stress is a fact of life and is an opportunity to learn and grow. It is up to you to manage your stress the best way that is suited to you. Incorporating something JOYFUL into your daily routine can make a dramatic difference in your outlook and health.

During times of undue stress, it is important to take care of your body. Try not to turn to comfort foods or stimulant use. Times of stress require even more diligence to keep your eating and lifestyle habits balanced. Do your best to stay positive and feel good.

Below are some suggestions that can help create balance:

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| Get adequate sleep! | Make smart choices |
| Workout regularly | Learn to delegate |
| Get control of your finances | Get organized |
| Adopt a pet/Volunteer | Play sports |
| Visualization/Breathing exercises | Relax/Take care of you |
| Assertiveness training classes | Listen to your body |
| Avoid stressful TV shows | Meditation |
| Avoid stressful influences | Spend time in nature |
| Dance/Put on a beautiful piece of music | Meet friends |
| Set boundaries/Accept that you can't do it all | Take a bath |
| Take a 10 minute walk to your favorite place | Learn to say no |
| Maintain a clean environment at home/work | Yoga/Chi Gong |
| Develop affection in relationships (laughing, hugging, being together) | |
| Focus on what you want in your life NOT on what you don't want | |
| Forgive yourself and others | |

Focusing on something you love/enjoy like a family pet, child, vacation spot, happy moment.....is also beneficial and a great way to change your state of mind. **HAPPY THOUGHTS = HAPPY BIOCHEMISTRY**