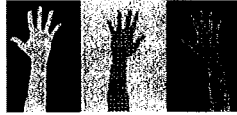


## PLEDGE TO LIVE WELLNESS



- I pledge to SUPPORT myself, my family, and my co-workers in 2014 to improve our overall wellness!
- I pledge to GET ACTIVE!
- I pledge to MAKE HEALTHIER CHOICES!
- I pledge to KNOW MY NUMBERS and discuss them with my doctor!

## Stress

- Some stress is needed to be productive.
- Stress starts in the brain
  - > Natural fight or flight hormones from real or perceived threats
  - > Can moderate response
    - Think
    - Verbally defuse
    - Find meaning or purpose
- Common Stressors
  - > Failure to take care of ourselves, injury, illness (metabolic, toxic, immune, endocrine, infectious)
  - > Relationships, grief, rehashing the past, worrying about the future (cognitive, emotional)
  - > Deadlines & too much to do (sensory, energetic, structural)



## Stress

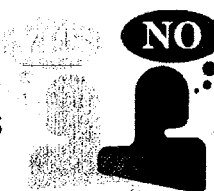


- ◎ Stress can cause physical reactions
  - > Insomnia
  - > Headache, muscle tension & pain
  - > Nausea & gastrointestinal issues, increased blood sugar
  - > Panic attacks
    - Dizziness or lightheadedness
    - Shortness of breath
  - > Disease: Obesity, Diabetes, Heart disease & abnormal heartbeat, high blood pressure, acne, & menstrual disorders
- ◎ And mental/emotional reactions
  - > Problems focusing, forgetfulness, poor self-esteem, short temper
  - > Anxiety, Depression, Panic, PTSD
  - > Chronic fatigue
  - > ADD/ADHD



## How to Deal with Stress

- ◎ Get the right ATTITUDE
  - > Be a problem solver – make a list of stressors and determine which ones you have control over
  - > Get organized, prioritize, and delegate
  - > Be positive
  - > Be flexible
    - Choose your battles wisely
    - Change your expectations
  - > Set limits – for yourself and others
  - > Learn to say NO.



## How to Deal with Stress

### ◎ Relax

- > Time out: take deep breaths & count to 20
  - Makes a difference even if you don't think it does – slows your breathing, lowers blood pressure
- > Stretch, do yoga, and/or meditate
- > Massage tense muscles
- > Smile & Laugh
- > Do something YOU want to do



## How to Deal with Stress



### ◎ Maintain healthy habits

- > Get enough sleep (7-9 hours per night)
- > Eat healthy (5 food groups/My Plate, rainbow)
  - Avoid sugar and fat – these give temporary energy but long term fatigue
- > Move your body
- > Avoid alcohol, drugs, smoking, & overeating

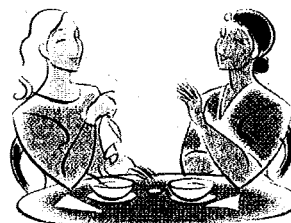
### ◎ Failure to take care of yourself can lead to further stress caused by pain & disease.

- > Make small changes now, by setting small, incremental, attainable goals
- > Choose enjoyable activities
- > Enlist a friend



## How to Deal with Stress

- Communicate and Connect
  - > Write in a journal
  - > Share your feelings with friends or loved ones
  - > Volunteer in the community
  - > See a professional



## Nutrients & Foods to fight the effects of stress on your body

- **B vitamins:** These help the body cope with stress (build your metabolism) and control the whole nervous system (raw veggies, avocados, bananas, nuts, seeds, meat, dairy, & fish)
- **Proteins:** Assist in growth and tissue repair (meat, eggs, legumes, seeds & nuts)
- **A vitamins:** Essential for normal vision (orange vegetables and fruits, fatty fish, leafy greens)
- **C vitamins:** Protection of the immune system (antioxidants, diabetes protection etc.). Lowers the amount of cortisol in your body. (Fruits & veggies especially citrus and berries)
- **Magnesium:** Needed for a variety of tasks such as muscle relaxation, fatty acid formation, making new cells and heartbeat regulation. (nuts & seeds, beans & lentils, fatty fish, dark leafy greens, whole grains, bananas, avocados)
- **Water:** hydrates your body and brain to keep digestion, circulatory, and other systems functioning properly.