LET'S
ABOUT
STRESS
BABY!
Stress is...
Your body’s natural reaction to any kind of demand that disrupts life as usual
BAD STRESS

• Decreases ability to perform
• Sets off body’s warning system
GOOD STRESS

• Helps conquer fear
• Provides extra endurance
• Motivation
WAYS TO Reduce Stress
Rest

TAKE TIME TO UNWIND BEFORE BED
Stress hormones peak in afternoon to early evening. Sleep helps decrease levels of stress hormones. Brain chemicals for deep sleep stop production of stress hormone.
Nourish
BALANCED MEALS
THROUGHOUT THE DAY
+ Fuel for your day can be found in green leafy vegetables, chicken, or fish
+ Bananas, avocados, or beans can help with muscle tension
+ Caffeine-free drinks avoid increasing levels of cortisol
Move

5-10 MINUTES OF AN ENJOYABLE ACTIVITY
+ More energy
+ Endorphins boost your mood
+ Decreases tension in muscles
+ Reduces body’s stress hormones (adrenaline and cortisol)
TIPS TO Reduce Stress
Get organized

Focus on things you enjoy
Make time for self-care

Find what works for you
IMPORTANCE OF Self-Care
An essential component of living a healthy life, especially when it comes to managing your stress.
Prevents burnout

Empower healthy relationships

Improve confidence & self-esteem
More effective and energetic

Helps Manage Stress