

LET'S

TALK

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

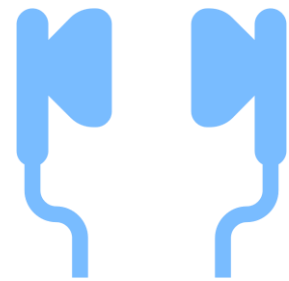


Focus on things
you enjoy



**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.**

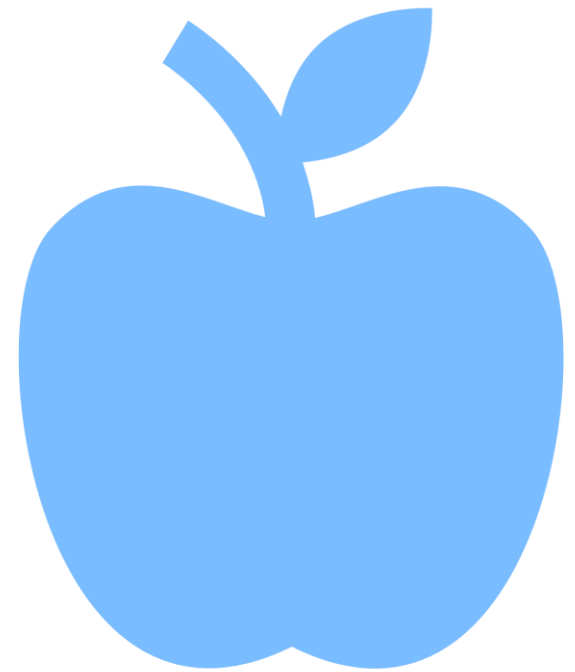
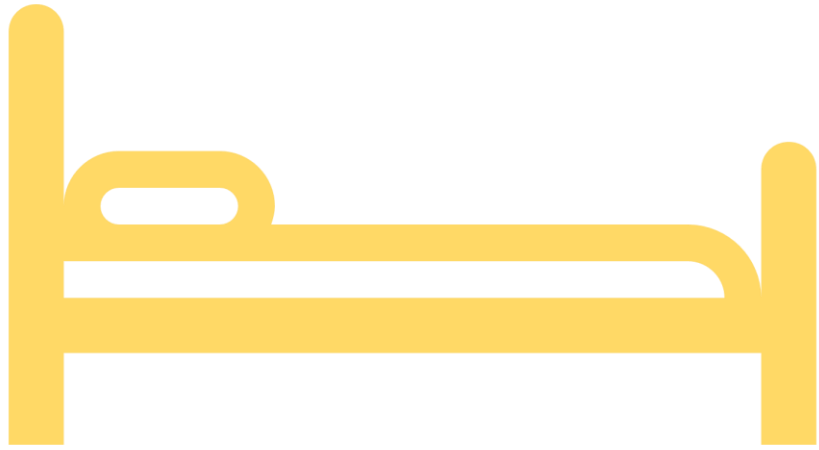
Prevents burnout

**Empower healthy
relationships**

**Improve
confidence & self-
esteem**

**More effective
and energetic**

**Helps Manage
Stress**



OWLS
CARE