

# KNOW YOUR STRESS LEVEL

Stress can be a silent killer, slowly eating away at your health. It is important for you to recognize the effects of stress before they show up as illness or disease.



---

## THE STRESS CLOCK IS TICKING

Identify your key stressors. Which ones can you actually do something about and which ones are you just going to have to protect your body and mind from? For instance lack of sleep can be a huge stressor. Can you go to bed one hour early most or some nights of the week?

*As a general goal, write down your stressors. For the ones you can do something about identify three things that could help reduce that stressor.*

---

## BREATHE

It helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing **tiredness, low energy, and headaches**. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

*Aim for 8-10 glasses of fluid per day*

---

## EAT HEALTHY FOOD

Eating a healthy, balanced diet provides nutrients to your body. These nutrients give you energy and **keep your heart beating, your brain active, and your muscles working**. Nutrients also help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

---

Adaptogenic herbs can be a huge help for combating stress. They basically help your poor adrenal glands keep up with all of our day to day stress. These herbs mitigate the effects that stress can have on the body. Ask me for help.