

E-BOOK

- Grab a pen/pencil
 - Write down or dictate your story
 - Just make sure it fits on one side
 - Leave your name and number at the back
- The American Press*

THE POWER OF HABITS:

A GUIDE TO

Stress Management

Compliments of:





Introduction

In our fast-paced society, it's easy to feel overwhelmed by the stress of our daily lives.

Juggling work, family, and social obligations can seem like an impossible task, and it's no wonder that stress has become such a common problem.

In fact, the level of stress experienced by Americans has increased significantly in recent years.

So what can we do to manage our stress and maintain our well-being?

Well, this is exactly what we're going to discuss in this comprehensive guide to reducing stress and improving overall health.

Written by our team of experts, this e-book offers advice on everything from meditation and lifestyle habits to simply utilizing awareness in an effort to break free from the chains of stress.

If you're looking for a way to reduce the stress in your life, keep on reading and enjoy!

With tips and techniques for every budget and lifestyle, this e-book will help you find peace and balance in even the most hectic times.

Stress is the Culprit

There are countless reasons we may also lash out at the why stress is harmful to our people around us who are not health. The most common culprits to wellbeing are the physical and emotional tolls of stress on the body.

These negative emotions can stress can cause headaches, lead to further stress, creating fatigue, stomach problems, and muscle tension.

It's clear that stress is one of the most common culprits for heart disease, obesity, and diabetes.

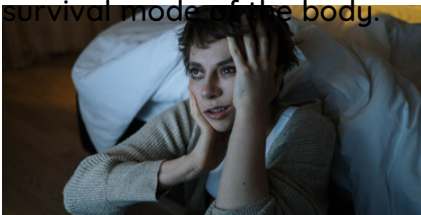
All of these health problems are serious and can impact our quality of life.

The physical symptoms of stress are bad enough, but the emotional effects can be even worse.

During stressful periods, the body releases cortisol and a flurry of other stress hormones that

When we're stressed, we're more likely to feel anxious or depressed. known as "fight or flight mode."

We may have trouble sleeping or concentrating. In other words, this is the survival mode of the body.





However, during fight or flight, the increased concentrations of cortisol in the body cause its immune system and growth to basically shut down.

Besides that, the heart rate and blood pressure go up. Essentially, the body is working out of its usual order and is striving to thrive.

And while this defense mechanism protected our ancestors from death by predation, it is vastly different nowadays.

In our modern times, the risk of death by predation is very low, and stress is triggered by other stressors in the environment, such as people and situations.

The worst thing is that these situations happen quite often, and stress becomes chronic.

This is when problems start to occur. And that's why it's important to find ways to manage stress and keep it under control.

Types of Stress

There are different types of stress that people experience in their lives.



The most common type is acute stress, which is the body's natural response to a sudden or dangerous event.

Another type of stress is known as chronic stress, which is the body's response to a sudden or dangerous event. This is where the body is constantly under pressure, often due to long-term problems or difficult situations. This type of stress can be helpful in situations such as a

car accident, where it can help you to react quickly and nature of stress can be quite different, but we recognize a couple of main such - Physical, psychological, and psychosocial stress.

However, if this type of stress is experienced frequently, it can be harmful to your health. Let's have a look at each!



Physical Stress

Physical stress is a type of stress that is caused by physical demands on the body.

This type of stress can be caused by vigorous activity, lifting heavy objects, or exposure to extreme temperatures.

Physical stress can also be caused by injuries, illnesses, or even toxic habits, such as smoking, drinking, and drug use.

When the body is subjected to physical stress, it may become overloaded and unable to function properly.

This can, of course, lead to health problems, such as high blood pressure and arrhythmias.

Think of physical stress as any environment, exertion, or habit that places a demand on the body, greater than its capabilities.

Psychological Stress

Besides stress that affects you physically in a direct manner (such as an injury, toxic habits or rough environment,) there is also psychological stress.

Psychological stress comes from many different sources.

It can be caused by difficult life events such as the death of a loved one, a difficult divorce, or being laid off from work.

It can also be caused by ongoing stressors such as financial problems, moving to a new city, or taking care of a sick relative.

Psychologically stressful events or situations can cause anxiety, depression, and other emotional problems.

This is perhaps the worst type of stress because it clouds your awareness and decision-making ability.

Nevertheless, there are ways to deal with it, which we'll discuss later in the book.



Psychosocial Stress

Psychosocial stressors are stressful events or situations that occur in our lives that are caused by our interactions with other people.

These events can be very challenging and can take a toll on our mental and emotional health.

Some common psychosocial stressors include family conflict, work stress, and relationship problems.

These stressors can affect us in a number of ways.

They can cause us to feel overwhelmed, anxious, or even depressed.

They can also lead to physical problems, such as headaches, stomachaches, and sleep disturbances.

If you are experiencing psychosocial stress, it is important to seek help, but mostly, analyze your behaviors, reactions, and logic, behind social interactions.



Stress Management As A Responsibility

If you're anything like me, you might be wondering who's to blame for the unprecedented levels of stress we've been experiencing lately.

Is it our bosses? The economy? Our families? Political instability? While it's tempting to play the blame game, the truth is that no one is at fault for the stress we're experiencing.

Stress is a normal part of life, and it's our own personal responsibility to manage it in a healthy way.



There are a variety of stress management techniques available, and what works for one person may not work for another.

However, there are some basic steps we can all take to manage stress in a healthy way.

By taking responsibility for our own stress management, we can take control of our well-being and lead happier, healthier lives.

Stress Management Practices

For some people, the idea of managing stress is enough to induce a panic attack.

But don't worry. There are a variety of stress-management practices to choose from, so you can find the perfect fit for your lifestyle.

Let's have a look at the most common (and effective) things you can do to manage the stress of daily life!



Physical Practices

You've probably heard it all before: in order to manage your stress effectively, you need to take care of yourself physically.

That means eating right, exercising, and getting enough sleep.

It's tempting to write off this advice as yet another case of "just do X, and everything will be fine," but the truth is that these stress management practices really do make a difference.

When you're well-rested, properly nourished, and moving your body, you're better able to deal with stressful situations.

You have more energy, you think more clearly, and you're less likely to fall apart emotionally.

So if you're looking for a place to start when it comes to managing your stress, look no further than your own physical wellbeing.

Taking care of yourself isn't just good for your health. It's good for your stress levels too.

Here are our favorite foods & training activities to include:

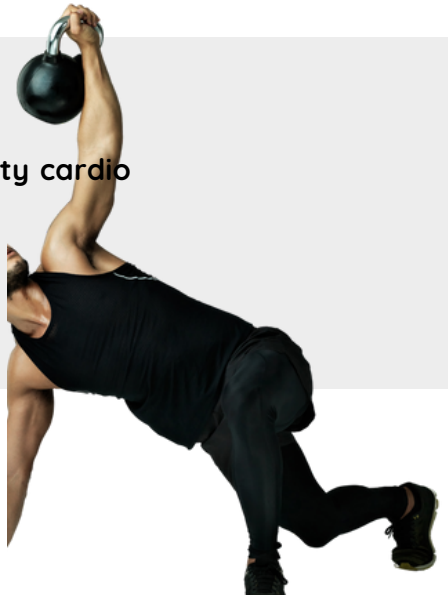
Foods

1. Grass-fed, grass-finished beef meat & organs
2. Organic fruits and vegetables
3. Raw dairy
4. Honey
5. Wild-caught seafood & salmon
6. Nuts



Training

1. Resistance training (weights, calisthenics, etc.)
2. Moderate to high-intensity cardio
3. Yoga
4. Hiking
5. Climbing
6. Diving



Mental Practices

You may have heard that running is the best way to deal with stress. After all, it's a great way to clear your head and get some exercise at the same time.

But what if you're not a runner? Or what if you just don't feel like putting on your sneakers and hitting the pavement?

Don't worry, there are other ways to manage stress effectively.

In fact, mental practices like mindfulness and meditation can be just as effective as physical ones like exercise.

So if you're looking for an alternative to running, consider giving mindfulness a try.

Simply stay aware of your thoughts and emotions, and try not to attach to any of the ones that cause stress.

Because once you attach yourself to them, you will essentially generate similar thoughts, creating a whole story in your mind that does nothing but stress you out.

This is meditation in its essence, and it might just be the stress-buster you've been looking for!



Taking Breaks

As we mentioned, it's no secret that we live in a high-stress world. We are constantly bombarded with stimuli, and it can be tough to find a moment of peace.

But what if I were to tell you that taking a break is one of the best things you can do for your stress levels?

That's right - by taking breaks both mentally and physically, you can give your body and mind a much-needed respite from the stresses of daily life.

And trust us when we say this - your body and mind will thank you for it!



Reacting VS Responding

Many people believe that they get stressed out because of the situations that they are in, but in reality, we get stressed out because we react to things automatically rather than respond consciously.

For example, if someone cuts us off in traffic, we may automatically react by getting angry or frustrated without taking the time to assess the situation and respond in a more rational way.

This is because our brain is hardwired to react quickly in order to protect us from danger, so often times we don't even realize that we're reacting angrily until it's too late.

For this reason, it is important to take a step back and assess the situation before reacting.

Because if we don't, then the stress that we experience will only be compounded at the moment of reaction.

situation escalates,

our stress levels.



A certain situation results in a certain reaction. That reaction then makes us feel a certain way and think things similar to the thought we had

The more similar thoughts we have, the more the story we tell ourselves about the

As a result, we linger on the said situation and emotional state, ultimately multiplying



Calm Is A Habit

The ability to respond consciously rather than react automatically is a habit that can be learned by anyone.

It takes practice and commitment, but the benefits are well worth the effort.

When you learn to stay calm in the face of adversity, you gain a sense of control over your life and your emotions.

You become less reactive and more responsive, which leads to better decisions and fewer regrets.

So remember- calm is a habit. A habit that gives you the power to stay in control during difficult times.

All it takes is a conscious decision to pay attention to yourself and how you react in certain situations.

The more you do it, the more you start doing it, and ultimately, you will be able to hit the pause button on your reactions and respond appropriately.

Final Words

And so, as you learned, stress management is mostly about mental practices and self-awareness but also about building healthy lifestyle habits as a backbone.

Practicing self-awareness can help you to better understand your own habits and how they may be contributing to your stress levels.

However, building healthy lifestyle habits can help to create a physical foundation of stability that you can rely on, even when you are feeling overwhelmed.

These habits can include things like getting enough sleep, eating a balanced diet, and exercising regularly.



By incorporating these healthy habits into your life, you can begin to reduce the amount of stress that you experience on a daily basis.

Pair that with a huge dose of awareness and conscious choices, and you will be well on your way to effective stress management!

We hope you enjoyed the read and as always, stay tuned with us for more actionable tips on health and wellbeing!

Hi!

I hope that you enjoyed and take advantage of this resource! I ask that you please do consider my fitness behaviour change program.

Think of it like a specialized type of health coaching. This is a great way to help individuals gradually change habits in a sustainable way.

I would welcome a chat with you.

Please use this link:

<https://tidycal.com/sjgfitness/30-minute-meeting>

Compliments of:



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