

STRESS MANAGEMENT TOOLS

Dr. Hans Selye - "*the nonspecific response of the body to any demand.*" Daily wear and tear on your physical and mental well-being.

Stress to your brain is very specific. Stress can be a high intense event in a short period of time OR mild to moderate levels of stress over a long period of time.

Types of Stress: M.E.N.

Mechanical – poor posture, subluxations, old injuries that haven't heal correctly.

Emotional – anxiety, depression, relationship issues, money.

Nutritional - quality of food you eat, how well your body can digest, absorb and assimilate the nutrition from the food you eat.

Stress Management tools:

Mechanical - chiropractic adjustments, correct posture with specific exercises, yoga, exercising.

Emotional - journaling, meditation, exercising, talking issues out with others, learning how to let go.

Nutritional – Eat a balance, clean diet, chew your food thoroughly, portion size meals, digestive enzymes.

Mastering Stress Management

1. Awareness – body awareness – listening to your body when it starts to whisper to you.
2. Techniques for managing your stress - the tools needed to diffuse the stress from your body.
3. Get support along your journey and accountability.

1. What are my triggers that cause me to lose my internal peace?

2. What activity(s) am I going to do that day to diffuse this stress?

3. What can I do to better balance my day?
