Say Goodbye to Stress

IN ORDER TO HEAL, A BODY HAS TO FEEL SAFE

In order for a body to feel "safe", it can't be stuck in a Fight or Flight Response

Fight or Flight: The fight or flight response is an automatic physiological reaction to an event that is perceived as *stressful* or *frightening*. The perception of threat activates the **sympathetic nervous system** and triggers an acute stress response that prepares the body to fight or flee.

ALL types of stress can attribute to putting you in fight or flight

HEALTHY BODY = SAFE BODY

5 TIPS TO MANAGE STRESS

- Eat frequently enough (every 2-3 hours)
- Write down main stressors and implement 2 ways to mitigate them
- Decrease electronic use (this is constant stimulation)
- Decrease caffeine intake to support adrenals
- Eliminate blue light at least an hour before bed (phone, T.V., computer)

Types of Stress:
Nourishment Related Stress
External Stress