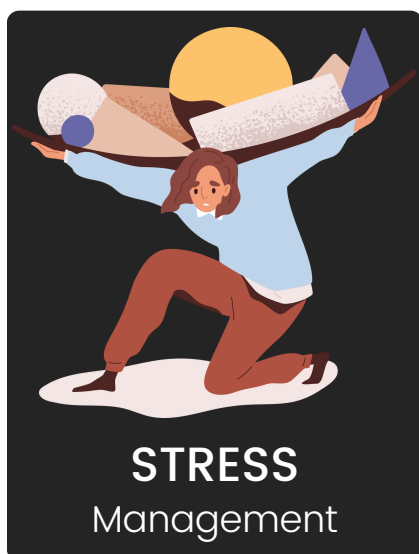




Stress Is...

a natural human response that prompts us to address challenges and threats in our lives.

Stress In the Short Term can be POSITIVE

Exercising

Places beneficial demand on the body

Immune System

Is immunosupportive in the short term

Nootropic

Is a cognitive enhancer to help us focus

Long Term High Stress

Has ZERO benefits. We are not designed to manage such high stress for years without breaking down.

The Stress Response

1. Mind-Body

- Experiences something that demands its attention such as a mental or physical challenge

2. Sympathetic Nervous System

- Receives the message from Mind-Body to turn on
- Located in thoracic spine

3. Adrenal Glands

- Release Adrenaline to raise blood pressure, focus eyes, and get body ready to respond to stressor

4. FIGHT FLIGHT FREEZE

Stress Management

- Managing stress begins with identifying it. You must acknowledge it.
- Then ask yourself if you would like to be stressed, angry, or anxious
- By acknowledging it and asking yourself that question, you have now taken TWO positive steps.
- Now pick one of these four methods to address the stress

Breathing

Take intentional breaths such as box breathing or physiologic sighs

Horizon Gazing

Widen your panoramic view. Allow your eyes to "zoom out"

Socializing

Engage with your inner social circle. The people that matter the most will prove you positive attachment which will release serotonin

Vigorous Exercise

High intensity exercise will allow you to face stressors more effectively

