

STRESS

KEY TIP: STRESS WANTS TO COMPLETELY
DERAIL YOU - BUT YOU CAN CONTROL THAT

For many people, being "stressed" is a way of life. It can almost be a badge of honor that you can take on so much and keep going. But what gives?

Really, what gives? Something has to.

Think back to a time when you felt WELL, truly well. Hopefully you had great sleep, time for movement that invigorated you, ate plenty of healthy foods, were surrounded by quality people and experienced down time that restored you. You probably had to put some pretty firm boundaries in place to make those health habits a priority.

Our current culture often says that needing and wanting these healthy boundaries is a sign of weakness. But the truth is, chronic stress creates weakness! It has been linked to autoimmune conditions such as Hashimoto's thyroiditis, issues with gut function, hormone imbalances and sleep cycle disruption. Sooo, don't start stressing about your effects of stress! Start right now with little changes. Movement, Sleep, Restorative Relationships, Diet, Environmental Toxin Removal are all areas that can produce monumental improvements with small changes. Where do you want to start?

Action steps to keep stress at bay:

- Where do you want to start? Pick something.
- spend time with people who encourage you and make you feel lighter and avoid unhealthy relationships
- schedule your self-care, even if it's a 10 minute walk or 30 minute bath - get it on your calendar and protect that time
- develop some sort of deep breathing routine, meditation, or Bible study time and make it a habit

