

# Healthy Habits For Stressful Times

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# The Challenges We Face



# New Stressors

Working From Home

Stress of those you serve at work

Current Events

Masks, Testing, Being Cautious

Supply Chain, inflation

In 2021, 84% Americans were stressed



# What does stress do?

Parasympathetic=Kitty

Rest, Digest, Feel, Heal

Sympathetic=Tiger

Fight, Flight, Growl, Scowl



# Stress and Your Health

80-90% Doctors Visits for  
Stress related conditions

Many conditions worsen  
With stress  
(eczema, asthma)



# Diseases Caused By Stress

Diabetes

Hypertension

Headaches

Insomnia

Irritable Bowel Syndrome

Obesity

Autoimmune Disease

Chronic Pain



# Mental Health and Stress

Poor Relationships

Marital Issues

Depression

Anxiety

Addictions

Suicide



# How Do We Manage The Effects of Stress?

Creating Healthy Habits  
Strengthens the Foundation  
Of Health

\*Please Pick One habit  
That YOU will try to  
implement.



# Nutrition

Fruits, Vegetables

Whole Grains

Beans/Legumes

Healthy Fat-nuts, avocado

Lean Meat/Fish

Limited Sugar

Limited Processed Foods



# Exercise

Releases Endorphins,

Cancels Negative Effects of  
Stress

Improves Mood/Sleep

30 minutes daily



# Good Sleep

Up to 70 million adults  
have insomnia

Sleep is needed for  
Healthy immunity  
Lay down memories  
Repair tissues/brain



# Good Sleep Habits

Same time every night

Stop caffeine at 2 pm

Stop eating 3 hours prior

Alcohol with meals

Water earlier in day

Devices off 1 hour prior



# If you Can't Sleep

Get up if you can't sleep

Meditation/Prayer

Breathing

Play guided meditation

Read a relaxing book



# Remedies for Good Sleep

Tart Cherry Juice/Warm Milk

Herbal Tea

Essential Oils

Magnesium

Melatonin



# Journaling

Gratitude

Evening

Periodic



# Herbs

Herbal Teas:

Chamomile

Lemon Balm

Tulsi (Holy Basil)



# Essential Oils/Aromatherapy

Bergamot

Rose

Jasmine

Sandalwood

Lavender (not on skin)

Ylang ylang



# Laughter

Movies

Books

Games



# Music and Dancing

Classical, Jazz or Your  
Choice

Dancing at home



# Time in Nature

Shinrin Yoku (Forest Bathing)

Reduces fear, anger, stress

Increase pleasant feelings



# Prayer

Establish Goals

Self-Confidence

Gives Hope

Reinforces gratitude



# Breathing Practices

4-7-8 Breath

Diaphragmatic Breathing



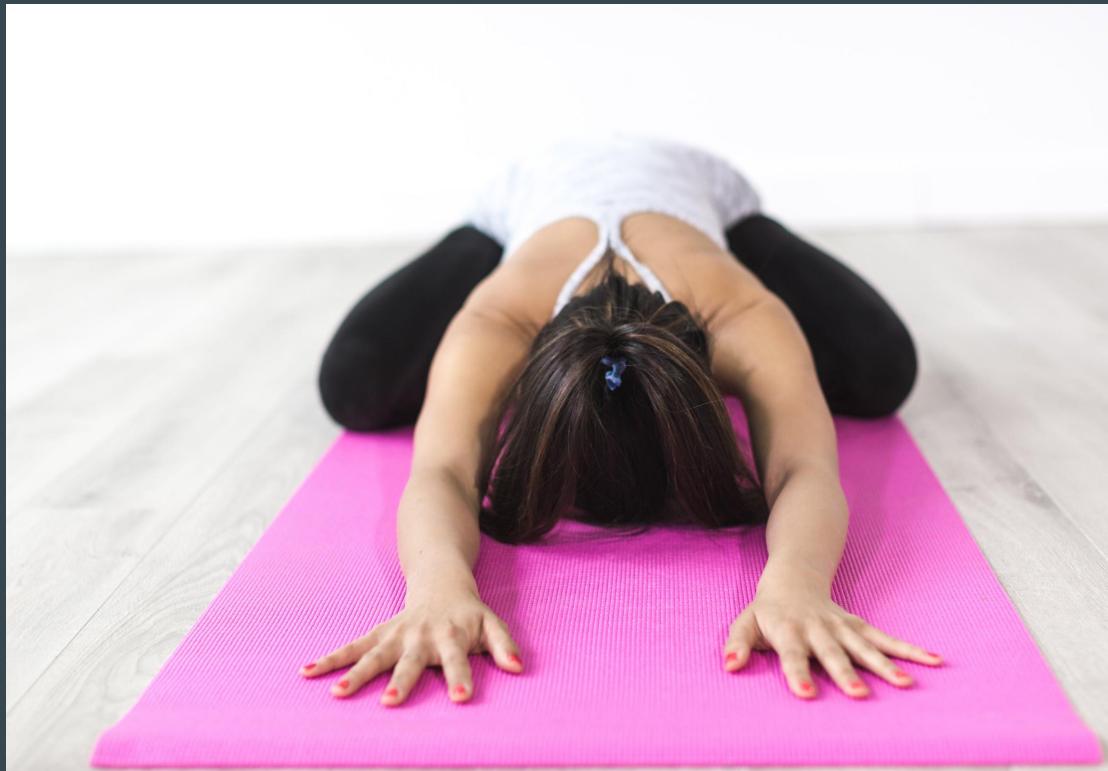
# Mind Body Practices

Yoga

Qi Gong/Tai Chi

Guided Imagery

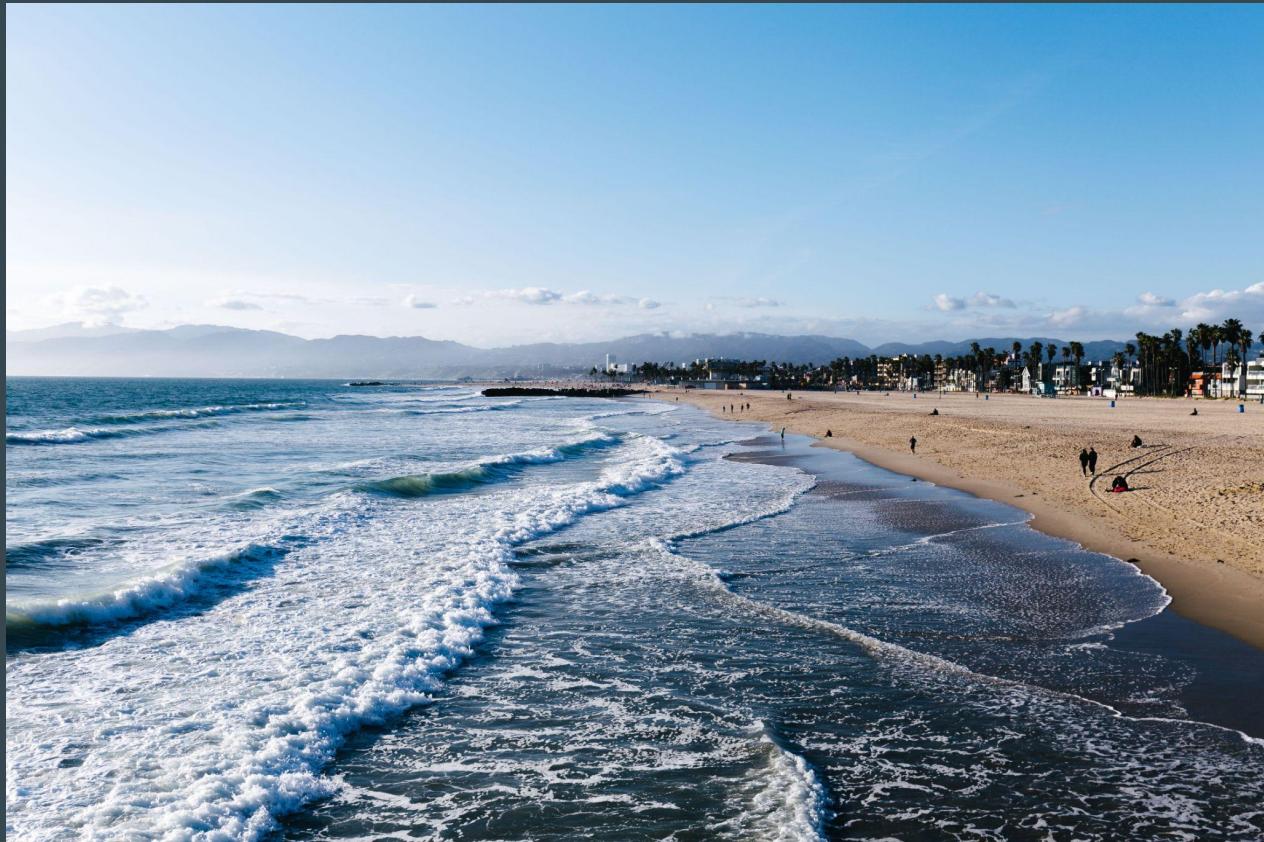
Massage/Osteopathy/Chiro



# Mindfulness

Awareness that arises  
through paying attention,  
on purpose, in the present  
moment, non-judgementally.

-Jon Kabat-Zinn



# Mindfulness at Work

Focus

Clarity

Creativity

Compassion



# Mindfulness with Customers/Coworkers/Providers

Active Listening

Have Compassion

Be Curious

Look for Win-Win



# Mindfulness in Difficult Situations

Actively Listen

Pause and Take a Breath

(Avoid Reacting)

Be kind in your response



# Meditation

## Research:

Improves Resilience

Sharpens Attention

Increases Compassion

\*DO NOT meditate if you  
have psychiatric condition



# How To Meditate

Comfortable space

Same Time of Day

5-30 minutes

Pick A type

Sit and don't get up!



# Meditation Types

Mantra

Mindfulness

Visualization

Guided

Zen



# Meditation Challenges

Takes practice

No wrong way

Subtle benefits

Not every meditation is  
enlightening!



# Skills That Last a Lifetime!

Practice with family

And friends

Make it part of  
Your Lifestyle!



# Let's Meditate!

