

# **STRESS**

*Being stressed out can make it hard to reach your health and fitness goals*

**Sympathetic (Fight or Flight) = Stress**

**Parasympathetic (Rest and Digest) = De-stress**

## **Good Stress Responses:**

- **Inspired & Energetic**
- **Balanced And In Control**
- **Focused And Alert About The Future**

## **Negative Stress Responses:**

- **Weak And Worried About The Future**
- **Stuck In A Negative Mindset**
- **Not Enough Rest And Recovery**
- **Scattered And Cluttered**
- **Fat Gain And Muscle Loss**
- **Low Energy And Immunity**

## **How To Handle Stress Like A Champ:**

- **Practice More Parasympathetic (Relaxing) Activities**
- **Walk Outside**
- **Enjoy Nature And The Sun At Least 2x A Week**
- **Meditation**
- **Laughing And Spending Time With Positive People**
- **Snuggling With A Pet Or Loved One**
- **Practice Self Compassion**
- **Walk 8k Steps A Day (Slow)**
- **Less Time On Your Smartphone**