

# de-stress yourself

*Do you race through your day desperately trying to get to the finish line to only end up completely exhausted, wired and tired?*

*Do you have stubborn weight that you just cannot shift despite your great diet and exercising?*

*Do you sometimes forget to go to the bathroom, eat or breathe as you are too busy trying to get to end of your email list or are running from meeting to meeting?*

*Do you get thrown "off course" and feel like you personally take a hit when a stressful situation in your life arises or when someone is difficult to you?*

If the answer is yes to the above, you are not alone as this is the story of so many women, including myself! My natural "default" mode is to run through life at 100 miles an hour and I have had to work hard at re-training myself to slow down and relax into my days. You see life is a very long time, it is a marathon, so we need to pace ourselves to be able to last the distance without burning out and most importantly...so we can enjoy it!

You see stress is a silent killer and for women in today's world, we feel the need to be superwoman, placing high expectations on ourselves to do so much that we easily forget the toll this takes on our health and quality of life!

## **SO HOW DOES STRESS IMPACT YOUR HEALTH?**

There is one key body system that is prevalent in how stressed out, wired and tired you can get and that is your Automatic Nervous System (ANS). Your ANS consists of your Sympathetic Nervous System (SNS) and Parasympathetic Nervous System (PNS). Your SNS is your "fight or flight" response, while your PNS is your "rest, digest and repair" response. Stress can be physical, mental or emotional, and the system that is affected the most by any type of stress is your Sympathetic Nervous System (fight or flight response). When you perceive stress or are physically stressed, your sympathetic nervous system raises your heart rate, increases your respiratory rate, releases cortisol (long term stress-coping hormone), adrenaline (short term stress coping hormone) and directs blood away from your digestive tract so your body is unable to rest, digest and repair.

When adrenaline is pumping through your system as a result of your body perceiving danger, sugar is dumped into your blood for your body to use to get you out of the situation (such as preparing you to run or flee) and insulin (primary fat storage hormone) is then released into the blood stream to deal with the blood sugar spike. Although what happens in today's world is that you are often perceiving dangers



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whilst sitting at your desk or on the couch. Therefore, this excess insulin pumping through your blood stores as fat. When your blood sugar spikes, it eventually has to come down and that massive drop can leave you feeling completely exhausted and fatigued which can have you searching for more sugar or caffeine to pick you up again. It is a vicious cycle and long term this vicious cycle can lead to cortisol problems which slow down your metabolism, tell your cells to store fat, cause blood glucose problems such as diabetes, long term fatigue, adrenal burn out and much more...

**THAT IS WHY IT IS SO SUPER IMPORTANT TO MAKE A CONSCIOUS EFFORT TO ACTIVATE YOUR PARASYMPATHETIC NERVOUS SYSTEM, WHICH ALLOWS YOU TO REST, DIGEST AND REPAIR!**

The foods you eat (caffeine, sugar, white processed carbs, and alcohol) all play a huge role in the activation of your sympathetic nervous system, but your emotional patterns, your choices and your attitude also contribute on the highest level.

So here are 5 suggestions for you to try and start implementing this week, to help you “de-stress yourself”!

1. Learn to say “NO” and stop people pleasing!
2. Ditch seeking approval and acceptance from others, as long as you accept and approve of yourself, nothing else matters. Release your need to achieve and impress others and focus on what you really want in life...
3. Put yourself first – unapologetically! If you are not healthy or happy, it is very hard to give your full energy to others in your life.
4. Take breaks during your day and sit in stillness. Sitting in stillness and being alone with your thoughts, gives you space to process situations and release the chaos.
5. Release your attachment to outcomes and enjoy the process of life, living in the present moment, which is where all the magic happens!

**YOU SEE STRESS IS ALL ABOUT PERCEPTION AND IT IS UP TO YOU TO DETERMINE HOW YOU PERCEIVE A SITUATION. TAKE A MINUTE TO THINK ABOUT WHAT IS REALLY IMPORTANT TO YOU IN LIFE SO YOU CAN START TO VIEW STRESS IN A DIFFERENT LIGHT...**