

HOW TO MANAGE STRESS

Relaxation techniques and
Tricks that really work!



THE STRESS

Toolkit!

HOW TO AVOID STRESS

Learn ways to take care of
Yourself and set boundaries



WHAT IS STRESS?

How does it show up in your
life? What are your triggers?

Everything you need to begin
Your journey to becoming
STRESS-PROOF!

COMMON STRESS

Triggers



YOUR JOB



YOUR FAMILY
& FRIENDS



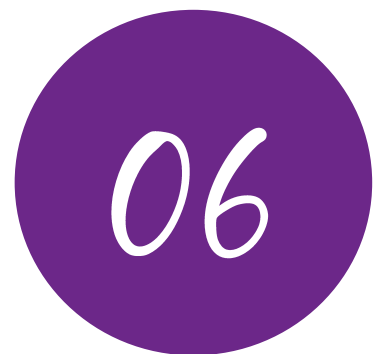
YOUR HEALTH



MAJOR LIFE
EVENTS



FINANCIAL
ISSUES



ANY CHANGE
OR LOSS

WHAT IS STRESS? HOW CAN YOU

Avoid & Manage Stress



In this toolkit, you will gain the resources to help you IDENTIFY stress, AVOID stress, and MANAGE stress! And there will be even more resources and ways to get help at the end.

Take a look at the list of COMMON STRESSORS on the previous page and see where you fall right now. Even positive things like a promotion or a new baby can be very stressful. World events can also deeply contribute to how we experience stress (Hello Covid!).

Stress is a fact of life. We all experience it to some degree or another – it's what happens when life throws more at us than we can handle. When you're stressed, your body reacts as though its in danger....

This is called the “Flight or Fight” response (and often “Freeze” too). Sometimes stress can be useful – it can help you finish a project on time or compete in a sporting event. But if stress goes on for too long and isn't handled, it can cause all sorts of health problems, both physical and mental. Stress can disrupt sleep, weaken your immune system, raise your blood pressure, dysregulate your blood sugar, worsen anxiety and depression, and negatively affect all aspects of your life.

Opus
Antiaging & Wellness

SECRET TIPS TO

Becoming Stress-Proof

“Resilience is a key factor in combatting stress. How well do you bounce back? How are you able to recover, recharge, and reclaim calm?”

While stress is guaranteed to show up in our lives, there are ways you can "STRESS-PROOF" yourself - my term for making sure you have all the tools you need to become more resilient and resistant to stress.

1. sleep

It sounds simple, but sleep deprivation is one sure way to increase the effects stress has on our bodies and minds. So, try to get at least 7-9 hours of restorative sleep a night. That means no checking your phone right before bed!



2. keep a list

Sometimes a large part of stress and overwhelm comes from having too many things in our head and not knowing where to start. By keeping a to-do list or writing down the things that are on our minds, we can help alleviate some of that stress and worry and have a concrete way of tackling things. Having a little notebook by your bed can help when you wake up in the middle of the night with thoughts racing and are unable to fall back to sleep.

3. eat right

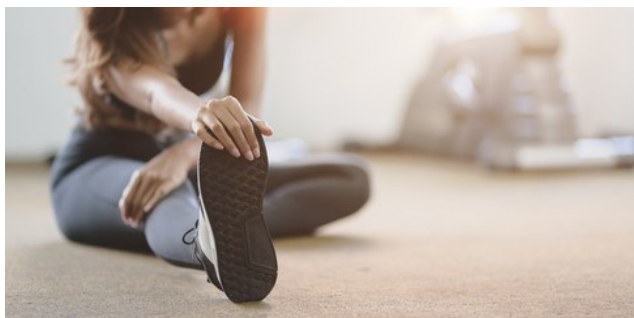
When you are struggling with stress and anxiety, what you eat really matters. Getting adequate water (something we can all work on) and avoiding too much caffeine are key strategies. Caffeine stimulates the sympathetic nervous system ("fight or flight") and can mimic symptoms of stress and anxiety in your body. Caffeine can also mask tiredness and allow you to push your limits rather than getting the rest you need. Avoiding sugar, processed foods and alcohol can also help alleviate stress on your system.



"Food can have a significant impact on our sleep, our mood, and our energy levels. It's more than just fuel."

4. speak up

Learn how to express your needs and be assertive. Say no to things. Ask for help and support when you need it rather than trying to do everything on your own. Ask your partner to share in the "mental load" of things, especially if you have kids. Keeping things inside and to yourself can feel safer but can cause stress to build.



5. exercise

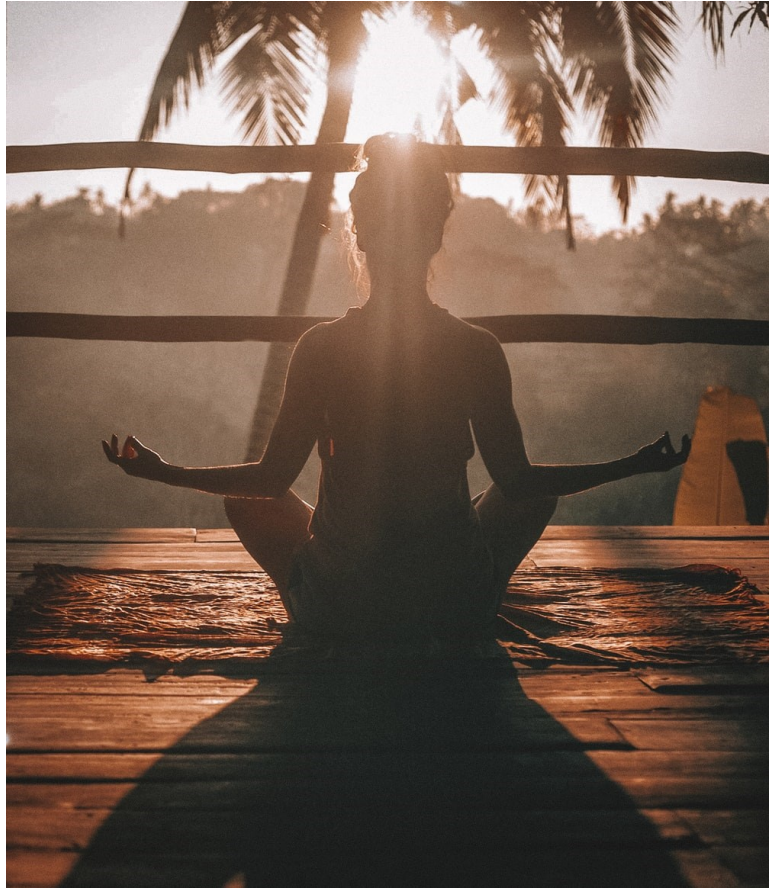
Getting your sweat on, heart pumping, endorphins flowing, and mind clear can be a great stress-reliever. As long as the exercise isn't too strenuous. Find something that works for you. Yoga, barre3, Pilates, Zumba, Nia are all low-impact ways of strengthening your mind, body and endurance while allowing you to let go of stressful thoughts and feelings. Finding time to exercise can be a challenge, but it's well worth it!

6. breathe

It sounds simple, but since breathing is something we do automatically, we don't often take the time to pause and tune in to our breath - is it deep? Shallow? Anxious? Restorative? Becoming aware of our breath and then making conscious efforts to regulate breathing through exercises and techniques can work wonders to calm the nervous system. Box breathing, the 4-7-8 breath and others are some of my favorites that I teach clients. When practiced regularly, they can be a great tool to have in your toolkit.

7. meditate

Meditation can seem intimidating, like something you have to get really good at over many years, and as an anxious, stressed out person, I avoided it - it felt too "slow" and too introspective. Which was precisely why I needed it the most. Start small, meditate for 1-3 minutes, try a guided meditation app like Headspace, Insight Timer or Calm. You might be amazed at the results!



"I often tell my clients - try to do one thing LESS rather than one thing MORE - and see how that feels."

8. seek help

Sometimes despite all of the tools at your disposal, stress and anxiety can still get the better of us. If you feel like your life, work and relationships are being negatively impacted by stress, it may be time to seek help from a counselor, therapist or coach. Having someone in your corner to talk to and guide you through the steps to achieving greater calm, control, peace and joy in your life may be just what you need.

Look and Feel Your Best

At Opus, we are a full service alternative health clinic serving Cedar Park, TX and the Greater Austin, TX area. Our expert medical team integrates science and nature using naturopathic, homeopathic & functional medicine to help you look & feel your best – mind, body & spirit!

Our wellness program starts with comprehensive evaluation & testing to **identify the underlying cause of your symptoms** for the most effective results. You'll be relieved to finally know what's behind your mysterious chronic illness, pain, or health concerns.



CHOOSE YOURSELF AND GET STARTED!

BOOK YOUR CONSULTATION NOW

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