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MODULE 5: Stress Sources

- Wins and Challenges
- Changes in Checklist
- Exercise
- Nutrition
- Sleep

1. Stressed is Desserts Spelled Backwards

- Optimal stress levels aid performance
- Tension meter is unique and more sensitive now
- Treat the symptom and the problem

2. Symptoms

- Inability to concentrate, forgetfulness
- Skin problems, hair thinning
- Nervous habits, sleep changes
- Headache, stomachache, shoulder or low back tension
- Increased illness
- Increased injury or pain

3. Stress Sources

- Emotion
 - Mind-body-soul connection: if your heart hurts your body will
 - Rx solutions prolong the problem without a conscious team
- Physical
 - Strenuous work too high intensity too frequently
 - Too long duration too frequently
 - Too much without (and with sometimes) adaptation
 - Schedule: night work, sleep deprived, against body clock
- Health Needs
 - Chronic conditions
 - Prescriptions or OTC
- Intellectual
 - Job or career-related projects
 - Perceived pressure

- Environmental
 - Technology: cell phone, computer screens, electronics
 - Chemicals On: lotions, soaps, make up, perfumes, nails, fluoride toothpaste
 - Chemicals Around: cleaners, candles, water. Plastics, lawn, car
 - Chemicals In: water, pesticides, hormones, metals
 - Fire-retardant and furniture protector, dry-cleaning
 - People: push your buttons, drain you
- Spiritual
 - Less a source than a potential void
 - Not religious necessarily
 - Authenticity
- Social
 - Too much of the wrong people
 - Too few of the right people
 - Tend to drop social dates when most valuable

3. Allostatic Load

- Total exposure to toxins –all sources - increases stress on liver, decreases thyroid, adrenal function
- Work Stress + Emotional Stress + Dietary Stress + Environmental Stress
- Willpower, Adrenalin, Discipline
- Just Do It, Get her done, Count on Me
- Acceptance that it's normal to get home, walk in and crash
- Balance days of greater work stress with the exercise or the rest you need
- Nutrition needs more similar than different on rest, exercise, high stress days: corporate athlete
- Higher metabolic rates>adrenalin and cortisol = speed up the acidifying process. (coffee, sugar, dairy, meat, processed, junk foods ^ acid too)

4. An Inside Job: Stress Solutions

- Foods: fish oils, magnesium, Vit. D, Iodine (required by thyroid- key link to thyroid issues), Omega 3-rich foods,
- Omega 6 switches inflammation on, Omega 3 switches it off
- Avoid plants grown in under-nourished environment, choose organics, and grass-fed, naturally raised plant and animal sources
- Stress from all toxins increases inflammation...a diet high in phytochemicals and antioxidants can decrease trigger for inflammation*
Terry Wahl story: 3 cups greens, 3 cups berries/citrus, 3 cups vegetables
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- Can be inflammation-causing: Strawberries, shellfish, chocolate, nightshade (tomatoes, sweet peppers, eggplant, potatoes)
- Blend your food more frequently: smoothies and soups with veggies in order to begin the breakdown that increases your body's ability to digest
- Immersion blender, high powered blender

5. An Outside Job: Stress Solutions

- Unplug, disconnect. Set times daily, weekly go off screen for 24 hours, don't carry your cell phone ON your body, use a blue tooth if you're on the phone constantly.
- Eliminate the things you THINK distress. Consciously choose quiet or music instead of flipping stations.
- Laughter (changes in brain chemistry): humorous friends, comedy club, laughing at yourself, sit-coms, joke of the day, funny book
- Journal writing: gratitude list or free writing
- Massage, acupuncture, essential oils/diffuser
- Artistic expression
- Meditation, yoga, prayer, silence
- Light exercise or short and hard
- Nature: in it and pictures of it
- Petting an animal
- Hobby: picking up that thing that makes you lose track of time
- Mindless activities: Facebook or watching TV
- Social time venting+sunshine/nature+exercise = reduces depression

Homework Module 5:

1. Assess Your Stress Worksheet: Identify your symptoms of elevated stress levels.
2. Stress Tool Kit Worksheet: Identify best stress Rx. What 5 things help you deal and boost happiness?
3. Go through your daily routine this next week evaluating and eliminating environmental toxins.

Upload to the Facebook group.

Check the Facebook page for recipes and shares by others too. Include breakthroughs or questions. Feel free to respond to other's questions or add a comment.