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Common Sources of Stress

- ☐ Plastics made with bisphenol A (PBA)
- ☐ Cosmetics
- ☐ Lotions
- ☐ Perfumes
- ☐ Body and hair cleansers
- ☐ Cleaning products
- ☐ Nail products and salons
- ☐ Pesticides
- ☐ Aluminum/Teflon pans
- ☐ Fire Retardant & Stain Resistant materials
- ☐ Lawn & Garden chemicals
- ☐ Dry Cleaning Products/ Dryer Sheets
- ☐ Heating and A/C (filters)
- ☐ Chlorine in pools, bath or shower water
- ☐ Car Exhaust
- ☐ Lead Paint
- ☐ Mercury – certain fish, old fillings
- ☐ Fluoride in water, toothpaste
- ☐ LED – “blue light” & electronics
- ☐ Furniture Protectant/Fire Retardant
- ☐ Frequent exposure to loud noise
- ☐ Relationship
- ☐ Financial
- ☐ Work
- ☐ Deadlines
- ☐ Performance
- ☐ Lack of spiritual connection
- ☐ Lack of support/Isolation
- ☐ Extreme dieting – calorie cutting
- ☐ Extreme dieting – low quality/high quantity
- ☐ Over-exercise (signs: frequent injury, illness, lack of progress)
- ☐ Under-exercise (long hours of sedentary work or leisure)
- ☐ Health conditions or concerns
- ☐ Pandemic
- ☐ Lack of control
- ☐ Social media and news