

MODULE 4 | LESSON 3

BE HERE NOW

Katie Rodriguez, Nutritional Consultant



STRESS AFFECTS EVERYTHING FROM
THE QUALITY OF YOUR DIGESTION TO
HOW MUCH NUTRITION YOU
ACTUALLY RECEIVE FROM THE FOODS
YOU EAT.



Stress Affects our Sense of Taste

STUDIES SHOW STRESS DULLS OUR SENSE OF SMELL + TASTE

Stress mutes our sweet sensations, meaning it's gonna take a whole lot more than natural sugar to get the attention of stressed sensations.



What Causes Stress?

GENERAL CAUSES OF STRESS

- Financial hardships
- Health issues
- Relationships
- Lack of personal fulfillment



Stress-Related Health Issues

STRESS MAY BE LINKED TO...

- Insomnia
- Weight gain or loss
- Digestive issues
- Skin problems
- Depression
- Anxiety



How Do You Cope With Stress?

POSSIBLE COPING MECHANISMS

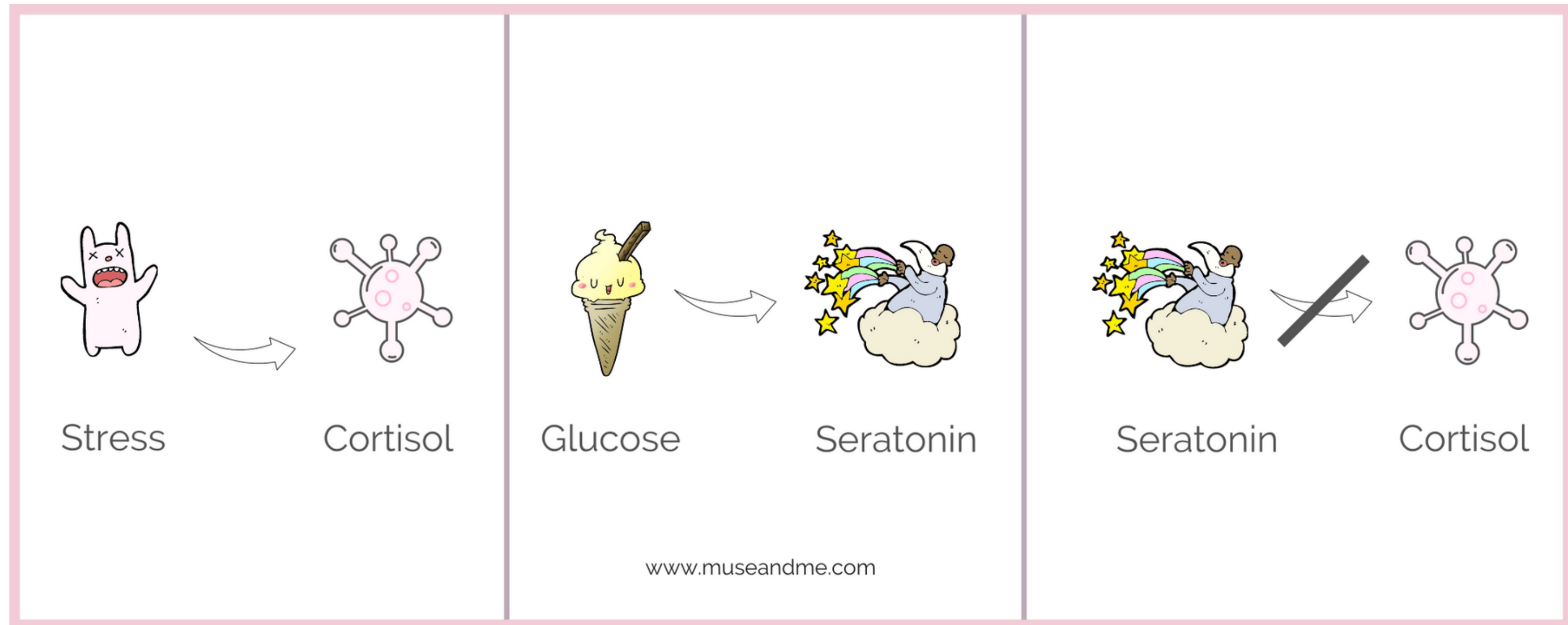
- Stuffing your face?
- High-tailing it to the closest bar?
- Unloading on your significant other?
- Other ugly habits?

DON'T WORRY, YOU'RE NOT ALONE!

Eating Glucose = Stress Relief



Stress + Hormones



4 UNSUSPECTING CORTISOL TRIGGERS



- 1. Too much cardio**
- 2. Insufficient sleep**
- 3. Unsatisfying work**
- 4. Food remorse**

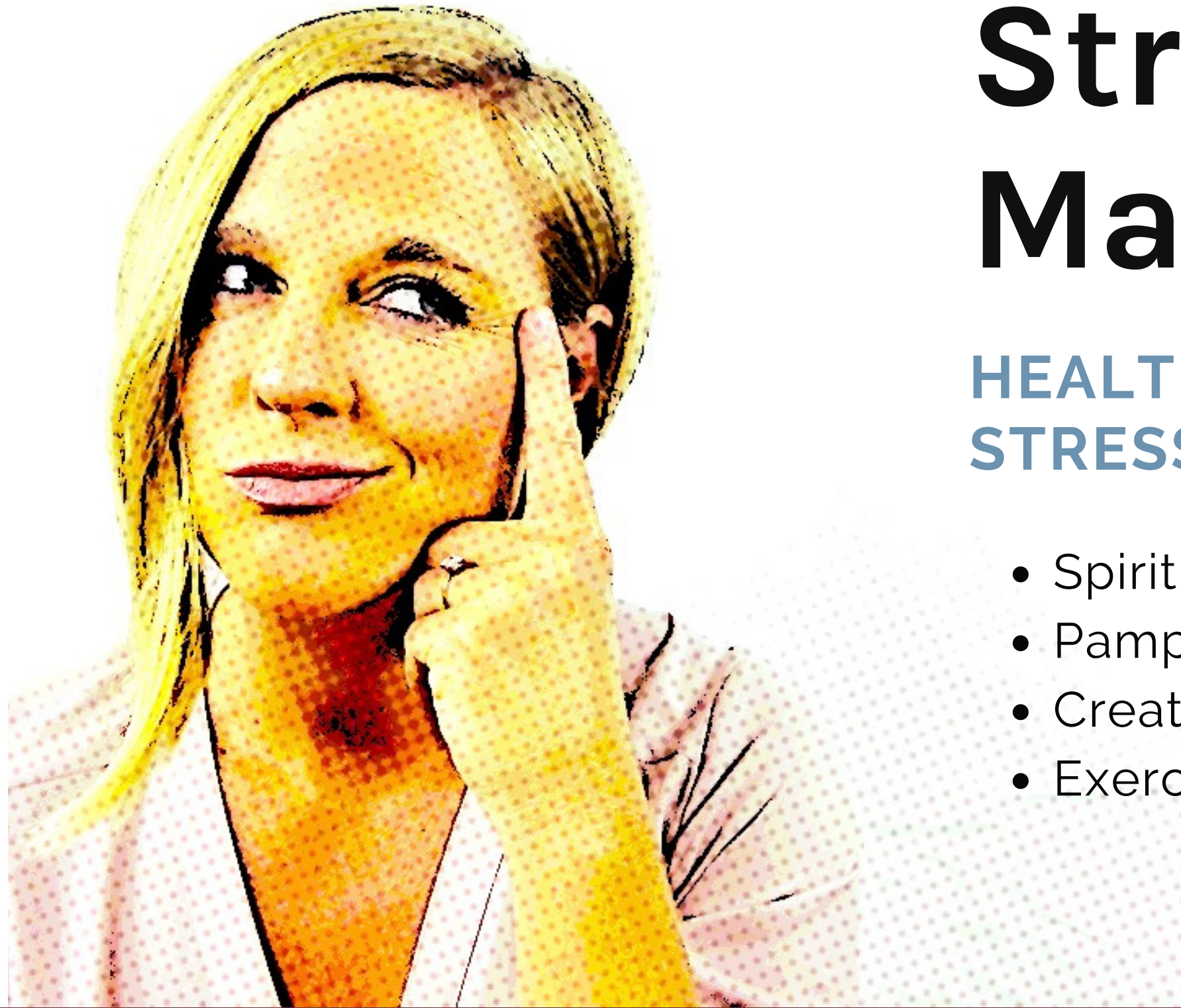
WHAT CAN WE DO TO RELIEVE
STRESS IN MORE PRODUCTIVE WAYS?



Do the Work

BRAINSTORM POSITIVE WAYS OF RELIEVING STRESS

- Meditating
- Reading
- Working out
- Cooking
- Stretching



Stress Management

HEALTHIER WAYS OF COPING WITH STRESS

- Spiritual practice
- Pamper myself
- Create
- Exercise
- Unplug
- Get outside
- Play

STRESS MANAGEMENT IS ABOUT
TAKING ACTIVE CONTROL OVER YOUR
LIFESTYLE, THOUGHTS, AND
EMOTIONS.

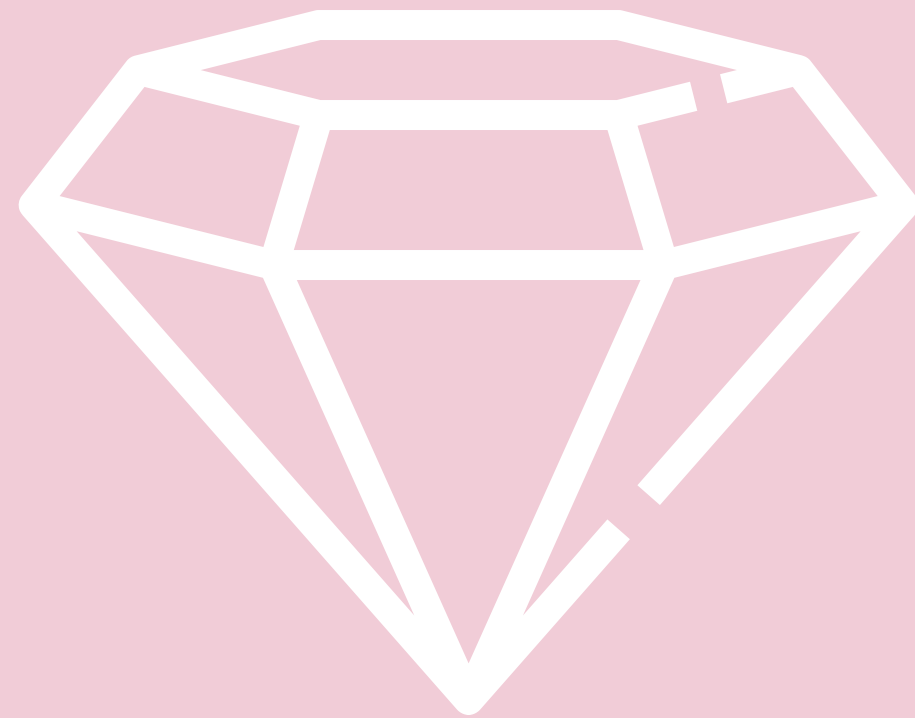
HOW CAN WE RELIEVE OUR
PSYCHOLOGICAL STRESS?

-BE HERE NOW



Be Here Now

- Cultivating an attitude of gratitude
- Keep a gratitude journal
- Take note of things you're grateful for



ACTION STEP:

Commit to taking positive action on stress management

Participate in some form of positive stress relief today. Check out the cheat sheet **Stress Management** for additional guidance.

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