



STRESS MANAGEMENT



STRESS

*Do you encounter any of the following stressors?
Provide details of how this presents for you and how/why it comes about.*

LACK OF NUTRIENTS

POOR GUT HEALTH

EMOTIONAL PRESSURE

ENVIRONMENTAL
TOXINS

FAST PACED LIFESTYLE

OVER-EXERCISING

POOR SLEEP

LACK OF REST OR
RECOVERY

OTHER

What would it take to reduce or eliminate some of your stressors?

FIVE WAYS TO BALANCE STRESS

IDENTIFY YOUR STRESS

Build awareness of the stressors in your life and how these are and could affect your wellbeing



1



2

ENJOY MORE LEISURE TIME

Do more of what you love, what calms you and makes you feel happy

BREATHE

Taking big breaths into your diaphragm activates your rest and digest function. Use Youtube or apps to guide you. Yoga is also a great way to learn breathing and coordinate with mindful movement.



3



5

WALK OUTDOORS

Walking helps to clear your head and take time away from stressors. Studies show that walking for 10 minutes outdoors is as effective as meditation.

GUIDED MEDITATION

Bringing awareness to your breath and thoughts is an excellent way to calm the nervous system. Guided meditation tracks on Youtube or in apps like Smiling Mind or Headspace are great ways to adopt this practice



4



STRESS MANAGEMENT

*Here are my top tips for stress management.
Tick some strategies you could begin to implement soon.*

- Eat clean and whole foods
- Engage in light-moderate exercise
- Plan your schedule using a daily or weekly planner
- Reduce consumption of refined carbohydrates
- Spend time outdoors or in nature
- Prioritise your tasks and focus on one thing at a time
- Get adequate sleep - 7-9 hours of sleep per night
- Do something creative
- Delegate tasks where possible
- Reduce caffeine consumption
- Feel a sense of community (volunteer, offer assistance, start a group)
- Remember goals and aspirations - take a few moments to think about your life goals and aspirations. Recall the milestones you've already reached in your life, and your drive to achieve new ones.
- Drink enough water
- Interact with animals
- Organise your work and living spaces to be clutter-free and peaceful
- Take deep breaths daily
- Play - do something fun
- Yoga
- Engage in self care
- Meditation
- Tai Chi or Qi Gong
- Pilates
- Connect with family and friends - Put away the technology and steer clear of noisy environments. Connect on a deeper level
- Plan ways to manage the work day - e.g. taking regular breaks, walk in your lunch break, eat lunch with a friend
- Give yourself more time - plan in a few extra minutes when estimating how long things will take.

How are you going to embed these into daily life and make them routine?



NUTRITION FOR STRESS MANAGEMENT

Essential Minerals

Iron

An iron deficiency can impair the development of the human brain. Iron is required for serotonin, dopamine, and norepinephrine production (to keep us feeling happy and well).

Found in: Liver and red meat, poultry and seafood. Not as bioavailable in plant sources.

Supplements don't have as good a result in overall iron levels.

Zinc

Present in high concentrations in regions of the brain associated with emotional processing. Zinc deficiency has adverse effects on mood.

Found in: Grass fed beef and lamb, liver, oysters, shellfish, raw seeds and nuts, eggs and spinach.



Magnesium

Our "calming mineral." Helps to reduce anxiety and boost our mood. Magnesium supplementation has been found to reduce subjective anxiety and stress and improves mild-to-moderate depression in adults.

Found in: Meat, avocado, nuts, some fatty fish, leafy greens.



NUTRITION FOR STRESS MANAGEMENT

Essential Vitamins

Folate

Low folate can impair mental health. Some of us also don't metabolise folate well (requires testing).

Found naturally in: leafy greens, liver, and properly prepared legumes. Supplement only with a NATURAL form (not folic acid).

Vitamin B12

Vitamin B12 deficiency promotes cognitive decline, irritability, personality changes, depression and psychosis.

Found almost exclusively in animal products - red meat, poultry, fish, eggs, and dairy products.

Vitamin B6

Vitamin B6 deficiency is linked to depression and anxiety. Vitamin B6 works with magnesium to alleviate stress. It also relieves PMS related anxiety.

Found in: Pork, poultry, fish, eggs and avocado

Vitamin D

Meeting vitamin D requirements results in statistically significant improvements in depressive symptoms.

Best Sources: Sensible sun exposure (15-30mins), wild-caught seafood and pastured egg yolks.

Vitamin C

Vitamin C's antioxidant properties may protect against oxidative stress (cell damage), and may have positive effects on mental health.

Found in: Citrus fruits, kiwi, strawberries, capsicum, broccoli.



RESOURCES

01

BOOK: RUSHING WOMEN'S SYNDROME BY LIBBY WEAVER

In this book, Dr Libby Weaver explains the true cost of constantly rushing and the impact this can have on our health. [Buy here.](#)

02

YOUTUBE: YOGA WITH ADRIENE

An excellent and FREE yoga channel on Youtube. Filled with lots of great beginner and beyond sequences to do in the comfort of your own home. [View Here.](#)

03

SMILING MIND MINDFULNESS

Practice your daily meditation and mindfulness exercises from any device. Download on any device. [View more here.](#)

04

LIVING IN THE PRESENT MOMENT

Watch this short video as spiritual teacher Eckhart Tolle describes the importance of living in the present moment. [Watch here.](#)



Make lasting changes to your health and wellbeing

Get on top of your nutrition,
lifestyle and mental health so
that you can feel good in your
skin and thrive in work, life and
everything in between.

Do you try to get on top of your health
and wellbeing but always seem to land
back at square one?

Engage a Health and Wellbeing Consultant to
help you improve your eating habits, get on top
of your organisation and productivity, build a
healthier lifestyle and beat stress and feel
happier.

ABOUT ME

I was once unhappy, overworked and burnt out.
As a result my health began to decline and I lost
my ability to conceive naturally. I was riddled
with anxiety and depression and knew this was
not how I wanted my life to be. So I decided to
completely overhaul my lifestyle.

By prioritising my health and wellness, I started
to feel healthier, happier and more engaged at
work. Since doing so, I've made it my mission to
help organisations, schools and individuals to get
on top of their health, manage burnout and find
their happiness again.

LEARN MORE

CONNECT WITH ME

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