

Stress Management

Stress is a natural part of life, but when it becomes chronic, it can have negative effects on your health and weight loss goals. Chronic stress can lead to overeating, poor food choices, a lack of motivation to exercise, and poor sleep. By managing your stress levels, you can improve your overall health and increase your chances of success in the program.



Tips for Managing Stress:

- **Practice relaxation techniques:** Try deep breathing, meditation, or yoga to help calm your mind and reduce stress.
- **Exercise regularly:** Exercise is a great way to reduce stress and improve your overall health. Aim for at least 30 minutes of moderate physical activity most days of the week.
- **Get enough sleep:** Lack of sleep can increase stress levels. Aim for 7-9 hours of sleep each night to help reduce stress and improve your overall health.
- **Connect with others:** Talking with friends, family, or a support group can help reduce stress and provide a sense of community.
- **Manage your time:** Plan ahead and prioritize your tasks to avoid feeling overwhelmed.



Remember, stress is a natural part of life, and everyone experiences it differently. Work with your healthcare team, including your registered dietitian or health coach, to develop a personalized stress management plan that meets your individual needs and preferences. With effective stress management techniques, you can improve your overall health and wellbeing.

Stress Management Plan

STEP 1: Identify your stressors

- Take note of the things that trigger your stress, such as work, finances, or personal relationships. Understanding your stressors can help you develop strategies to manage them.

STEP 2: Relaxation Techniques

- Practice deep breathing: Sit or lie down in a comfortable position and inhale slowly through your nose, filling your lungs. Hold your breath for a few seconds, and then exhale slowly through your mouth, emptying your lungs completely.
- Try meditation: Find a quiet place to sit or lie down and focus on your breath or a calming phrase or word. Allow your mind to wander without judgment or reaction. Ask your health coach for a guided meditation example.
- Consider yoga for exercise: Yoga combines breathing techniques with gentle stretches and movements, making it a great way to reduce stress and improve flexibility.



STEP 3: Exercise

- Aim for at least 30 minutes of moderate-intensity exercise per day, such as brisk walking, cycling, or swimming.
- Incorporate strength training exercises into your routine, such as resistance bands, free weights, or weight machines, to build muscle and increase metabolism.



Stress Management Plan

STEP 4: Sleep

- Aim for at least 7–9 hours of sleep per night and create a sleep-conducive environment, such as a cool and quiet bedroom.
- Establish a bedtime routine that includes relaxing activities, such as reading or meditating.



STEP 5: Time Management

- Prioritize your tasks and delegate responsibilities when necessary.
- Use a planner or digital calendar to keep track of your schedule and deadlines. Ask your health coach about using a prioritization matrix.

STEP 6: Social Support

- Connect with friends and family on a regular basis. Lean on your health coach or dietitian for support when needed.
- Consider joining a support group or seeking professional counseling if needed.



STEP 7: Self-Care

- Take time for yourself each day to engage in activities that you enjoy, such as reading a book, engaging in hobbies, or listening to music.
- Practice gratitude by keeping a journal of things you are grateful for each day.