**DRESS UP Your Stress**

**DIET**
- Do: Fruits, Veggies, Nuts and Seeds, Whole grains, Meat proteins and Greek Yogurt, Dark chocolate, Herbal Tea
- Avoid: Foods high in sugar, starch or spicy food

**RECREATION/FUN**
- Suggested amount: 20 Min of aerobic movement/day (walking, running, biking, etc.)
- Yoga is also a wonderful de-stressor!

**EXERCISE**
- Suggested amount: 20 Min of aerobic movement/day (walking, running, biking, etc.)
- Yoga is also a wonderful de-stressor!

**SOCIAL**
- Sleep Tips:
  - No caffeine/alcohol after 2pm
  - No screens 1 hour before bed
  - Be sure room is cool enough to decrease body temp 2 degrees (suggestion-68 degrees)
  - Keep journal by bed for random thoughts
  - Go to bed and wake up at same time each day

**SLEEP**
- Sleep Tips:
  - No caffeine/alcohol after 2pm
  - No screens 1 hour before bed
  - Be sure room is cool enough to decrease body temp 2 degrees (suggestion-68 degrees)
  - Keep journal by bed for random thoughts
  - Go to bed and wake up at same time each day

**UNPLUG**
- Avoid opening email after leaving work
- Do not use social media as a calming technique
- Do not use phone as alarm—leave it across room or in another room

**PRAYER/ MEDITATION**
- Give your brain something to do or it will find something to do!
- Gratefulness is a great stress-reducer!