

# DRESS UP YOUR STRESS

D

DIET

Do eat: 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

R

RECREATION/FUN

E

EXERCISE

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

S

SOCIAL

S

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

U

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

P

PRAYER/  
MEDITATION

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