

3 HACKS TO HANDLE STRESS

1

HYDRATE...HYDRATE...HYDRATE

- Drink half your weight in ozs of water
- If you are 200 lbs drink 100oz per day
- Front load with 32oz soon after you wake
- Remember you ARE water: muscles 75%, brain 90%, blood 83%
- So DRINK....

2

BREATHE AND BREATHE AGAIN

- Your breath is your way to move, control, and calm your mind
- A calm mind= calm brain= calm body
- Practice 2-1-1 breath sequence for 10 mins. e.g. inhale through nose for 6, hold for 3, and exhale by mouth for 3
- Increase to 8-4-4*

***If you have heart related diseases DO NOT HOLD BREATH**

3

EAT LIKE YOUR BODY TYPE

- Try eating foods associated with your body type
- Pay attention to how you feel, look, and act when you eat them.

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