

FITEX WEEK 4

Stress Management



JUST FOR YOU

There are many ways to manage your stress. Many breathing techniques can be found online such as inhaling for 3 seconds, holding for 1 second, and exhaling for 3 seconds. A stressed out gut is also problematic. However, gut bacteria can produce molecules that positively impact your mood. Probiotics are a great way to support gut health which can be found in the recipe of the week!

TEAM TALK

Discuss and share stress reduction tips with team members. Maybe it's taking time for a couple deep breaths each time you are overwhelmed or practicing meditation. You may be surprised at how simple steps can make a big difference.

Report one small step you made for stress reduction this week.

#FitEx #SmallSteps

RECIPE OF THE WEEK

The recipe for this week is Yogurt Fruit Crunch. Try making this recipe at home and post a picture on your social media using the hashtags: “#yogurtparfait” and “#foodforstress” Scan the QR code below to take you to the recipe.

TIPS ON MANAGING STRESS

Exercise is a great way to manage your stress and any form of exercise can provide this benefit. Walking, yoga, strength training, and cycling are a few great examples, but find what works best for you and provides the most enjoyment. Practicing gratitude also may help with your stress. Try thinking of one thing each day that you are thankful for and before you know it, you will remember the positive things in your life and your stress level may be reduced. In addition, meditation, which comes in many different forms, is another great way to manage your stress, try some out and find what works best for you!

