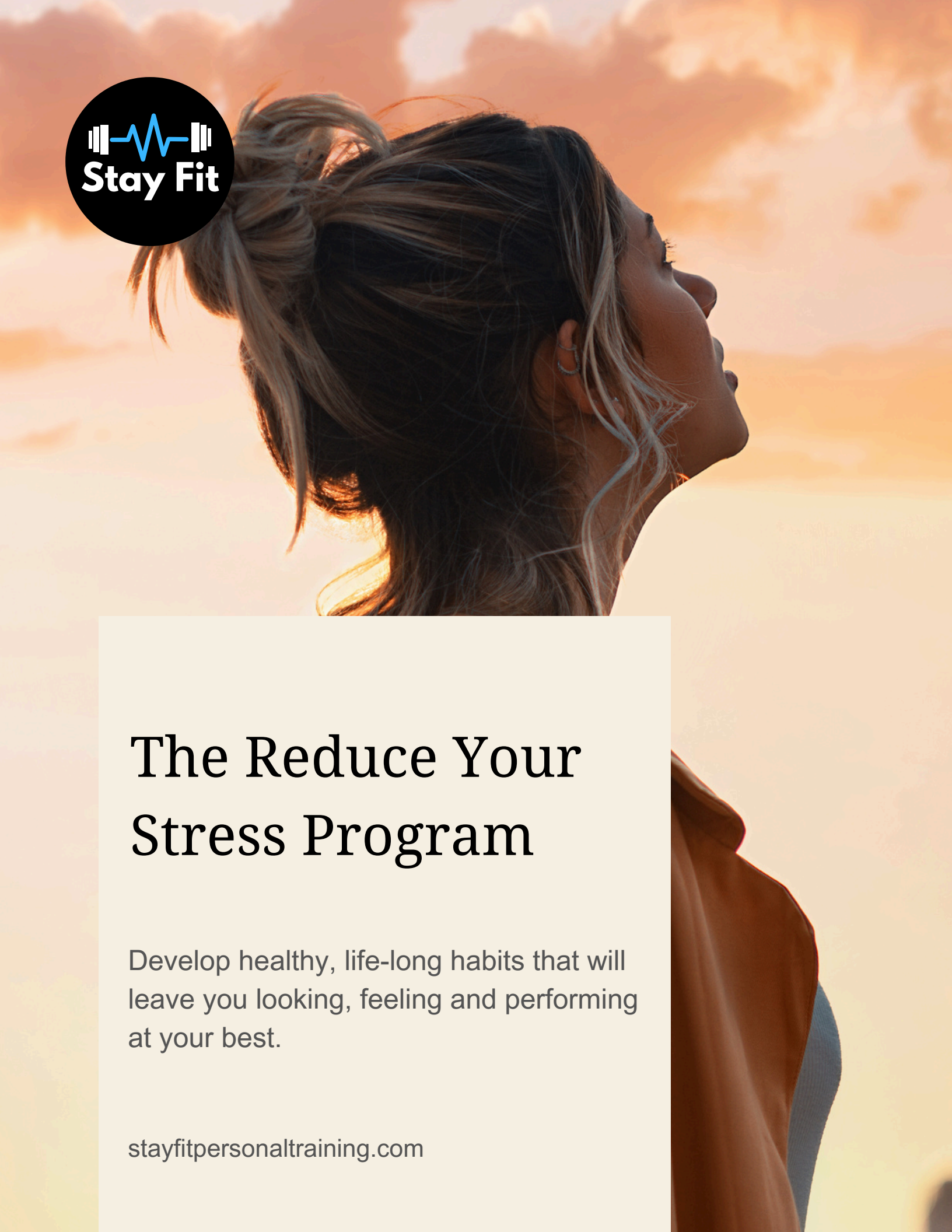


The Reduce Your Stress Program

Develop healthy, life-long habits that will leave you looking, feeling and performing at your best.

stayfitpersonaltraining.com



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Roy Gutierrez

Hello!

I’m a Fitness & Nutrition Coach. Passionate about helping clients reach their health goals.

With 25+ years of experience, I create fitness and nutrition plans that get results. Dedicated to making healthy living simple and sustainable.

Let's crush those fitness goals together!

Welcome to The Reduce Your Stress Program

Stress holds us back from being the best we can be. This 2-week habit coaching program encourages you to reduce your stress by showing you the most effective ways of controlling it in all areas of your life.

Day 0: Introduction Of Habit (Sunday)

For the next two weeks, I challenge you to reduce your stress.

A common theme I see amongst those with high stress levels is a lack of results when trying to change their body.

Stress holds us back from being the best that we can be. In a very similar way to poor sleep, it can put the brakes on progress, even if training and nutrition are spot-on. Of course, we all suffer stress at some point in our lives.

We are involved in regular stressful life situations, including exhausting work schedules.

The Reduce Your Stress Program

Stress is a burden on the body, and if it becomes chronically elevated and prolonged, we can end up massively fatigued and run down. That's when it can put a halt to any body composition changes. What we don't always realize is the potential damage stress is doing to the inside of our bodies and how it affects our health.

How Can I Personalize This Habit?

Identify stress triggers like family, friends, career, or financial issues. Manage these by finding simple daily habits to reduce or eliminate stressors. Consider incorporating daily meditation, which is known for effectively lowering stress levels.

Other habits to consider include taking regular breaks at work, exercising daily, or socializing more with loved ones.

Don't forget to prioritize relaxation, laughter, sleep, and intimacy, which all help reduce stress. Aim to minimize significant stressors in your life and try not to take everything too seriously all the time.

How Can I Make This Habit Easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.

What Can I Piggyback Off Of?

Look for an event you can use as a reminder to do the habit: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO: Create your personal version of the habit to commit to this challenge!

Here's a template:

I am 90-100% confident that I will **[insert habit]** for 6 days a week after I **[insert what you're going to piggyback off of]**.

Here's an example:

I am 90-100% confident that I will meditate for 2 minutes for 6 days a week after I wake up in the morning.

Day 1: Start of Habit Review (Monday)

How was Day One?

Did you complete a personalized version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

- What did I do well today?
- What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behavior that you're trying to make automatic.

You've got to close the loop between your intention and your behavior, and it's as simple as answering these two questions.

So here they are for you again:

1. What did I do well today?
2. What did I learn today?

Day 2: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

THE MEDITATION PLAN:

1. Find a quiet spot.
2. Choose a peaceful location, like your home in the early morning, a park, or a beach during your lunch break. Anywhere works, as long as you can sit without interruptions.
3. Sit comfortably.
4. Lie on your bed or find a comfortable seat, like resting against a wall with a pillow or using a suitable chair.
5. Start with just 2 minutes.
6. Begin with 2 minutes to make starting more accessible and increase your chances of forming a habit. Gradually extend to 5 minutes after 7 days, 7 minutes after 14 days, 10 minutes after 21 days, and 15 minutes after a month. Only increase if you meditate every day the previous week.
7. Focus on your body and breath.
8. First, check your body's alignment and notice your breath. Follow your breath in through your nostrils, throat, lungs, and belly as you inhale, then out as you exhale. Maintain a straight posture with a soft gaze or closed eyes. Count your breaths to stay focused. If your mind wanders, acknowledge it and gently return your focus to your breath. It's okay if you're not perfect initially; practice improves your skills.

That's it! This simple practice helps you develop the meditation habit and enjoy its benefits. We'll explore more advanced techniques later on.

Day 3: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

It’s fair to assume you currently have some stress in your life. It’s important to know what we can do nutritionally to support our health and reduce negative impacts from stress. I’ll outline some of the key points to consider below:

Eat Small and Often:
During times of stress, your body burns more carbohydrates for energy. This can lead to low blood sugar levels or increased sugar cravings. High-stress individuals often rely on sugary snacks, coffee, and sodas to stay energized, leading to erratic eating habits and potential weight gain.

To combat this, aim to eat regularly throughout the day with balanced meals containing protein, fats, and carbs from quality sources. Limit sugary foods, caffeine, and alcohol to stabilize blood sugar levels and avoid hypoglycemia.

Avoid Fasting:
Intermittent fasting (IF) breaks traditional eating rules by reducing meal frequency and delaying breakfast. It may not be suitable for those with high-stress levels as it further strains the body's ability to maintain stable blood glucose levels. IF is best used by individuals already prioritizing health with a balanced diet, sufficient sleep, stress management, and exercise.

Embrace Carbs:
Carbohydrates are crucial for providing energy, especially during times of stress. Choose a higher-carbohydrate diet to support recovery and energy levels.

Don't Under-Eat:
Low-calorie intake during stress can deplete glycogen stores, break down muscle tissue, and strain the body further. Aim to eat at maintenance or slightly above to support your body during stressful periods.

Day 4: Weekend Win (Thursday)

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

The perfect example of this is the weekend. So let's set you up to win this weekend.

How?

By doing an easy version of your habit for the weekend.

This should be so easy that it should require as much energy as brushing your teeth.

Today, I want you to plan how you'll stick to this habit over the weekend.

Day 5: Daily Lesson To Reinforce Habit And Accountability (Friday)

Sometimes the stress we experience daily is due to our own thoughts. Thinking habits can be very hard to change, because we're usually not aware we're doing them, and they're harder to notice than physical habits.

It's easier to see when you're eating junk food than when you're thinking negative things about yourself.

So the key, as always, is forming an awareness of the habit and triggers. Keep a journal, write brief entry into it when you notice these thoughts. You might spend a few minutes in the morning just watching your thoughts, noticing patterns.

It's important to note that this habit wont change overnight, but is something that could take months or years to slowly improve.

A good replacement habit is to notice your negative thoughts (about yourself, others, life), and stay with that feeling for a while.



Day 6:
No Daily Lesson
(Saturday)

Day 7: Weekly Group Review (Sunday)



When you complete the habit today, take a minute to reflect on the past week or so of doing the habit.

- What was it actually like, as opposed to the fantasy you had about it before you started?
- What have you learned?
- What do you appreciate?
- What obstacles have come up, and are there ways to overcome them for next week?

Consider writing a short journal entry about these reflections, to solidify your learning.

Treat habit formation as a learning process, a way to learn about yourself, your mind, mindfulness, resistance and more.

Day 8: Adjustment Of Habit (Monday)

If all went well last week, and you didn't struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you've struggled, keep it the same as last week or make it even easier.

For example, if you've been doing 2 minutes of meditation daily, then extend that to 4 minutes this week.

Or if you've been getting more exercise by walking for 10 minutes on your lunch break at work, try extending that to 15 minutes this week.

Never make too big an adjustment so that it becomes too difficult.

This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn't difficult, so your mind doesn't rebel much.

Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

Day 9: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

I've found exercise to be one of the best ways to reduce stress (alongside mediation).

Ironically, it can be hard to start exercising if you're tired and stressed, but I've always felt a lot better after exercise, so it's worth putting some effort into starting.

A fast walk, a good run, some strength training, a swim or bike ride, or playing a sport are all great ideas.

Not only does exercise reduce stress, but it helps you to sleep better at night. While it's good to exercise regularly, it's also best to have at least one or two days break from higher intensity exercise too.

Day 10: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

Sometimes you're stressed or overwhelmed because there's too much going on in your life or too much information coming in.

To make this more manageable, make a list of all you have going on right now. Now see if you can eliminate or put a hold on a few of them – simply send an email or make a call and tell people you can't work or do this right now. Make a short list of three to five tasks you can actually work on today, and focus on the first item only. One thing at a time.

Also remember to take breaks from these tasks. Get away from the computer, and take a walk. This is the best way to deal with stress – find ways to de-stress during the day. Stretch. Move around. Get some fresh air. Talk to someone in real life. Take a hot bath or shower if that's possible.

Remind yourself: all that you have going on…doesn't matter that much. At the end of the day, life will go on.

Day 11: Weekend Win (Thursday)

It’s almost the weekend. Even if you don’t have a lot going on, it’s possible you’re not fully focused on this habit, or fully committed to it.

So let’s set you up to win this weekend and achieve your habit with ease.

Today, think about your super easy, almost effortless version of the habit for the weekend.

How are you going to achieve the habit this weekend?

Day 12: Daily Lesson To Reinforce Habit And Accountability (Friday)

We’re almost at the end of the ‘The Reduce Your Stress Program’ habit challenge.

For the next few days, pay attention to your motivation levels – is it as high now as when you first started?

If it is dipping, this is probably because the reality of doing the habit for this long isn’t something you’re used to.

This is a great opportunity to turn from your expectations for this habit, to learning what other things can motivate you. Other motivations you could explore: the joy of doing, the pride of accomplishment, the feeling of satisfaction when sticking to something, tackling difficulties, the love of learning.

These are all great motivations to explore for any pursuit. Stay focused this weekend and remember to have some fun in the process!

Day 13:
No Daily Lesson
(Saturday)



Day 14: End Of Habit Review (Sunday)

Over the last two weeks you've completed the 'The Reduce Your Stress Program' habit challenge – nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

- What has the habit been like and how have you done?
- What have you learned?
- What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

