



LIFESTYLE HABITS THAT HELP PROTECT BODIES FROM CHRONIC STRESS

Nutrition

A balanced, nutrient dense, whole-foods diet will help keep your body built up and increase resilience against chronic stress. A whole-foods diet supplies your body with an ample supply of vitamins, minerals, phytonutrients, and fiber. Fiber soothes our intestinal tract and helps combat the negative effects of chronic stress inflicted on the intestines. To learn more about the whole-foods diet, go to <https://positivepatterns4life.com/eating>.

There are several nutrients that play key roles during the stress reaction.

1. B vitamins are one of the most important stress busters. They help to blunt some of the damaging effects of chronic stress. They help the body to be more resilient during stress. These B vitamins include B1 (thiamin), B3 (niacin), B5 (pantothenate), B6 (pyridoxine), B9 (foliate), and B12 (cobalamin). This is a group of vitamins that you do not want to be lacking during periods of stress.
2. Our body uses extra vitamin C when we are stressed, which lowers our levels of vitamin C. Vitamin C is needed for the production of an anti-stress hormone called norepinephrine. When we have adequate levels of vitamin C in our bodies, we are able to excrete excess stress hormones in our urine and produce adequate amounts of norepinephrine.
3. Zinc plays a key role in adrenal gland health. The adrenal gland is better able to regulate stress hormone production when it is supported with an adequate supply of zinc.

Sleep

Get 7 to 8 hours of quality sleep per night. Sleep is an important time for your body to repair itself from the damaging affects of stress. Sleep is a time of rejuvenation which will help your body be more resilient against the effects of stress. To learn more about quality sleep, go to <https://positivepatterns4life.com/sleep>.

Think Positive

Practice optimism. Purposely focus on positive things happening in your life. Look for the bright side of situations. Seek out opportunities to laugh and be inspired. It is been shown that people who practice optimism actually change the part of the brain which initiates the stress reaction.

Optimism has a calming effect on the stress reaction and cause this reaction to be less severe. This translates to less severe negative effect from chronic stress. To learn more about optimism and positive thinking, go to <https://positivepatterns4life.com/think>.

Aerobic Exercise

Regular aerobic exercise produces a multitude of health benefits, which includes helping protect the body from stress in several different ways. During aerobic exercise, the body processes stress hormones more efficiently so they don't hang around causing problems in the body as long. Aerobic exercise builds the body up so it is more resistant to the negative effects of chronic stress. Mood enhancing hormones are produced and released during aerobic exercise, which helps 'stress to be less stressful' on an emotional and mental level. To learn more about aerobic exercise, go to <https://positivepatterns4life.com/moving>.

Posture

A well-maintained posture enhances energy levels by facilitating proper breathing and better circulation and decreases muscle fatigue.