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*Show Notes*

## Let's Talk about Stress!

**Stress is a natural and unavoidable part of life.** It's the body's response to any demand or challenge, whether positive or negative.

**There is good stress and bad stress.**

- Good stress is EUSTRESS - new job, project, or tackling your goals
- Bad stress is DISTRESS - harmful type of stress that can have adverse effects on health and well-being.

**Causes of Stress:**

External Factors - Work-related issues, financial challenges, family problems, and environmental factors can contribute to stress.

Internal Factors - Personal beliefs, attitudes, and thoughts can also contribute to stress.

**Physical Impact from stress** - headaches, muscle tension, fatigue, and digestive issues.

**Emotional Impact** - Stress can lead to feelings of anxiety, irritability, frustration, and even depression.

**Cognitive Impact** - Difficulty concentrating and negative thought patterns.

**Coping Strategies can help maintain your stress and reach your goals:**

- Deep breathing
- Meditation
- Yoga
- Quiet time
- Effective Time Management:
- Setting Realistic Goals:

**Healthy Lifestyle Choices:**

- Regular exercise - 30-60 minutes a day
- Balanced diet (carbs, proteins, healthy fats, fruits and vegetables)
- Good sleep (Michelle Meeks mentioned 8-9 hours of sleep)
- Clear Communication Skills:

