



## Stress Management

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Integrative stress management tips include taking control of lifestyle choices that include the mind, body & spirit. Some examples include creating healthy boundaries, being aware of activates stress, and watching what you eat. *Please consult your healthcare practitioner for more specific information.* Here is what we discussed!

The autonomic nervous system (ANS) is a division of the peripheral nervous system responsible for involuntary bodily functions. It is further divided into two main branches: the parasympathetic nervous system and the sympathetic nervous system.

### **Parasympathetic Nervous System = (Thrive State):**

- **Function:** Primarily associated with rest and digestion.
- **Effects:** Slows heart rate, stimulates digestion, promotes relaxation.

### **Sympathetic Nervous System = (Survival State):**

- **Function:** Activated during the "fight or flight" response.
- **Effects:** Increases heart rate, redirects blood flow to muscles, prepares the body for action.

In summary, the autonomic nervous system regulates involuntary functions, with the parasympathetic branch promoting relaxation and digestion, while the sympathetic branch prepares the body for quick action in response to stress or danger.

- **Be Aware:**
  - a. What are 5 things that causes stress?
  
- **Are you getting enough sleep?**
  - a. Document how many hours of sleep you are getting a night.

- **Build a partnership with your body. How?**

- a. Take note of what you eat and/or exercise routine for 2-4 weeks and look for patterns with your health practitioner.

## **"For every YES is a NO to something else." Michelle Meeks**

List 3 things you can do right now to eliminate some of the stress in your life right now?

- 1.
- 2.
- 3.

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Michelle Meeks is a Integrative and Holistic Coach located in Encinitas, California. Check out her Instagram page @revolve.fit and start taking control of the stress in your life!

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