

# Seven Ways to Improve Stress Resistance

# What is Stress?

- Stress: the body and mind's response to pressure or challenges.
- WHO calls stress the 'health epidemic of the twenty-first century.'
- Stress can affect physical health, emotions, and relationships.

# Three Sources of Stress

- Physical Stress: caused by poor treatment of the body.
- Mental Stress: caused by negative thinking patterns.
- Spiritual Stress: caused by lack of purpose or connection.

# Habit 1: Eat Healthily

- Healthy eating means avoiding processed foods and eating natural foods.
- Processed foods may increase inflammation and low energy.
- Whole foods like fruits and vegetables support the body and mind.

# The Elimination Diet

- Elimination Diet: removing possible problem foods for 2–3 weeks.
- Foods are slowly added back to identify reactions.
- Possible troublemaker foods: gluten, dairy, sugar, soy, eggs, corn.

# Habit 2: Exercise Consistently

- Exercise improves energy, mood, and sleep quality.
- Even 5–7 minutes of exercise daily can help.
- Examples: yoga, squats, push-ups, lunges, walking.

# Habit 3: Sleep Well

- Sleep restores energy and emotional wellbeing.
- Lack of sleep increases stress and emotional reactions.
- Quality sleep helps concentration and memory.

# 7 Sleep Tips

- 1. Avoid blue light before bed.
- 2. Sleep at the right time.
- 3. Avoid caffeine in evenings.
- 4. Sleep in a dark room.
- 5. Use bed only for sleep.
- 6. Calm your mind before bed.
- 7. Keep the room cool.

# Habit 4: Reframe Stress Stories

- Reframing: changing the way we think about stressful events.
- Focus on what you can control instead of what you cannot.
- Positive thinking can turn stress into motivation.

# 5 Steps to Reframe Stress

- 1. Write down the stress.
- 2. Find one practical action.
- 3. Think why it may not be so bad.
- 4. Remind yourself you can handle it.
- 5. Find one positive lesson.

# Habit 5: Meditate

- Meditation: training the mind to become calm and focused.
- Meditation reduces anxiety and emotional reactivity.
- Many successful people use meditation daily.

# Four Meditation Methods

- Mindfulness Meditation: focusing on the present moment.
- Mantra Meditation: repeating calming words or sounds.
- Breathing Exercises: controlled breathing to relax.
- Visualization: imagining positive outcomes and emotions.

# Habit 6: Nurture Relationships

- Strong relationships improve happiness and health.
- Good relationships provide support during stressful times.
- Quality relationships matter more than quantity.

# Habit 7: Connect to a Strong Purpose

- Purpose means serving and helping others.
- Helping others can reduce stress and improve wellbeing.
- A meaningful purpose gives motivation and direction.

# Important Definitions

- Stress Resistance: the ability to manage stress effectively.
- Inflammation: the body's response to harmful substances or stress.
- Mindfulness: awareness of the present moment without judgment.
- Purpose: a meaningful reason for actions and goals.

# Conclusion

- Stress-resistant people care for the body, mind, and spirit.
- Healthy habits improve emotional and physical wellbeing.
- Small daily changes can make a big difference.