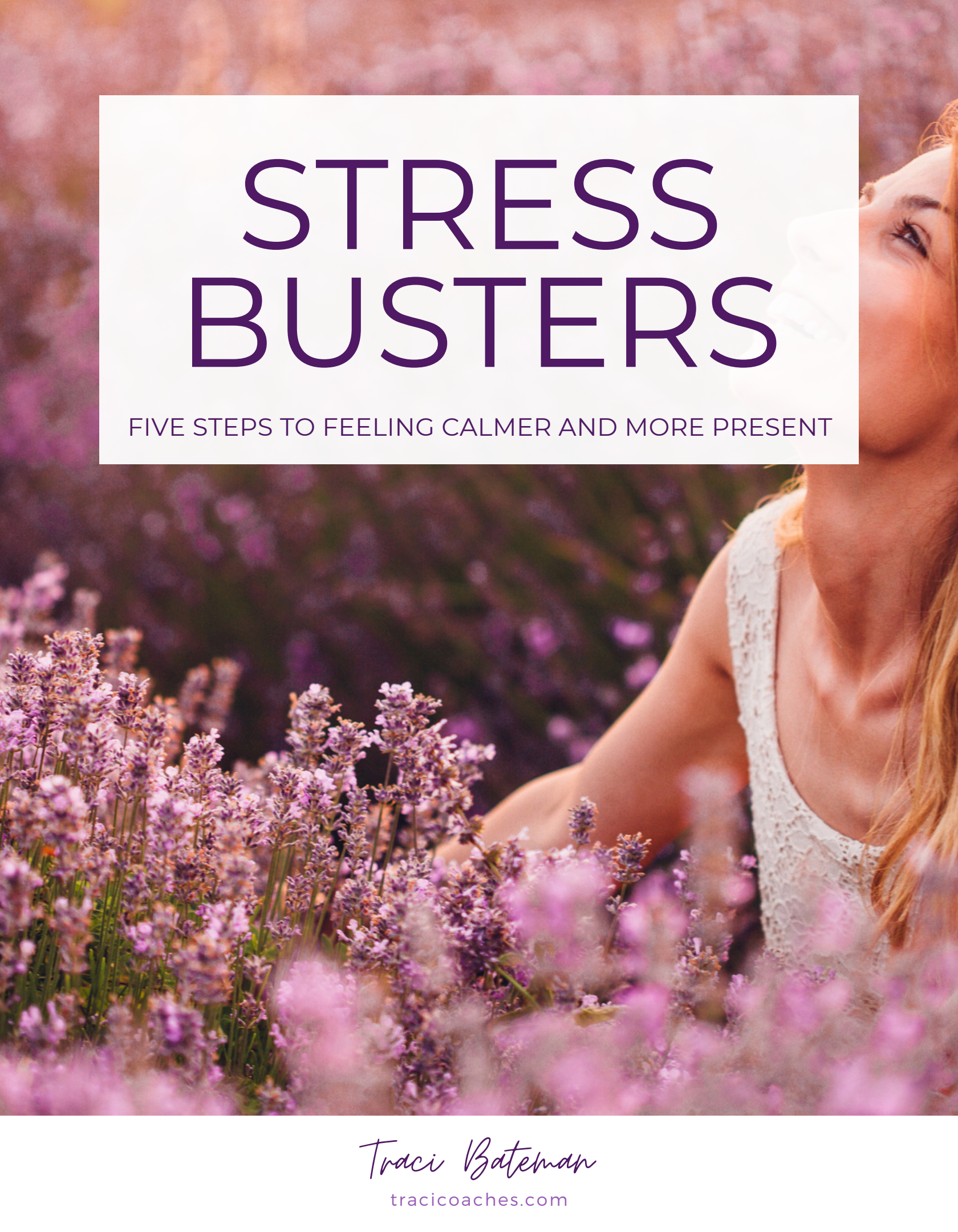




STRESS BUSTERS

FIVE STEPS TO FEELING CALMER AND MORE PRESENT

Traci Bateman

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Hi and... WELCOME!



My name is Traci Bateman and as a Transformational Health and Life Coach, I work with overwhelmed people like you, who need accountability, direction and support to feel whole again.

I've created this short PDF as a compilation of methods that have worked for me over the years to help avoid burnout and overwhelm.

Enjoy!

TRACI BATEMAN

TRANSFORMATIONAL HEALTH & LIFE COACH



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Traci's Tricks to MANAGE YOUR STRESS

We all have heard how bad stress is for us and stress can manifest in many ways. From daily stress of bills and the busy-ness of life to death and divorce, to financial, family and work stress. For many it has become a way of life but that doesn't mean that it is okay.

With the advent of technology and being "on" all the time, our bodies are in a constant state of flight-or-flight. We don't know the difference between running from a sabre tooth tiger or the anxiety and pressures from our job, family, friends etc.

Your parasympathetic nervous system is a network of nerves that relaxes your body after periods of stress or danger. It also helps run life-sustaining processes, like digestion, during times when you feel safe and relaxed.

IF YOU CAN
DREAM IT, YOU
CAN DO IT.

– WALT DISNEY.



Our autonomic nervous system is comprised of two parts - the sympathetic and parasympathetic nervous systems. The sympathetic nervous system activates the fight or flight response during a threat or perceived danger, and the parasympathetic nervous system restores the body to a state of calm.

For me as well, life became about the doing and the achieving rather than the being. Enjoy being out in nature, quiet time in the mornings, stretching, meditating, breathing, spending time with friends.

Research shows the cumulative effects of stress are life-shortening. We need to find ways to wind down and just be and let that be okay! Now this isn't rocket science but here are some really important factors to keep in mind to help deal with your stress.

“IT’S NOT STRESS
THAT KILLS US, IT
IS OUR REACTION
TO IT.”

– HANS SELYE

If you intentionally focus on slowing your breathing, during moments of stress or "fight-or-flight," it can trigger the parasympathetic nervous system response. We don't do this often enough.





“PRIORITIZING GOOD
SLEEP IS GOOD SELF
LOVE”

– DANIELLE LAPORTE

SLEEP

Sleep is game changer! Our bodies need time to rest and repair and when sleep is compromised our bodies start to break down.

There is a whole science of sleep hygiene as well. Here are a few key items:

- Set a consistent sleep schedule. Try to go to bed and waking up at the same time every day, give or take 20 minutes, including weekends. Creating a sleep framework sets the body's internal clock to expect to rest at a certain time each day. Contrary to what might seem logical, even if you haven't slept well during the night, it's best not to allow yourself to sleep in later the next morning. Getting up at your usual time will heighten your "sleep drive," and help you sleep better the following night.
- Create a relaxing bedtime/pre-bedtime routine. Whether it's a warm bath, reading a book, listening to nature sounds, sleep music, or meditating, any relaxing activity about an hour before bed helps creates a smoother transition between wakefulness and sleep.
- Keep your room cool and comfortable. The ideal room for sleeping is cool, quiet, and dark. Studies show that a bedroom temperature of around 18 degrees Celcius is most conducive to a healthy, restful sleep. Your mattress and pillows should feel very comfortable, allowing your body to settle in and relax.

- Dim the lights after dark. Getting enough natural light during the day is important for keeping your circadian rhythm but bright light from lamps and electronics at night, can mess that cycle up, making it harder to fall asleep. Blue light from your computers, TV's or cell phones, interfere with the release of melatonin, a hormone that tells our body that it's time to wind down.
- Unplug an hour before bed. Screens and sleep are incompatible. Keeping screen use to a minimum, at least an hour before bed is essential for sound sleep. Besides the light disrupting your body clock, games, videos, work emails, and social feeds all conspire to keep your mind active - and keep you awake way later than you should be. Keep your phone in another room or use Do Not Disturb. There is also mounting evidence about the EMF's and the advantages of having no electrics in your room during sleep.
- Steer clear of stimulants late in the day. Caffeine is a stimulant, so if you're having trouble sleeping, you'll want to avoid beverages and foods that contain caffeine - coffee, non-herbal tea, colas, even chocolate - at least 6 hours prior to bedtime.
- Nix the nightcaps. Even a single glass of wine close to bedtime can impact your sleep. Though alcohol initially will make you feel drowsy, ultimately it can interfere with the quality of your sleep. Alcohol alters what's called "sleep architecture," the natural flow of sleep through different stages such as deep sleep, REM sleep, and light sleep.
- Only use your bed for sleep and sex. If you struggle with sleep issues, it's important to use your bedroom just for sleep (and sex). That means no TV, no internet browsing, no late-night heart-to-hearts with a partner or spouse. In doing this, you will train your mind to see your bed as a place of rest.
- Along these same lines, sleep hygiene experts recommend getting out of bed and going to another room if you don't fall asleep within 20 minutes. The goal of this technique, called stimulus control, is to break the association of bed as a place of frustration and worry (when counting sheep isn't working).



WATER

This may sound like an easy one, but water consumption is something many people have no idea about. The goal is to drink half your weight in pounds in that many ounces of water. So 150 pound person would drink 75 ounces which works out to 9 glasses per day. Our bodies are 60% water which control many functions including: digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.

- Reduces daytime fatigue, often brought on with dehydration. Many people do not realize that mild dehydration may be making them tired.
- The brain needs water to function so dehydration can reduce your mental energy and capacity.
- Like our organs, skin cells are also made up of water and function at their best when hydrated.
- Water helps not only absorb nutrients but also helps remove toxins from your body and increased circulation.
- Finally, it helps lubricate the joints.

DIET

Now this can be controversial, and I have researched many different ways to eat. I understand different perspectives and see the value in them all however here are the most important factors for eating:

- Reduce processed sugars. Cancer feeds on sugar. Sugar creates inflammation in our bodies and inflammation is the root of all disease. We all love a sweet treat here and there and I would never say to deprive ourselves but sugary soft drinks, juices, candy, cakes on a regular basis not only contribute to inflammation but also diabetes and of course they usually have lots of fats. There is no upside other than a quick serotonin hit, followed by a steep crash.



- If it comes from a plant, eat it; if it is made in a plant; don't eat it. Processed foods are full of chemicals and ingredients that our bodies do not know how to absorb. This includes trans fats, preservatives, and colouring to name a few. When our bodies don't know how to deal with ingredients, they turn into free radicals that are a source of oxidative stress to our bodies. Oxidative stress has a direct correlation to cancer. So stock up on mostly vegetables and some fruits, preferably organic (no pesticides or herbicides)
- Enjoy hormone free, antibiotic free, grass-fed meat. This is non-negotiable if you are consuming meats and eggs. The sustainability of the farming adds to the benefits of meat raised in this manner. Feed lot farming is not only a terrible existence for the animals, but it robs the land of nutrients, creates deadly contamination from waste and produces poor quality meats. (a great book is the Omnivore's Dilemma by Michael Pollan)
- Reduce alcohol consumption. many people who experience stressful situations turn to alcohol to cope with that stress. The problem with that is alcohol itself can cause stress on the body's physiological balance. Drinking alcohol may seem to provide some relief in the short term, but as stressful events continue long-term, heavy alcohol consumption can lead to medical and psychological problems and increase the risk of developing alcohol use disorders. Alcohol is a downer, so alcohol is a sedative. So if you're all wound up, and your hearts beating, and you're stressed out, alcohol can definitely make those symptoms of stress go down. The problem is alcohol interferes with your ability to make good decisions, and that's a problem, particularly if you're stressed. Number two, alcohol interferes with your sleep. It may make you sleepy originally, but it inhibits REM sleep, so often people wake up at 3:00 or 2:00 at night, and they can't get back to sleep, or often they wake up with their heart pounding.
- Again, drinking in moderation is ok, but daily consumption is not advised.

MOVEMENT

This can be as little as a 20 minute daily walk but doesn't need you to be an Olympic athlete. Once a week High Intensity Interval Training (HIIT) with daily movement is the perfect.

- It pumps up your endorphins. Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins, often called the runner's high
- It reduces negative effects of stress. By imitating effects of stress, such as the flight or fight response, body and its systems practice working together through those effects to get back into a state of calm. This can also lead to positive effects in your body — including your cardiovascular, digestive and immune systems — by helping protect your body from harmful effects of stress.
- It's meditation in motion. After a wonderful yoga class, fast-paced game of squash, a long walk or run, or several laps in the pool, you may often find that you've forgotten the day's irritations and concentrated only on your body's movements.
- It improves your mood. Regular exercise can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.

“RULE NUMBER ONE IS, DON'T SWEAT THE SMALL STUFF. RULE NUMBER TWO IS, IT'S ALL SMALL STUFF.”

– Robert Eliot



GRATITUDE

We experience gratitude when we shift our focus from what we don't have to what we do, and when we take time to appreciate and be thankful for those who have contributed to the abundance in our lives. People who have regular gratitude practices are healthier, happier, and have better relationships. Further research suggests that gratitude is also key in helping individuals and teams persevere in challenging tasks.

STRESS IS THE TRASH OF MODERN LIFE; WE ALL GENERATE IT, BUT IF YOU DON'T DISPOSE OF IT PROPERLY, IT WILL PILE UP AND OVERTAKE YOUR LIFE.” –

– DANZAE PACE.

Think of your mind like your digestive system — what you put in it impacts how you feel. When you flood your mind with a constant flow of worry, envy, resentment, and self-criticism (compounded by a barrage of news and other media) it negatively impacts your mental wellbeing. A gratitude practice is like a workout and a

How do we trigger gratitude in ourselves? It's simple. We take time to shift our focus.

How to Trigger Gratitude in Ourselves

Have you ever noticed that when you are looking to buy a new phone or a car all of a sudden everyone around you has it? That's because, consciously or unconsciously, whatever we are focused on is what we see. If we want to trigger gratitude in ourselves, we need to intentionally shift our focus to that which we are grateful for. The simplest way to do this is through questions and prompts and a few daily rituals.





Pause and reflect

When you find yourself stuck in a constant state of worry, or hyper focused on what is not working around you, try to pause for a second and ask yourself one or two of the following questions.

- What have I learned recently that has helped me grow?
- What opportunities do I currently have that I am grateful for?
- What physical abilities do I have but take for granted?
- What did I see today or over the last month that was beautiful?
- Who at work am I happy to see each day and why?
- Who is a person that I don't speak to often, but, if I lost them tomorrow, it would be devastating? (Take this as a cue to reach out today!)
- What am I better at today than I was a year ago?
- What material object do I use every day that I am thankful for having?
- What has someone done for me recently that I am grateful for?
- What are the three things I am grateful for right now?

By taking time to write down our answers, we consciously redirect our attention to that which we are grateful for. It's also a great way to look back and realize what we may have thought of as insignificant was actually the things that brought us joy.

affirmation CARDS

Print these affirmation cards to help you shift your mindset and achieve your dream goals. Begin your day with positive intentions. You can laminate the cards or print them on cardstock, hang the affirmation cards on your wall or add them to your planner.



I AM WORTHY
OF MAKING
MORE MONEY.

MY ACTIONS
CREATE
CONSTANT
PROSPERITY.



I AM FULL OF
POSITIVE LOVING
ENERGY.

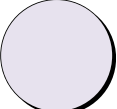
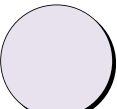
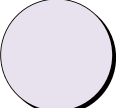
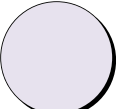
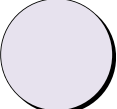
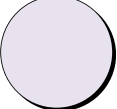
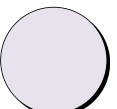


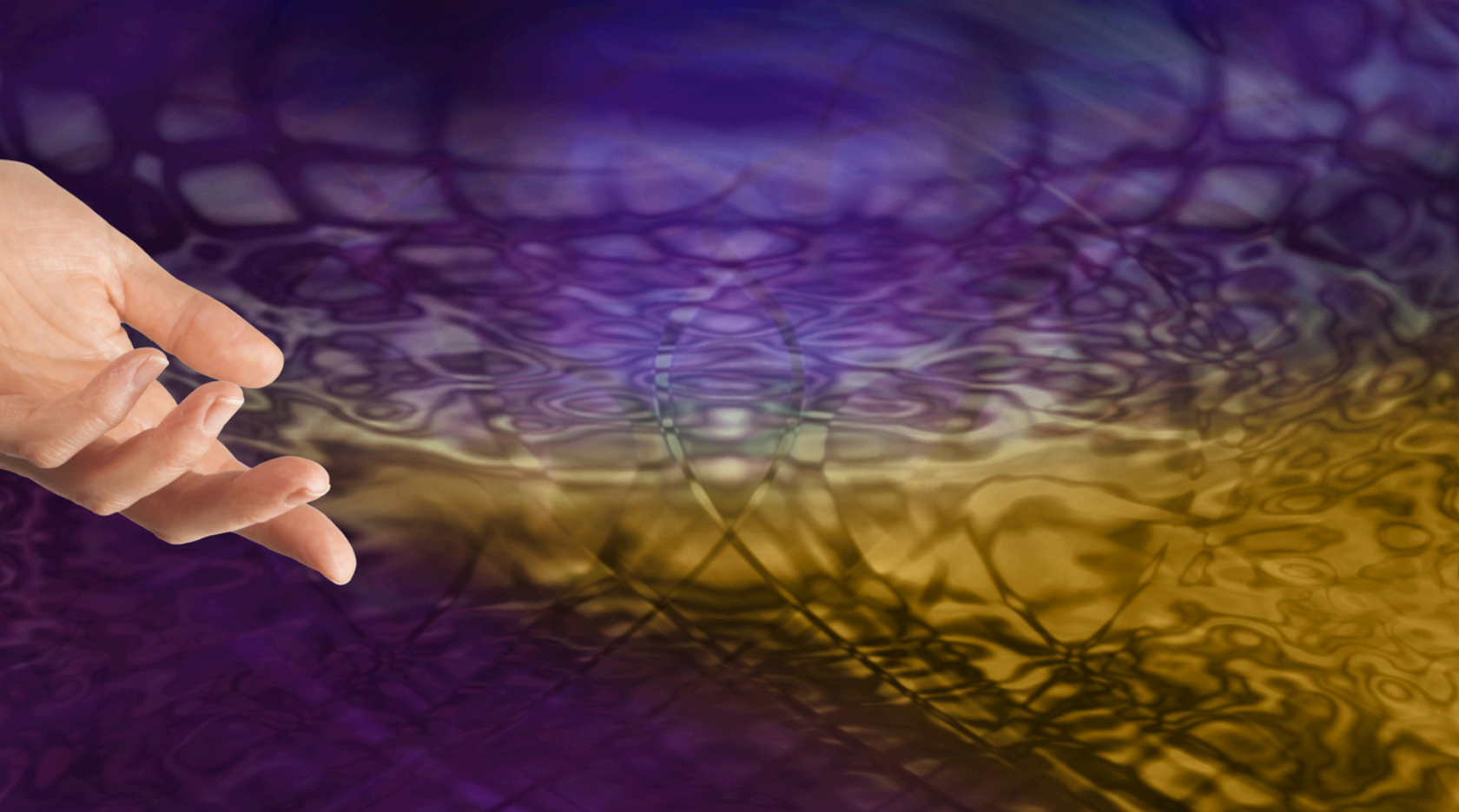
I DESERVE LOVE
AND I GET IT IN
ABUNDANCE.



weekly CHECKLIST

CREATING A WEEKLY CHECKLIST FOR STRESS MANAGEMENT IS A GREAT WAY TO KEEP TRACK OF YOUR ACTIVITIES AND ENSURE YOU'RE TAKING STEPS TO MAINTAIN YOUR MENTAL HEALTH AND WELLBEING. HERE'S A STRUCTURED WEEKLY CHECKLIST TO HELP YOU MANAGE STRESS EFFECTIVELY:

-  Spend 5-10 minutes practicing deep breathing or meditation to center your mind and reduce anxiety.
-  Write down your top 3 priorities for the day to focus your efforts and minimize overwhelm
-  Dedicate at least 30 minutes to physical exercise (like walking, yoga, or a workout) to boost your mood and energy levels.
-  Schedule short breaks (5-10 minutes) every hour or two to step away from work or chores – a quick walk or a moment of relaxation can recharge your mind.
-  Reach out to a friend or family member for a brief chat, or share a meal with someone you care about to foster positive relationships.
-  Write down or mentally note at least three things you are grateful for today to shift focus from stressors to positive aspects of your life.
-  Spend 10-15 minutes before bed organizing your space and planning for the next day to ease morning stress and ensure a restful night's sleep.



thank you

LET'S STAY IN TOUCH?

I provide accountability towards reaching your goals. It's all about the small steps, and over time, the tiny changes can add up. You can think of me as your ally, guide and partner in this new journey. United, we can tap into your own inner motivation and create sustainable lifestyle changes for the long run!

Traci Bateman

TRANSFORMATIONAL HEALTH & LIFE COACH



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If you enjoyed this information
TRY MY COURSE

12 WEEK TOTAL TRANSFORMATION



Over 12 weeks we set goals, develop habits and create accountability to you have the tools to continue to thrive, allowing you to work smarter not harder

WHAT ARE YOU WAITING FOR?

GET STARTED NOW



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Coach

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