

Stress Levels



People seem to thrive on different levels of stress. The important thing is for you to learn to recognize what the healthy level is for you and then control it. As soon as you find yourself exceeding your optimal level then you need to make changes.

Since stress is inevitable, we all need to find ways to control it. There are some basic suggestions that seem to help many people.

good nutrition + adequate exercise + adequate sleep = a healthy lifestyle

Did you know that...

- ✓ The food you put in your body can help you control your stress level?
- ✓ A physically fit body can better enable you to withstand the effects of stress?
- ✓ Getting enough sleep regularly can help give you a refreshed, energetic outlook on life that will help you to handle the stresses that come up in your everyday living?

The combination of good nutrition, exercise and sleep will undoubtedly help you to cope with stress better but it is important to recognize that no matter what, everyone will experience some form of stress. A little stress in our lives is healthy, it is the chronic stress that we have to be aware of and try to control.