

# STRESS STRATEGY

12 Ways to Build Stress Resilience  
for Better Brain Health & Wellbeing





Chronic stress doesn't just affect our minds; it can wreak havoc on your digestion and gut health, cause blood sugar and hormone imbalances, especially for women juggling multiple roles in today's fast-paced world.

Understanding how to manage and reduce your stress levels is crucial for both mental and physical health. Choose ONE of these stress resilience tips and build it into a daily habit over the next 3 - 4 weeks. Then you can layer on another habit.

## Strategies to Build Stress Resilience in Women's Lives:



### **MINDFUL MEDITATION**

Regular meditation can center thoughts and reduce the daily stress that accumulates, promoting a sense of calm and balance.. Even 3 - 5 minutes can make a difference .



### **PHYSICAL ACTIVITY**

Exercise isn't just good for your body; it's powerful stress reliever. Any daily exercise you enjoy , dancing, yoga, or just walking can significantly lower stress levels.

### **BREATHING TECHNIQUES**

Simple yet effective, deep breathing exercises can quickly reduce stress levels, making them a handy tool for immediate stress relief.

### **NOURISHING EATING HABITS**

Choosing nutrient dense whole foods that fuel and help your body and mind help regulate stress responses and mood swings.

### **TIME MANAGEMENT**

Learning to say no and setting realistic schedules and boundaries can prevent the overwhelm that often leads to stress, and make possible essential downtime.

### **STRONG SUPPORT NETWORK**

Connecting with friends, family, or support groups offers emotional support and can provide an outlet for stress through shared experiences and understanding.

### **PURSUE HOBBIES**

Making time for activities purely for enjoyment can provide a necessary break from the stress of daily life, rejuvenating the mind and spirit.

### **PRACTICE GRATITUDE**

Focusing on the positives and practising gratitude when you wake up, at bedtime- anytime on a daily basis can shift perspective and reduce stress by fostering a sense of contentment and appreciation.

### **SEEK PROFESSIONAL HELP**

Sometimes, professional guidance from a therapist or counsellor can be invaluable in managing chronic stress, offering strategies tailored to your personal experiences.



### **DIGITAL DETOX**

Regularly - daily or weekly - unplugging from electronic devices and social media can help reduce stress caused by constant connectivity and information overload. .



### **HONOR SLEEP**

Prioritising sleep and establishing a regular sleep/wake routine can combat stress by enhancing your body's ability to recover and rejuvenate.



### **PRIORITIZE SELF-CARE**

Regularly scheduling time for self-care activities, such as reading, taking a warm bath, or anything that feels nurturing, can significantly reduce stress.

Building stress resilience is not only about removing or avoiding stressors but also about finding balance through sustainable healthy habits. These strategies offer a pathway to a less stressed, more fulfilled life.

**What is ONE stress resilience tip you will build into a daily habit over the next 3 - 4 weeks?**

