

Stress Redefined

The Stress Experiment

- Blindfolded Maze
- Glass of Water
 - Moral of the story: put the glass down!

Stress on the Body

- When our bodies are poorly fed, rested, moved and exposed to nature, stress takes an even greater toll on our health
- The secret ingredient is.....AWARENESS!
- The way you handle stress is your choice

Stress is Stress is Stress... but what is it?

- Stress is any disruption to our homeostasis - something's off...
- Acute stress: response to crisis
- Chronic: stress of daily living
- Eustress: daily, healthy stress
- Distress: daily, unhealthy stress

What do you do when you're feeling stressed?

- Practice: What do you do when you're feeling stressed? What needs to change?
Wait, but why?
 - Discussion: Why do we experience stress? Why does our body respond to stressors? Why does our body do what it does that leads us to doing what we do? Because that's the way it works.

The Solution

- We must make the difficult choice to either: struggle to live stress free or thrive while living stress well. **So, what can I do to manage my stress well?**

Self-Care	<ul style="list-style-type: none"> ● Get out in nature and apply mindfulness, meditation or breathwork ● Take time to unplug from electronic devices
Fitness	<ul style="list-style-type: none"> ● Mobility, strength, cardiovascular performance and how you feel ● Reduce cumulative time spent sitting down
Nutrition	<ul style="list-style-type: none"> ● Abandon focus on restriction and calories ● Celebrate opportunities to eat real, whole, nourishing foods
Community	<ul style="list-style-type: none"> ● We cannot exist as healthy, thriving beings in a toxic environment ● Surround yourself with connection and support

Things to Remember

- Personalization
 - Wellness is personal and unique
 - Needs, wants, goals, preferences and limitations are different
 - Stick with what you know and have learned at Skyterra

- Progress
 - The quest for perfection can sabotage your wellness efforts
 - The goal is progress, not perfection
 - View every positive step forward as a great success
 - Give yourself a break!

- Resources
 - Rebook and return to Skyterra for a refresher and reset!
 - Skyterra At Home: get yourself back to your experience as you take your journey home with you

Recommendations

“We’re Going on a Bear Hunt” by Michael Rosen and Helen Oxenbury
 “Why Zebras Don’t Get Ulcers” by Robert M. Sapolsky
 “Full Catastrophe Living” by Jon Kabat-Zinn
 “The Body Keeps The Score” by Bessel Van Der Kolk

Practice: What do you do when you're feeling stressed in each of the following areas? What needs to change?

Home	
Work	
Relationships	
Nutrition	
Sleep	
Fitness	
Outdoor Time	