



6 Types

- Physical**
 - Good - beneficial exercise
 - Bad - over-exercising
- Chemical**
 - Good - organic food, balanced hormones
 - Bad - synthetic drugs, pesticides
- Electromagnetic**
 - Good - sunlight
 - Bad - too much sun, ELF
- Psychic/mental**
 - Good - setting goals, positive mental outlook
 - Bad - "stinkin thinkin"
- Nutritional**
 - Good - organic food, eating for metabolic type
 - Bad - eating too much, too little, poor quality foods
- Thermal**
 - Good - maintaining body temperature
 - Bad - too hot/ cold

External stressors

Sun

Injury

Toxic chemicals

Internal stressors

Disease

Hormone imbalance

Managing stress

Identify primary stressor



Make a plan

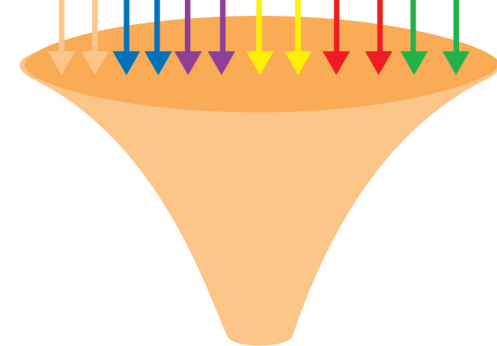


Regular movement / exercise

Mental exercise



Eat and drink right



Body adds all stress together

Activates autonomic nervous system and releases hormones

Sympathetic

Activating Catabolic hormones

Too much stress = too much cortisol

Fatigue

Breakdown

Depressed immune system

Decreased growth and repair

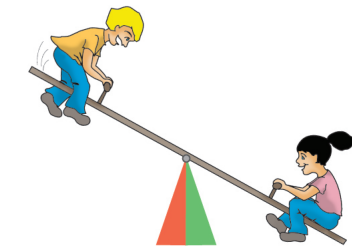
Parasympathetic

Anabolic hormones

Growth

Repair

Digestion



SNS

PNS