



SIMPLE STRATEGIES TO REDUCE STRESS

Planning for a less stressful day isn't about creating an easier schedule. It's about setting the tone for a better day. You can break your stress cycle by thinking proactively. Use these tips to get started.



CREATE AN EVEN SPREAD

Spread your meals and snacks evenly throughout the day. It helps you **regulate energy, keeps your decision-making skills sharp and your mood pleasant**. You can plan ahead by scheduling your meals and snacks every few hours.



RISE AND DINE

Your first meal buffers stress hormones, which helps you **control your stress levels and your mood throughout the day**. Aim for a balanced breakfast of protein, carbohydrates, fat, vitamins, minerals, antioxidants, and fluids to support your body's needs.

PEOPLE WHO SKIP
BREAKFAST CONSUME

45%

FEWER VEGETABLES.

– The Daily Research Institute



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VISUALIZE THE POSITIVE

If you expect to encounter a stressful situation you can prepare by living the situation in your mind. Here's how:

- + Take 5 minutes to find a quiet place, close your eyes and take a few deep breaths.
- + Imagine yourself in the scene. Visualize everything intimidating or uncomfortable and notice the physical sensations they create in your body.
- + Shift your mental image to the optimal outcome. Imagine yourself handling the situation with confidence and ease.



HYDRATE EARLY AND OFTEN

Staying hydrated **helps keep your body and brain from stressing out**. Drink a tall glass of water first thing in the morning, and keep drinking all day to reduce stress.

DRINK AT LEAST
50%
OF YOUR WEIGHT
IN OUNCES OF WATER
PER DAY.