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The Harmful Effects of Stress if You Don't Take Action Today

Stress effects can be cumulative. The longer you go without dealing with the stressors in your life, the more likely you will suffer in the future.

Healthy stress is the excitement you feel before a big speech or a wedding (called **Eustress**). It serves to heighten your alertness and focus so you can perform.

Distress is when your body's stress response is prolonged, and your system is overloaded.

Physical and mental performances suffer when you're under distress.

Stress effects can also be hidden contributing factors in relationship challenges, poor work performance, or the manifestation of physical ailments.

Women are more likely to experience the physical symptoms of stress, but that doesn't mean men don't feel stress, too.



- Stress can cause anxiety, overwhelm your mind, make it harder to focus on one thing at a time, and can even make you feel dizzy, hot, or sweaty.
- It can make you irritable or angry or create digestive issues.
- Long-term stress can cause sadness, depression, insomnia, and tension headaches!
- Stress can also cause overeating, weight gain, substance abuse, and even rashes on the skin.
- Stress can contribute to diabetes, high blood pressure, and other health issues.

So - don't wait! YOU DESERVE to live a healthy, peaceful, energetic life!

11 Tools and Strategies You Need to Try NOW to Reduce Stress in Your Life

1. Mindfulness Meditation:

- Practice mindfulness meditation to focus on the present moment. Techniques such as deep breathing and guided meditation can help reduce stress and promote a sense of calm. Find a quiet, dedicated place to practice.

My favorite mindfulness apps include

- [Waking Up](#)
- [Headspace](#)
- [Ten Percent Happier](#)
- [Calm](#)

2. Exercise:

- Engage in regular physical activity. Exercise releases endorphins, which are natural mood lifters. Whether it's a brisk walk, yoga, Tai Chi, or a workout routine, physical activity can significantly reduce stress. Daily sunshine whenever possible.

3. Journaling:

- Keep a stress journal to express your thoughts and feelings. Writing can help you gain perspective, identify stressors, and find constructive ways to address them.

4. Time Management:

- Prioritize tasks and manage your time effectively. Break larger tasks into smaller, more manageable steps. This can help prevent feeling overwhelmed and reduce the stress associated with deadlines. Find a work-life balance. You need to have enough time for FUN! Hire a professional organizer or Life Coach if need be.

5. Social Support:

- Connect with friends, family, peers, or support groups. Sharing your thoughts and feelings with others can provide emotional support and different perspectives, reducing feelings of isolation and stress. Focus on your friends who are good listeners.

6. Healthy Lifestyle Choices:

- Maintain a balanced and healthy lifestyle. Eat a nutritious diet, ensure sufficient sleep, and avoid excessive caffeine or alcohol consumption. These habits contribute to overall well-being and better stress management. This includes adequate water intake!

7. Relaxation Techniques:

- Practice relaxation techniques such as deep breathing, progressive muscle relaxation, or visualization. These methods can help calm the nervous system and promote a sense of relaxation. Check YouTube or one of the apps mentioned above.

8. Adequate Sleep:

Get good sleep! The amount, yes - but the quality is what matters. Check out our [Sleep blog](#) or [Free Resources page](#) for a free PDF on Sleep Tips.

9. Bond with Your Pet:

Spending time with a companion animal can help reduce anxiety. And if you recently lost a pet, send us an [email to join the waitlist](#) of our Pet Bereavement free Facebook group.

10. Take time off:

Whether it's a vacation or a staycation, anything away from your normal routine can recharge your battery.

11. Talk to a professional:

Sometimes, a mental health professional is needed to get the best insight on how to reduce stress in your own unique situation.

Online therapy, such as [BetterHelp.com](#), or in-person therapy with someone local. Whatever method you will actually use is the best choice, not just what someone thinks you should do.

Bonus tip: Volunteer at a local shelter (animal or human). Helping others often helps us focus on a higher calling and reduces the chances of feeling sorry for ourselves.

Final Bonus Tip: Ignore the news! Ensure only positive, uplifting, or happy content enters your eyes and ears.

You are Worth It - Reduce Your Stress THIS Second!

Remember that everyone is unique, so it may take some experimentation to find the strategies that work best for you. Combining multiple tools and techniques can often provide a more comprehensive approach to stress management.

