



WELLNESS in the Midst of CHAOS

Submitted by the [redacted] AFB Health and Wellness Center

Do you feel over-extended, stressed and tired? Do you gain weight when you are stressed? During high-stress and fast-paced times in life, it is important to take the time to take care of yourself. Exercise has been proven to be an excellent form of stress relief. Physiologically, when we are stressed, our body is tense, our breath is shallow and our mind tightens. During these chaotic times we also tend to either overeat or make unhealthy food choices (excess caffeine, chips, candy, etc). This results in blockage of our energy flow as well as unwanted weight gain. When we exercise, we breathe deeper and more rhythmically, our mind relaxes and our energy flow is restored. We also tend to make healthier food choices and take better overall care of ourselves, thus restoring our wellness cycle. It leaves us with a feeling of peace. So why is physical activity the first thing we skip when we are stressed? The reasons many of us use are the exact things that physical activity will help combat – too tired, depressed or busy.

So what is the best type of exercise to combat stress? It all depends on your and how you process stress. Some people enjoy a long bike ride or walk to calm them. Others enjoy the intensity of kickboxing or resistance training. Whatever activity it is that you enjoy is the activity that you should participate in when you are experiencing an increase in stress.

6 Tips to Feel Fit from the Inside Out:

1. Positive thinking about yourself will boost your self-confidence.
2. De-stress yourself through deep breathing 3-5 times a day.
3. Enhance your wellness by getting regular sleep, physical activity, and examinations with your primary care provider.
4. Eat at least 3 meals a day, include a variety of food groups, and closely monitor your portion sizes to ensure healthy eating and prevention of weight gain.

5. Enjoy the outdoors.
6. Participate in regular flexibility and strengthening exercises.

It is important to remain active and stay healthy during chaotic times. If you need assistance in starting a fitness program, balancing your nutrition or managing your stress, call your local Health & Wellness Center at XXX-XXXX for an appointment.

Shape Your Future... Your Weigh!™