

# 3 Steps To Reduce Stress For A Happier & Healthier Life



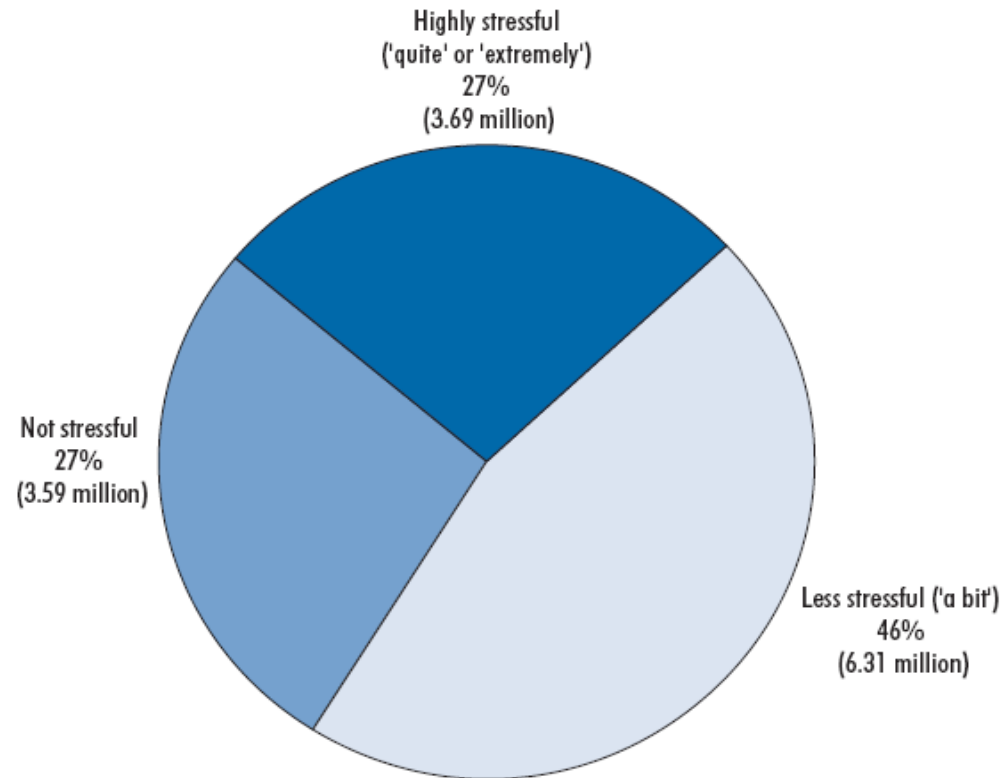
# Presentation Outcomes

- 4-7-8 Breathing Technique
- Day and Night Routines To Increase Energy
- The 4 Common Stress Precursors
- The “Triple A” Approach: Handle Any Stressful Situation
- Starbucks Caffeine Clarity



# Our Reality

percentage of employed population aged 20 to 64



Source: Statistics Canada, General Social Survey, 2010.



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# The Results

- **Presenteeism**
- **Employee Burnout**
- Ages 35 – 44 are at particularly high risk. Burnout factor score on average 30% higher than the average Canadian.
- Ages 25 – 34 burnout factor score, 29% higher than the average Canadian.



# The Costs

- **Canadian Policy Research Networks estimates stress-related absences cost Canadian employers about \$3.5 billion yearly**



**Why I'm Here**

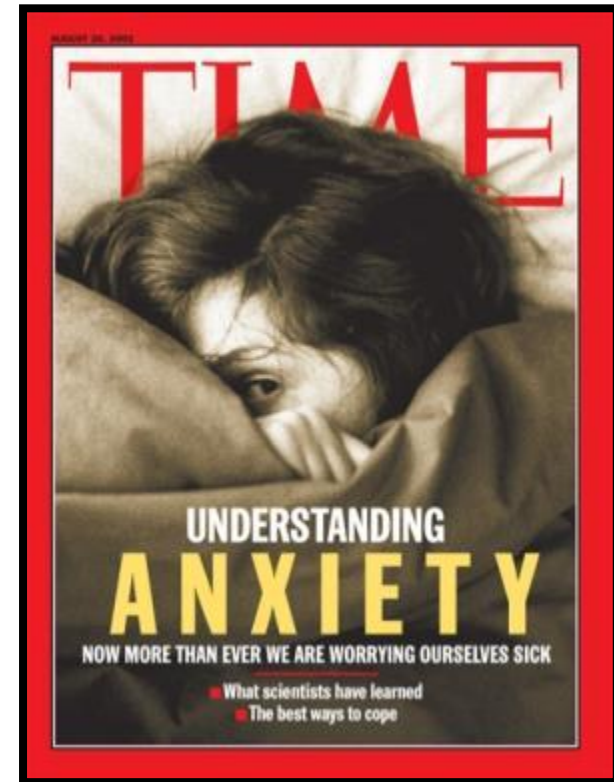
# My Journey





# Step #1 Increase Stress Awareness

- Unaware
- Aware & Unsure Of Steps
- Stigma/Embarrassment
- Taking Empowered Action





# What Is Stress?

Individual  
meanings

Different for  
everyone

Strain or  
tension



# Stress Vs Anxiety Vs Panic Attack

- Tension
- Overwhelm
- Can be constant



- Fear of future
- Excessive worry
- Catastrophizing
- Dull, slow build up



- Intense fear
- Rapid Onset
- Feel great danger
- Ends quickly



# The 2 Factors

## 1. Genetic

- Predisposition to stress

## 2. Environment

- Work
- Family
- Observation
- Lifestyle



# Common Stress Precursors

- Hungry
- Angry
- Lonely
- Tired



# Realistic Thinking

- F.E.A.R.
- Will my worrying change anything?
- What action can I do now to step towards?
- What do I understand that gives me power?

Fears are  
stories we  
tell ourselves



# Step #2 Best Practices To Control Stress



# 4-7-8 Breathing Technique

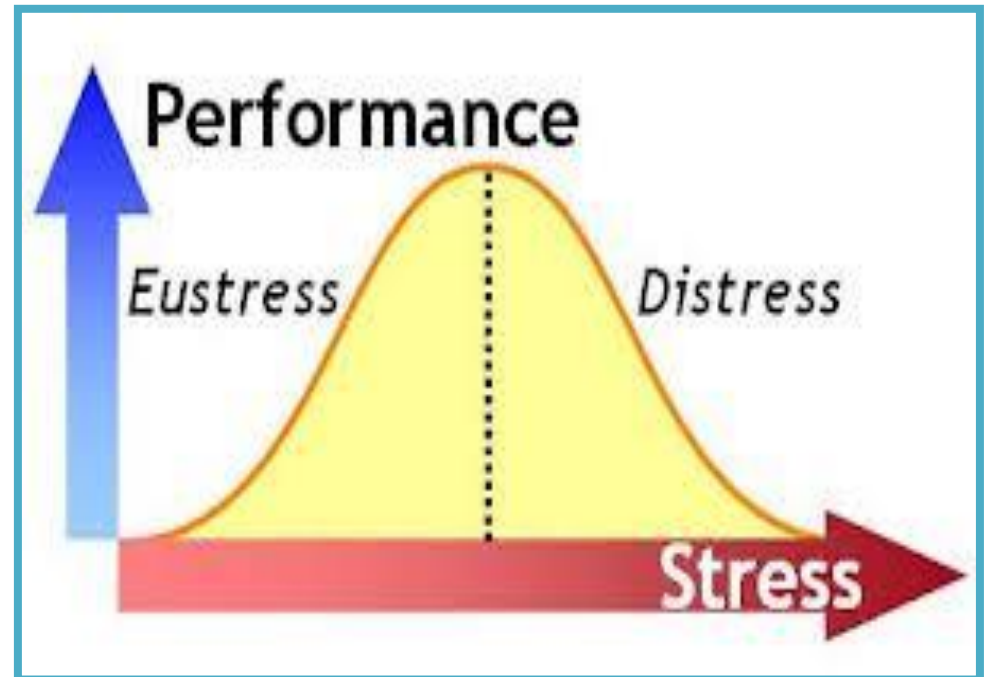
- Activates PNS
- Lowers Cortisol
- 2 cycles of 4 (daily)
- Two months min.





# Use Stress To Your Advantage

- Sprints vs Marathons
- For Specific Goals
- Plan Recovery



# The “Triple A” Approach

- Alter: Communicate when overwhelmed to explore ways to alter situation.
- Accept: May require forgiveness. Is it worth stewing over or accept it.
- Avoid: If it’s a regular source of stress, may want to explore if avoidance is best



# Routines: The Key To Reduce Stress

- **Morning**

- Lemon Water
- Task #1
- Breathing Exercise
- Read (5 minutes)
- Exercise
- Breakfast

- **Night**

- Reduce stimulation
- Lower lights
- Clothes for next day
- Priority tasks set
- Consistent time
- breathing, stretch,  
read in bed





# Foods That Increase Stress

- **Fast Food**
- **Hard Liquor**
- **Junk Food**
- **Sweeteners**
- **Fried Food**





# Foods That Decrease Stress

- Hydration
- Vitamin C
- Vitamin B
- Magnesium
- Smoothies



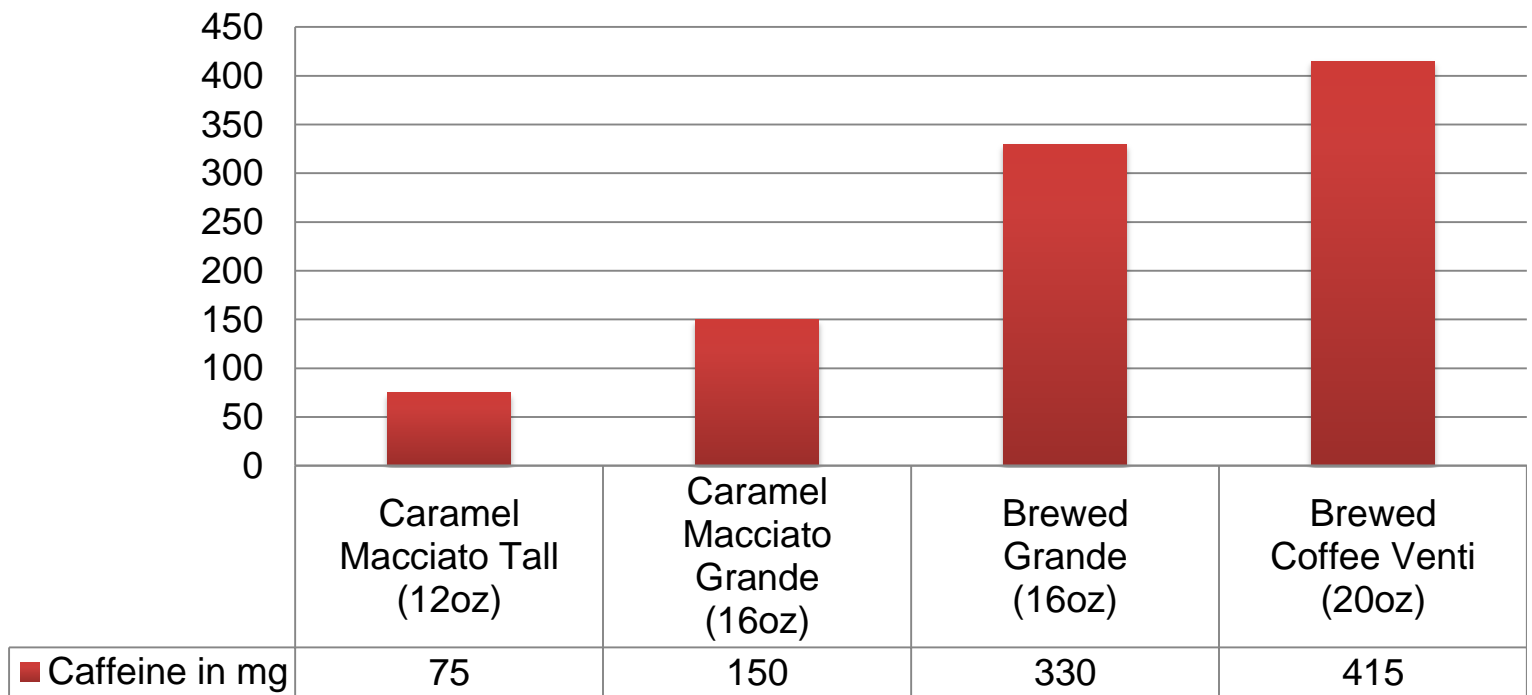
# Stress In A Cup

- **The Cash Advance of energy**
- **Spike & Crash**
- **Half-life awareness**





# Starbucks Caffeine Comparison



# Caffeine Half-Life

- Gives energy spike, followed by crash
- Average Half-life is 5-7 hours

Ex: 6 Hours Tim Horton's reg (200mg) at 4pm

-100 mg at 10pm

-50mg at 4am

-25 mg at 9am



# Session Recap

- **How I Will Reduce Stress**
- **Create An Action Plan**
- **Food Choices To Reduce Stress**



# Let's Connect



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**BCSLS Telehealth**  
**March 2015 Survey**  
With Lucas Mattiello

It's quick!! It's anonymous.

Use the below QR code to take you directly to the survey or use the below web address.

<https://www.surveymonkey.com/r/2015MarchTH>

