

# *dietitian cassie's* Guide to Managing Your STRESS

**Stress is a big deal.** It affects all aspects of your health, and can sabotage all of your weight loss efforts. Nearly every nutrient your body stores can be depleted by stress.

In this guide, I'll share my best stress-management tips in hopes that they'll inspire you to find strategies that work for you.

Feel at ease and find peace and balance even during the most hectic times.

**1. Make PFC balanced eating a priority.** While we know the importance of eating well, it's especially important to make PFC balanced eating a top priority during stressful times. When we're stressed out, it can be easy to put nutrition on the back burner and even give ourselves permission to eat processed, sugar-loaded snacks to "help" us through the stress. But then you will slip into the blood sugar roller coaster, and, as you know, that ride will only add more stress to your body. If you're feeling too stressed to plan your PFC balanced meals and snacks, then grab our 50 Days of PFC meal plan—we take the burden of meal planning off your shoulders and have an option available [for adults](#) and one [for kids](#), too.

**2. Limit caffeine intake.** While it can be tempting to lean on caffeine during stressful times, caffeine can cause even more stress on an already stressed-out body. For energy support, I recommend ditching the caffeine and instead supplementing with 1-2 softgels of [CoQ10Vive™](#) daily. However, if you can't seem to follow my advice and don't cut back on your caffeine intake during stressful times, you'll at least want to be sure to supplement with [L-Theanine](#). I'll outline exactly why in the last section of this guide.

**3. Be sure you're eating enough.** If you under eat, your brain will panic and release cortisol, which will compound your stress! We feel more balanced, stable and able to make better decisions in the midst of stressful times when we're fueling our bodies with PFC every 3-4 hours. Eating this way prevents your blood sugar from spiking and crashing on that dreaded blood sugar roller coaster.

**4. Build in some "me" time.** Even if it's only 5 minutes a day (although hopefully some days you are able to set aside more than that), five minutes every day is better than 35 minutes once a week. It's important to have time to think, process and meditate or pray—every day, and especially during stressful times. This will help you feel centered and offer perspective into the things that matter and the things that don't matter as much (after all, when we're stressed, even the littlest things can seem like the biggest deal).

# dietitian cassie's Guide to Managing Your STRESS ...continued

**5. Say no.** Learning to say no is a skill. Most of us have too much on our plates (so to speak), and that's the very reason why we're stressed. It's stressful being non-stop on the go, so determine what's really important to you, and what you can do to clear up your schedule. Saying "no" may seem like a simple solution, and I understand it isn't always as easy as it sounds, but it is a powerful, straightforward way to take control of your time and energy. Take out a journal and list your priorities and the things you need to do and the things that would be nice to do. Then, prioritize the things that would be nice to do, and as these opportunities arise, begin to cut out the ones that just might cause you stress.

**6. Wind down.** Give yourself 10-15 minutes of transition time between your workday and your busy evening to read a book or do some journaling, or just sit quietly (no technology please!). Too often, we rush from one thing to the next without giving ourselves time to process, focus, and prepare for the next task, and we can become worn down from this stressful, daily grind. Go for a walk outside. Lay on the floor. Snuggle with your dog. I don't care what you do so long as you chill out for a few minutes each day.

**7. Talk about your stress.** It's important to get things off your chest! Talk to a friend, a counselor or a dietitian coach, and let it all out! It feels so good. If you don't feel comfortable sharing with a friend or family member (especially if they are causing the stress!), then check out our [PFC Club Membership Community](#). Many of our members have found comfort and community in like-minded individuals who are on a similar journey to a healthy lifestyle. [Meeting with a dietitian coach](#) is also a great way to vent to somebody who isn't only a good listener, but can also provide individualized, evidence-based recommendations on other ways to deal with stress. Our clients tell us they look forward to their sessions so much because they know they can reveal their real selves and struggles without worrying about being judged or shamed. You can always count on us for support. After all, we know that overall health is about more than just what we eat!

**8. Take stress support supplements.** My last (but certainly not least!) tip is to use supplementation to combat stress. In fact, this is one of the supplement categories my team and I are most frequently asked about. It's smart to give extra support for your body through stressful times. Your body will work better for you when you help negate the effects of stress with the nutrients it needs to push through these times. I've found the times when I am stressed are truly when it's most beneficial for me to supplement. Stress sucks the nutrients out of your body. So, by giving your body added supplementation, you counteract those damaging effects.

# dietitian cassie's Top 5 STRESS Support Supplements

**1. Pure Magnesium:** This mineral makes the body more resilient to stress, so our requirements for magnesium increase when we are stressed. Magnesium helps keep everything under control, and in addition to assisting with stress management, it's known for its ability to promote restful sleep and keep headaches, muscle pains and chocolate cravings away! A general recommendation is two to three tablets at each meal during stressful times..

**2. Adreset:** This supplement is specifically geared for stress management and building resilience. It is ideal for those under chronic stress because it can fight the feelings of stress-related fatigue and weakness associated with a buildup of toxins. My general recommendation is two capsules twice daily during stressful times, and one to two per day as a preventative measure when you're not as stressed.

**3. L-Theanine:** This naturally-occurring, unique amino acid can promote relaxation without causing drowsiness. L-Theanine has also been found to reduce feelings of stress and anxiety, as well as the negative side effects of caffeine. This is one that my team of dietitian coaches and I all keep in our purses and desks for on-the-go stress relief! My general recommendation is one to two capsules per day, as needed.

**4. GABA:** Gamma Amino Butyric Acid (GABA) is an amino acid complex that helps reduce anxiety, nervousness, and cravings. It contains synergistic herbs that promote sedative effects and provides your brain with a sense of peace and calmness. To reduce stress and anxiety, a general recommendation is one capsule, three times per day.

**5. Trancor:** Last and again, certainly not least, this supplement was formulated to support a sense of tranquility—it has calming effects and is beneficial for those who frequently feel nervous or anxious. This is what I take before bed during stressful seasons, or when I'm traveling because its calming formula helps me "turn off" my brain. (If you know what it's like to be stressed about being stressed which stresses you out more, this one is for you!) My general recommendation is two tablets, twice per day.

**Remember, quality counts!** Be sure you're not taking any ol' supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).

With our special **Daily Essentials Bundle™**, we've got all of your supplement bases covered! Enter the code **BOOKBONUS** for free shipping and **\$5 off** your first Daily Essentials Bundle™ today!