

SLEEP MORE, STRESS LESS

Sleep is a critical and underestimated resource with enormous health benefits. As stress becomes more and more prevalent in our personal and professional lives, interfering with our ability to properly rest, it becomes more important than ever to manage stress effectively and to sleep well.

In addition, if you are interested in fitness and wellness, getting a good night's sleep is a proven contributor to overall emotional and physical well-being. We should all think about managing our stress to improve our sleep, and make sure not to underestimate the important health benefits of rest and relaxation, such as:

- improved memory and general brain function
- increased physical performance and weight management
- reduced inflammation from physical exertion
- general longevity

A few simple steps can help you get the effective, valuable rest you need.

ASSESS YOUR STRESS. Start looking carefully at your daily life and your physical condition. Think about your lifestyle, your workload, and your relationships, and identify your stressors so that you can take steps to reduce them.

EXERCISE. The exertion of consistent, structured exercise is proven to reduce stress and improve your mood. Also, if you have flexible, loose muscles, they are less likely to become tight or inflamed in response to stress.

EAT HEALTHY. Nutrition is critical to good health and reduced stress. Foods that are less nutritious generally leave us feeling out of energy and sluggish, while a healthy diet is an important part of improving your mood and managing your stress.

MODERATE YOUR CAFFEINE. A good night's sleep allows you to tackle the day's stress easier. When you are tired, you are less patient and easily agitated, which can increase stress. Caffeine may keep you awake, so be careful about too much caffeine before bedtime.



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