

# THE NUTRISTIC METHOD

## Stress Reduction Guide

### What To Do After a Stressful Event

Stress raises blood sugar.

When stress hormones rise, cravings often follow—especially for sugar, salt, or highly processed foods.

Your goal after stress is simple:

- 👉 Calm your nervous system
- 👉 Stabilize your blood sugar

Here's how to do both.

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### 1 Rebalance With Food

After stress, avoid reaching for quick sugar hits. Instead, choose foods that stabilize you:

#### Better choices:

- Nuts
- Seeds
- Nut butter
- Dark chocolate
- Greek yogurt
- Cheese

These provide protein and healthy fat—which calm cravings and steady blood sugar.

Highly processed foods like donuts, fries, or ice cream may feel comforting in the moment, but they can create another crash afterward.

Stability first. Relief second.

[Click here to use the \*Stress Relieving Snacks\* e-book for ideas.](#)

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### 2 Deep Belly Breathing (1–2 Minutes)

You can do this anywhere.

- Sit comfortably
- Place your hands on your belly
- Inhale slowly through your nose (like filling a balloon)
- Exhale slowly through your mouth

As you exhale, count down slowly from 5 to 1.

Do 5–10 slow breaths.

Longer exhales signal safety to your nervous system.

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### **3 Step Outside**

A short walk—even 10 minutes—lowers stress hormones and helps muscles use blood sugar for energy.

Light movement:

- Around the block
- In a park
- Gentle stretching

Movement resets both mood and metabolism.

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### **4 Use Calming Cues**

Certain scents can help relax your body:

- Lavender
- Chamomile
- Sandalwood
- Lemon
- Rose

Use a diffuser, bath, or essential oil roller.

Even small sensory cues can signal calm.

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### **5 Lighten the Moment**

Laughter lowers cortisol and adrenaline.

Watch something funny.

Share a joke.

Laugh at small mistakes.

You don't need to take everything seriously.

Stress softens when perspective shifts.

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### **6 Reframe Your Thoughts**

Stress often grows louder in our minds than in reality.

Pause and ask:

- Is this as big as it feels?
- What is actually in my control?
- What is one small next step?

Shifting perspective reduces emotional intensity.

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## **7 Talk It Out (Or Write It Down)**

When thoughts stay inside, they can spiral.

Say the worry out loud to someone you trust —  
or write it down on paper.

Often, hearing it outside your head shrinks it.

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## **8 Learn to Pause Before Saying Yes**

Overcommitment is a hidden stress trigger.

When someone asks something of you, try:

“Let me think about that.”

This creates space.

You do not need to accept every request.

Delegation is strength — not weakness.

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## **9 Supplements (Optional)**

Some women benefit from targeted stress-support supplements.

Because everyone’s body is different, personalized guidance works best.

If you’re curious about what may support you, [contact me here](#).

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## **The Simple Reset Formula**

After stress:

- ✓ Breathe
- ✓ Move
- ✓ Stabilize with protein + fat
- ✓ Shift your thoughts
- ✓ Move forward

You don’t need perfection.

You need a reset.

And resets build resilience.