

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

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IS STRESS MAKING YOU FAT SICK AND EXHAUSTED?

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STRESS

comes in many forms and it compounds in the body. So whether the stress is real, perceived, physical or mental, the body handles it all the same. I think of the body as a big lake with many creeks feeding into it. Each one of those creeks represents a different form of stress (physical, emotional, financial, relationships, chemical, foods, thermal, EMF, etc.). The lake (body) needs to be able to handle and hold all that water (stress), but if the water flows in too fast without the lake being able to manage it there are consequences. Water will start flowing over the banks and into the streets and fields, potentially damaging nearby areas. The same holds true with the body. If the human cannot manage the incoming stress, they are likely to become overwhelmed with stress which will manifest into poor health. How it manifests in each individual will vary.

STRESS IN ITSELF

is not inherently bad. We, as humans, need acute stress to adapt to the world we're living in. For example, if you want to become stronger you need to lift heavier weights to stress the body, which the body then repairs and comes back stronger. The issue is many humans are chronically stressed. Working out 7 days a week, sleeping less than 8 hours a night, being dehydrated, and unhappy in life are all stressors that become detrimental to optimizing health and leads to a suppressed immune system which will cause, illness and disease.,

5 FORMS OF STRESS



NUTRITIONAL STRESS

Nutritional stress stems from eating poor quality foods. Anything ultra-processed, the 4 white devils (flour, salt, dairy, sugar), grains, vegetable oils, etc.

Action steps: Consume whole foods; vegetables, fruits, quality meats, eggs, fish, nuts and seeds as a staple in your diet. Hydrate and drink roughly half your body weight in water per day.

CHEMICAL STRESS

Chemical stress comes in many forms from personal use to home products. The cosmetics that are sprayed, rubbed, or scrubbed on the skin, hair, or body. Wallflower outlets that spray out fragrances and cleaning supplies all create stress.

Action steps: Try to minimize the amount of cosmetics used or purchase products when the current product runs out. Instead of wallflowers, try essential oils. Instead of harsh cleaning supplies, try using healthier alternatives like vinegar and baking soda. See www.ewg.org for an in-depth look into healthier products.

5 FORMS OF STRESS CONT.



THERMAL STRESS

Thermal stress has to do anything with temperature. Too hot, too cold, or moderate temperatures. Think about frostbite or getting sunburned; both are examples of thermal stress.

Action steps: This is the only time where I recommend people actually stress their bodies more. We typically live in a cozy comfort zone of 72 degrees fahrenheit. Furnace on once it gets chilly, heated cars and seats in the winter, and AC blowing cold air in the summer.. We hardly ever expose our bodies to cold/hot temperatures. Take cold showers, utilize saunas and steam rooms.

PHYSICAL STRESS

Physical stress stems from movement, exercise, posture, etc. In general, poor posture leads to excess stress on the body. Many sedentary people experience stress on their physiology given we have evolved to move. On the other end of the spectrum, individuals that workout and run daily can also create large amounts of stress on the body by being overactive.

Action steps: Working out 4x per week is sufficient. Moving a minimum of 30 minutes, twice per day, is a great starting point if you're sedentary. Start here unless there is active training for an event or competition.

5 FORMS OF STRESS CONT.



PSYCHIC STRESS

Psychic stress can be thought of as emotional or mental stress and can come from a range of avenues; relationships, finances, work, negative thoughts (stinkin' thinkin'), arguments, verbal abuse, friendships that are a burden, etc.

Action steps: Have difficult conversations with those close to you and be comfortable expressing personal boundaries and concerns. Do this by focusing on the phrases “I need,” “I want”, and “I feel” so not to push blame and make an argument worse. Seek a therapist for additional support or work.

PLANNING

Planning is a huge action step that can reduce stress in many of these areas. Plan out finances, create budgets, prep meals for the week, etc.

Planning allows you to control 95% of what happens in a day and keeps you on track. A simple 15 minutes of planning can drastically reduce daily stress and help organize you.

TOP 5 STRESS MANAGEMENT TECHNIQUES



1

Start saying 'NO' more often. If the use of your time doesn't align with what you want to accomplish, who you are, or where your time should be spent, then say no.

2

Cold showers. When stressed out and in your head a cold shower forces one to be present in the moment and aware of breathing. It's difficult to worry about anything else going on when bearing the cold water.

3

Breathing. Control your breath and you can control your physiology (will go in depth next month).

4

Eat nourishing foods. The brain and gut "talk" to one another through the vagus nerve. The gut produces upwards of 90-95% of the body's serotonin levels, the hormone associated with feeling happy. It's tough to be stressed out when full of serotonin from nourishing foods.

5

Limit social media, news, and bad friendships. Social media often results in a game of comparison where one is comparing their own lives to the highlight reel of another life. Living in this state can create a heightened sense of stress and personal dissatisfaction. All of these tend to stress the individual out to a much higher degree. Limiting or even taking breaks from these 3 can be highly beneficial and allow more self-love.