



# Is your stress coping strategy working FOR or AGAINST you?

## Working in schools can be stressful!

These articles are intended to help the great people who work in schools to reduce their stress and increase their sense of satisfaction from the important work they do.

## Key points

When under stress our body consumes important nutrients and we tend to make poor food choices

In times of stress it is even more important to eat regular, complete and healthy food, drink water and exercise

“The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”

Buddha

When we experience prolonged negative stress our body consumes Vitamin C, B-complex vitamins and potassium phosphate at an incredible rate. If we are not regularly consuming adequate amounts of these nutrients through our diet, then the resultant deficiency increases our stress response which in turn causes a greater deficiency in these protective nutrients.

We tend to make poor food choices when we are under stress. Have you found yourself doing or consuming any of the following?

**Caffeine:-** 2.5 cups of coffee a day [250 mg caffeine] will exhaust the adrenal glands, lead to poor concentration and decreased effectiveness, cause sleep disturbances and increased levels of cortisol [stress hormone] in the blood.

**Eating the Wrong Foods:-** stressed people tend to crave foods high in fat, sugar and salt. These foods are highly addictive; they not only don't supply sound nutrition but actually leach essential nutrients from the body.

**Skipping Meals:-** when stressed, we either overeat, or seldom eat at all. Our adrenals however sense we are dying so they signal our body for a quick fix. Hence we seek out sugars, or substances such as coffee or tea [and other caffeine containing drinks], alcohol or cigarettes; that stimulate the adrenals to signal the liver to release glucose. As these contain no nutrients, the blood sugar crashes soon after, keeping up this downward spiral.

**Forgetting Water:-** not only do stressed people forget to drink enough water; tea and coffee are diuretics so they dehydrate the body which causes lethargy, inflammation, reduced cognitive function and further craving for what's bad for you.

**Cigarettes:-** these not only cause long-term health problems and stimulates adrenalin but each cigarette robs the body of 25 mg of Vitamin C [anti-stress vitamin].

**Alcohol:-** one drink can help to relax a person however, beyond that, as it is devoid of nutrition, it depletes numerous nutrients which then causes mental and physical dysfunctions.

**Therefore to support your mind and body:- Eat regular, complete and healthy meals, drink water and healthy drinks regularly and exercise daily.** It may be worthwhile supplementing your diet with a good vitamin and mineral stress formula. When you do this you not only reduce stress symptoms but do not crave the substances that work against you.

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