



Module 5: Stress & Your Lifestyle



PART 1: Understanding stress

Did you know that cortisol, our body's stress hormone means that we cannot lose weight because it chemically forces our body to hold onto fat and at the same time makes us crave high energy foods? The game changer here is to reduce our stress levels, using 3 simple steps.



PART 2: Top 3 Tips to reduce your stress levels

Tip No 1: Take the time to work out when something is real or when it is a story.

What you may not have realised is that a particular event is not what results in stress - it is the way we replay that event in our mind, or the predictions we make about the outcomes that makes us stressed. The story we tell ourselves is what leads to stress. Today, recognise what is true and what is just a story.

Tip No 2: Recognise what you can control and what you cannot control

We get stressed over things that we have no control over. This does not stop us from feeling all the stress that goes with this situation, despite not being able to control it. Recognise which parts of your life you control and which you can influence.

Tip No 3: What can you drop right now?

What things can you let go of, which will make no difference in your life? Things you think you should do... things that you may have agreed to which you know are not going to happen... things that you can declutter from your head right now. The reason this is so important is that when you carry these things around, knowing that they are not going to happen they still add the pressure of needing to be done. **You need to clean your life from the inside out.**

Make a list of all the things you can drop today:

1	
2	
3	
4	
5	



PART 3: Mindset Technique

Close your eyes and listen to Ali's words as he guides you through this valuable mindset technique.

Next up, Module 6: Self Sabotage

