



**FIERCE BABES**

*Empowering Single Women*

## **STRESS MANAGEMENT**

One of the quickest ways for you to gain weight is to stress out. If you are going through a stressful time and you are trying to lose weight no matter how much exercise you do and no matter how healthy you eat you will not be able to shift the weight. If anything you will find that you will gain weight and hold it around the stomach area.

Stress can include many things;

### **•Emotional Stress**

- A relationship break down
- Loss of a loved one
- Family member sick
- Fall out with a friend.

### **•Environmental Stress**

- Negative living environment
- Negative work place
- Negative group of friends
- War
- World disasters.

### **•Physical Stress**

- Overtraining
- Lack of sleep

- Post – surgery
- Hormonal imbalance
- GI inflammation.

#### •Chemical Stress

- Pollution
- Cleaning chemicals

#### •Generalised Stress

- Stressing about a deadline at work
- Stressing about not losing weight
- Stressing about money
- Stressing about that parking ticket.

Our bodies have a natural response to stress and it is called the flight or fight response. To our bodies stress is interpreted as a threat. This threat then activates the flight or fight response by the body. As a part of that flight or fight response the body releases the stress hormone known as cortisol.

Now cortisol is not your friend when it comes to trying to lose weight.

Cortisol increases your appetite for unhealthy food, increases fatigue which can make you feel unmotivated to exercise and it reduces testosterone levels in both men and women which leads to muscle loss. A loss of muscle mass means fewer calories burned and also a decrease in muscle tone.

High cortisol levels also trigger your fat cells to store more fat and grow.

So as you can see your work isn't just in exercising and eating healthy it is also in taking care of you and reducing your stress levels.

This is why it is very important to be mindful of overtraining.

Moderate exercise is recommended over slogging it at the gym every single day especially if you are lacking sleep and are going through a stressful period.