

Isabel De Los Rios Handling High Stress PODCAST SHOWNOTES

Health Strategies in Times of Extreme Stress

Isabel De Los Rios is a Certified Nutritionist, Exercise Specialist, and the creator of Beyond Diet - a healthy lifestyle program with over 600,000 members that helps you lose weight and regain control of your life. Isabel is also a best-selling author, mother of 2, and recognized expert in weight loss and nutrition.

High Stress

High stress is when your world is turned upside down-- it isn't a situation where your alarm doesn't go off, or your child is sick. It could be the death of a loved one, a major accident or illness, job loss, divorce and even good things like moving or having a child can cause high stress.

Usually people cannot sleep in times of extreme stress. Your thoughts center on the situation. So sleep is impacted and often people shut down and are not hungry. Anxiety is at high levels, and every experience is full of trepidation and fear. Learning to deal with situations like this will help you navigate all the other periods of stress and success in your life.

Practical Strategies for Dealing with Stress

1. ***Do not feel guilty for taking care of yourself*** during a time of extreme stress. If you are not well you will not be able to cope or care for others depending on your situation. Eating the same thing every day might be a good strategy-- it takes something off your plate. Pick 2 breakfasts, 2 snacks, 2 lunches, 2 dinners and do what is simple and nutritious.
2. ***You need to have your DO NOTS very clear.*** For you it may be coffee or sugar or salty snacks. Establish what you will allow and what you will not allow.

[Visit Isabel's Beyond Diet Site!](#)

Listener Question:

What are your top go-to foods?

At home I always have fresh veggies and fruits on hand. I travel with a nutri-bullet and my number one go-to foods are my shakes and my bars. I always keep some almond-riccotta cheese and hummus, veggies, turkey, and rice crackers. Nuts are always on hand in the pantry as well as grass fed beef sticks.

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As always, remember:

You are worthy. Dare to live a life that matters.

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