



IRSPT: Stress – Progress Checklist

Progress Checklist

- ☐ Read Learning Objectives
 - ☐ Explain the effects of cortisol on blood sugar management to your clients.
 - ☐ Develop an arsenal of tools you can use with your clients to get their stress under control and thus decrease the damaging effects of out-of-control blood sugar.
- ☐ Work Through Core Content Topics
 - ☐ Stress
- ☐ Review Done-For-You Resources
- ☐ Complete the Next Steps
 - ☐ Choose clients or family members and practice explaining how stress is expanding their waistline, fogging their brain, exhausting them, and leaving them at risk of chronic degenerative diseases.
 - ☐ Create a handout of your own to give clients based on some of what's been shared. Incorporate your favorite stress management techniques.
 - ☐ Evaluate your own stress habits by doing the assessments on yourself and committing to manage your own stress and blood sugar levels.
 - ☐ Test your blood sugar when you are stressed and after stress management techniques and observe the results.
 - ☐ Counsel your clients or family members to track blood sugar with respect to stress.