



## **IRSPT: Stress Protocols for Blood Sugar Balance - Action Steps**

### **Check Items as You Complete:**

- Review the core content *Stress* recording.
  
- Assess your clients' stress level and habits. Use your own or modify the done-for-you document provided to suit your needs.
  - Rate your client's stress level.
  - Identify what things, people, and events get them stressed.
  - Identify their stress management habits.
  - Use the stress assessment for details.
  
- Explain the relationship between stress and blood sugar to your clients. You should be able to explain the mechanism by which stress affects blood sugar and how managing stress is a critical component of a program that will get clients the results they are looking for. Use the stress management tools and resources provided and your own to guide them.

#### **Documents**

- Stress: What is Stress and How Does it Affect Blood Sugar – Transcript Excerpt*
- Portable Anchor System*
- Positive Aspects Journal*
- Emotional Eating Strategy*
- Fun as an Antidote to Stress*
- The Power of Appreciation*
- Your Emotional Landscape*

#### **Programs**

- The Inspired Health Vision System (goal setting)*
- Transforming Stress System (HeartMath)*



- ❑ Encourage clients to measure blood sugar when they are feeling stressed and use stress management techniques like HeartMath™ and test again.
  
- ❑ **Step-by-Step for Clients:** Teach clients to manage their stress and get out of fight/flight mode and into their parasympathetic nervous system more where healing and balance are going to be facilitated. These are steps I use. Modify the steps with your own favorite stress management activities. Encourage clients to add steps at their own pace.
  - ❑ Complete a pre-program attitude and stress assessment.
  - ❑ Establish clear goals and values.
  - ❑ Transform your stress by using HeartMath™, “mini-vacations” or your favorite for of stress transformation technique.
  - ❑ Practice "Quick Coherence" aka “mini-vacations” before you get out of bed, before you go to sleep, and before each meal. This technique is taught on the Transforming Stress System page and in the audios. Incorporate at least 2 times per day. Work your way up to 5 times per day, and make this a daily focus.
  - ❑ Play the "Appreciation Game" (find 3 things to appreciate in every new location).
  - ❑ Make time for fun each day.
  - ❑ Learn how to handle emotional eating.
  - ❑ Use the *Portable Anchor System* (or similar system of reinforcing values and goals) to make choices consistent with vibrant health.
  - ❑ Start a *Positive Aspects Journal* (or similar positive writing exercise) to transform self-criticism into acceptance and appreciation and completely change your internal environment.
  - ❑ Map your *Emotional Landscape* and harness your power to transform.
  - ❑ Add the stress management "Heart Lock-In" technique 3 times per week by sustaining the Quick Coherence or "mini-vacation" feeling for 15 minutes or more and radiating the feeling throughout your body and to others.
  - ❑ Begin to do the HeartMath™ “Freeze Frame” technique as described in the Transforming Stress System audios and reviewed in detail on Audio Day 29.
  - ❑ Complete a post-program attitude and stress assessment.



## Summary of What to Teach:

- ❑ What stress is and how it affects health and weight
- ❑ How goals and visions help to make health supporting daily choices
- ❑ The importance of stress transformation breaks and how to do them in 1-2 minute intervals
- ❑ How to notice and celebrate positive attributes
- ❑ The importance of having effective emotional eating strategies -- food choices based on nourishment rather than emotional needs and entertainment
- ❑ The importance of FUN as a regular part of daily health regime
- ❑ The power of appreciation to transform health challenges, achieve ideal weight, and energize and revitalize cells