



EVOLUTION

HEALTH & FITNESS

INCREASE ENERGY - GAIN STRENGTH - DISCOVER FREEDOM

Introduction to Types of Stressors

Stressor 1
Thoughts

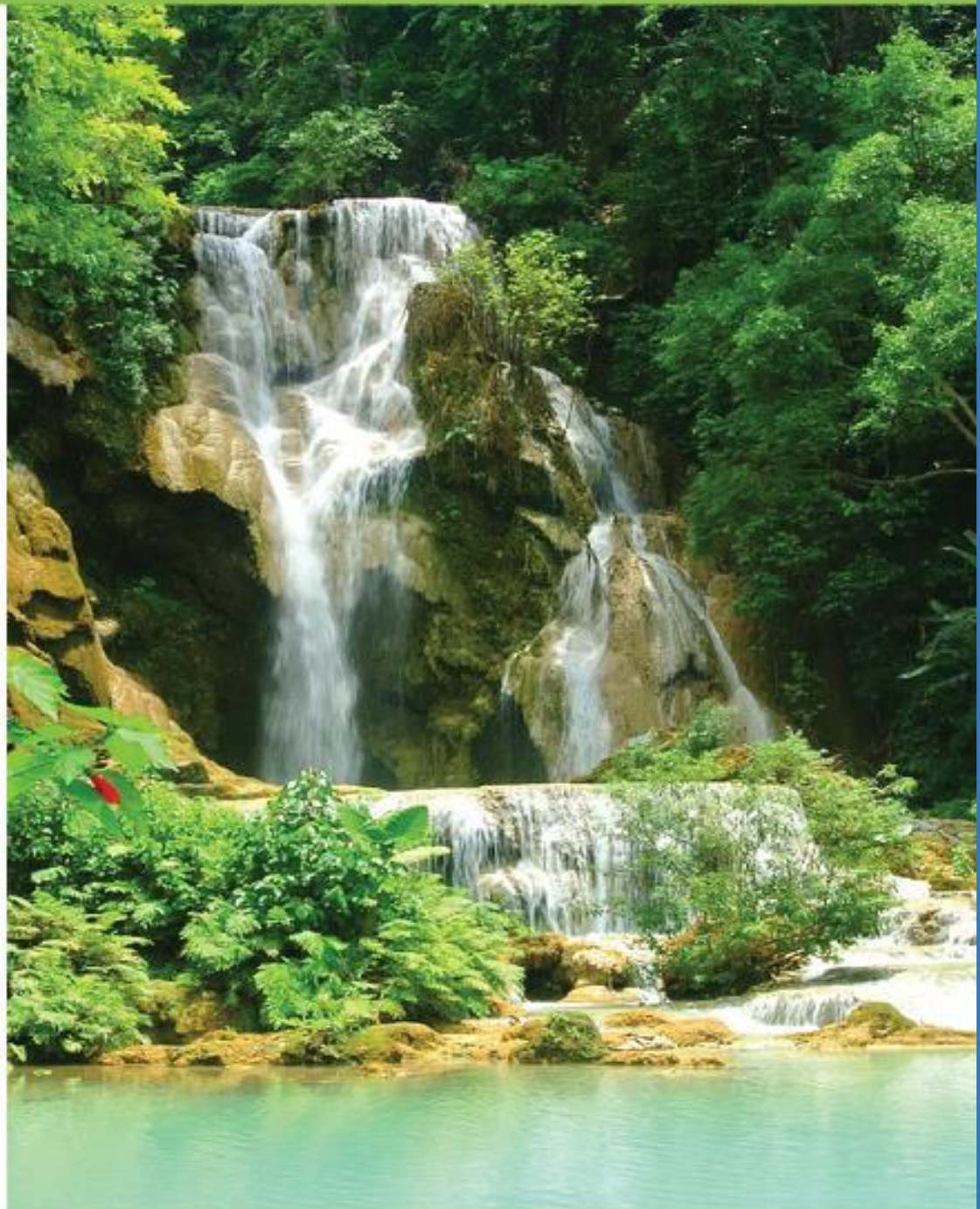
Stressor 2
Movement

Stressor 3
Chemicals

Stressor 4
Electronics

Stressor 5
Food

Stressor 6
Temperature





"Stress is something that is often talked about, but where very little action is often taken..."
~ Nick Horowski

Nick Horowski

An Introduction to Types of Stressors

The first thing that must be done is to identify the types of stressors that can be affecting you.

Once this is done you are able to find out what your primary stressors are and address them. It is important to note that you could never, nor would you want to, eliminate all stressors. They are after all what causes adaptation to your body. It is up to you whether that will be a positive or negative adaptation.

Types of Stressors

1. Thoughts
2. Movement
3. Chemicals
4. Electronics
5. Food
6. Temperature

All Stress Summates

No matter which of these stressors is your primary, you still must have an understanding that all stress summates. This means that your thoughts may be your primary stressor, but if chemicals are coming in a close second and food just after that, then all of these are going to be wreaking havoc on the body. It isn't that just chemicals will affect your chemical/hormonal system and thoughts will only affect your mind.

The Good and Bad of Stress

Stress is often thought of in a negative way and this is referring to distress. There is another type of stress, called eustress, which when translated from Greek means "good stress." This is where walking the tight rope and keeping the balancing act going is very important. When too much distress builds up, the body begins to breakdown. This can be in the form of a headache, cold, joint pain, strained muscle, fatigue, weight gain or stress fracture. These are just the beginning forms and can be even more extreme with chronic diseases such as cancer, type 2 or type 3 (Alzheimer's disease) diabetes.

To compliment these breakdowns and hopefully prevent them we want to put a good stress on the body. This can be in the form of proper exercise, eating right and sleeping enough. This will be gone into greater detail to follow, but rest assured stress is necessary for a healthy life. Just be sure to get more of the good stuff and you'll feel much better, not to mention improve your clarity of thought, lose weight and never get sick!

Internal or External Stressors

Just before looking into the types of stressors in more depth it is important to understand that stress will come in two primary forms. There will be those imposed on you by outside forces, such as the sun or weights that you are lifting. Then there are the internal ones which are the wrong types of hormones present in the body or an infection that is often the result of some external stressors that we exposed our body to. This is something to keep in mind when you begin to identify your stressors.

A Glimpse of Thoughts

Just about anytime I talk of the power of your thoughts and how the mind really has a profound impact over the body I come back to one of my favorite quotes from Henry Ford. "Whether you think you can, or think you can't, you're right." I really do love this quote as it carries amazing power and is still just so simple. It all comes down to what your beliefs are about whatever it is that you are doing. Simply by having the right thoughts about it can truly help you achieve something.

This does not mean that it will automatically happen the way that you want or intend it too, but if your thought is negative then what you want will certainly not happen. If you have never tried to be completely positive for only one day, then go and give it a try. For those that make it even one hour without a negative thought, I congratulate you as that truly is a difficult feat. This is because around 90% of thoughts are negative. That is difficult to overcome, but certainly possible when you start to train yourself to keep positive.

You can begin by focussing on your vocabulary and taking out negative words. If something like this seems even too tedious for you, then I wish you good luck because you are already falling into the trap of "think(ing) you can't." I will be sticking with the first part of the quote as I know there are a lot of things that I can do. I will not fool myself into thinking that they are easy, but instead embracing the challenge. This challenge will certainly be a stressor to my thoughts, but by tackling it and overcoming any obstacles and negative thoughts I will certainly be strengthening myself. This is a way of turning a stressor into a positive.

Do You Move too Much or Not Enough?

This I have found a lot of people to be rather confused about. I feel this is from people being bombarded with different recommendations about the newest, greatest and craziest workout. This generally does one of two things. First, somebody may see this and say that is what I have been missing and it is going to get me back in shape. Often it starts to help, but only for a little bit and people get bored with it again. Second, somebody sees it and says that is just way too much for where I am at right now and just never starts.

Where to Begin Exercise

With the first step. Yes, it is that simple. Just start walking for a few minutes a day, a few times a week. That is pretty vague, but find what works best for your schedule and find somebody to do it with so that you are both held accountable. This is a great way to get the body moving for people that are already exhausted and just do not feel that they are up for doing much more. This is often times the case because as I said before, all stress summates.

This is why you may not have the energy to work out, since that would just be causing more negative stress on the body. This is where an energy cultivation, or work in exercise, works perfectly and walking fits the bill. This can also be done in the form of tai chi, yoga or any type of simple breathing exercise. My personal favorites are tai chi and walking the dogs in the woods, but remember that the best exercise is the one you will actually do. Start with a 15 minute walk four days a week and see where it takes you.

On the other hand, a good work out can be fantastic for the body as well. For those who are not overly stressed out in the other areas this can help keep strength levels up for anybody who is aging (and we all are) as well as regulate hormones (chemicals) in the body. I am a fan of working out that encompasses the 7 Foundation Movements to Freedom (bend, squat, step, push, pull, twist and gait). These take you through most of the movements that your body was designed to do.

However, working out can add both good and bad stress to the body. When you are feeling run down, tired or sick, then it is time to do some working in to recharge the body.

If this is not you and your other stressors are balanced as well then have at it and build that strength and muscle that will help your body perform optimally in all aspects of life.

For a properly designed exercise program I suggest you see a qualified C.H.E.K Practitioner to assess your body from head to toe. They will ensure that the movements you complete are right for your body and stress levels.

Are Chemicals Bombarding You?

Yes! They just are, but you can do your best to start to change that right now. The list of where these chemicals can be found is never ending at this point because of all of the new ones that are synthesized each year. It is best to start with knowing where to look. A few simple things to look at are what things are you breathing in, what are you putting on your body and what are you putting in your body. The air is going to carry lots of them and you cannot help what other people do, but by buying some of the “cleaner and greener” brands you can help what is in your home. For those where price is limiting you then check out some of the [homemade cleaner recipes](#). They are even better than the store bought and at a fraction of the cost.

It is important to know that the skin is the largest organ the body has. This means that anything that we have come in contact with it is also going to be allowed in to some extent and can be yet another stressor. A simple place to start here is what type of soap you are using. I will include a [few recommendations](#) at the bottom of the page, but some of the biggest things to avoid include: triclosan, sulfates, dioxane, parabens and fragrance.

Not all chemicals are bad though. Remember those things called hormones floating around the body? These are chemicals too that stress the body. They are all good stressors provided they are in the right ratio. This ratio hormones can be properly maintained by making sure that you are keeping your thoughts in check, moving just right for your body, seeing what chemicals you surround yourself with, not being over stimulated by electronics, eating what your body needs and regulating your temperature. It seems to me that stress levels have a lot to do with maintaining proper hormone balance.

Should You Unplug?

This is not referring to an acoustic guitar, but is more about electromagnetic stress or all of the electronics you are constantly surrounded by. I know that many of you are thinking “but I need my computer/phone/tablet for work and am always using it.” That is fine and I am on my computer a lot too, but I also make sure to do it at times when my body can adapt better to it.

Since the body is meant to get going first thing in the morning and really throughout the day, exposure to screens, lights and electronics at this time is going to have far less of a negative impact as it would in the evening when the sun is going down or at night. In the evening it is time to start dimming lights and screens. Another great option is red lights since they don’t have blue light in the spectrum, they will not activate the body nearly as much. For your computers, tablets and phones I suggest <https://justgetflux.com/> which will actually automatically shift from blue to red light on your screen for you. This can help to avoid the stress of light at night.

Sure there are going to be lots of other electromagnetic stressors, but another simple fix to avoiding this stress is getting electronics out of the bedroom. This helps to avoid exposing the body to these frequencies that continue to stress your body, but it also helps to avoid light. About the only exception to electronics in the bedroom would be a small alarm clock where the light is covered. This avoids the light exposure and also causes less mental stress from you wanting to always know what time it is or seeing how much time until you need to get up.

There are still things you can do to give good electromagnetic stressors to the body to help balance yourself back out. The two biggest ones are really some of my favorite things to enjoy. The first one is exposure to the sun. A nice, bright and sunny day can really help to recharge the body. As with electronics though, too much exposure can also be a negative stressor. The other is getting grounded with Mother Earth. She gives off electromagnetic frequencies that also help to balance your body and limit the damage from all of the electronics we are exposed to on a daily basis. Make sure to get outside and when possible get those feet in the grass and dirt.

To Eat, or Not to Eat

Of course we all need to eat, but eating optimally for your body is something that can take a little practice to get used to. To avoid stressing out the body negatively I feel there are three main factors affecting our food. First, there is the quality of the food. Lower quality food is certainly going to stress out the body to a greater extent. This can come in the form of toxins and chemicals on or in our food as well as those grown in poor soil that lacks nutrients for your body. For more information on this please check out my [e-book on Diet and Hydration](#).

The second major stressor to your intake of food is eating too much and eating too little. Either can be very stressful to the body if not done in the right ratio. Most people understand that eating too much can lead to excessive weight gain, but so can eating too little. Both can be very stressful on the body. Certainly there are times of celebration that I love to feast myself and will eat a little bit more than usual, but I keep these in check and do not do so every day. Likewise, I go through times of not eating quite enough and giving my digestive system a rest (a.k.a. fasting). For the most part though you will want to find a sweet spot for your body to stay health and function optimally physically and mentally. For this I am a fan of the Japanese saying "hara hachi bu." This is roughly translated to "bely 80% full." This way you can let the brain signalling catch up to the stomach that you have eaten enough, but not too much. If you are not quite satisfied, you can always eat more, but you cannot always eat less.

The final major stressor is the ratio of food that you are consuming. It is absolutely critical to keep your macronutrient balance right for you. This is the ratio of carbohydrates to fats to proteins that you eat. Each of you will be different and it will take some tinkering to find out what really works best. I know that I can change the ratios of food I eat depending on the season, how much I am exercising or even how busy I am at work. All of these come into play as does your ancestry. People from colder climates often eat more fat and protein and those from warmer climates often eat more carbohydrates. Be sure to check out my [FREE Intro to Diet and Hydration](#) e-book for a more in depth look.

Is it Warm in Here?

Maintaining a stable body temperature is something that often goes overlooked as a stressor, but if I remind you of “wear a hat and coat or you’ll get sick” you probably know what I’m talking about. First, not wearing a hat and coat is not what got you sick, but by being so stressed out that your body could not function in changing environments is where the problem is. Now thermoregulatory stressors can come in the form of both hot and cold and this is why it is important for you to do simple things such as dressing appropriately for your environment. This seems simple, but some people still do not do it. Don’t let that happen to you, so wear short sleeves under something or make sure to put another layer on. This can also be a limited problem with today’s heating and cooling systems regulating most buildings, but you should have a pretty good idea of what your work environment is on a daily basis.

The major thermoregulatory negative stressors come in the way of burns and frostbite. Anytime your skin gets burned from excessive heat or over-exposure to sun the body will have to work hard to fight infection and heal the damaged tissue. On the other hand, over-exposure to cold and possible frostbite can also cause die off of tissue that also must be repaired and stress the system further.

There is an Upside

Training your body’s ability to handle hot and cold can have very beneficial effects. This can be done in the form of saunas and working out in the heat to adapt to hotter environments. This is great for cleansing the system and improving cardiovascular function. Cold showers and plunges work for cold adaptation and help in boosting immune function as well as decreasing inflammation in the body overall. Check out my [21 Day Cold Shower Challenge](#) to see what it can do for you

Now Find Yours

That was just a bunch of information to take in and it really is just the tip of the iceberg, but that does not mean you should shy away. Begin by finding something over the last few pages that really is a major stressor in your life and address it today with a solid action plan for turning a potentially bad stressor into a good stressor. This balance is important for all parts of life and really can work wonders for your health and longevity. After you have one under control then move on to the next.

Take Control of Your Mind

If any of these negative stressors seem too hard for you to convert into a beneficial stressor then the first thing that you must focus on is the power of your mind. You must know and believe that you are making changes for the better. This will help you to function optimally from both a physical standpoint as well as from a mental standpoint. It must never be forgotten that all stress summates and if you are negative on anything then it will certainly stress the body out further. Only you can have control over your mind and therefore you may do with it what you wish. I encourage you to do the best you can with increasing your beneficial stressors to live a long and healthy life.