"Welcome to your nutrition prescription with dr adrian challenges your daily dose of reliable health information that will help you better understand your body and optimize your health what is up everybody welcome back to another episode of your nutrition prescription this's dr adrian chavez and today we're going to be talking about stress and there's this quote that i heard years ago and i've heard it multiple times because i've listened to and read a lot of wayne dyer stuff and if you don't know who wayne dyer is look up a video or a audio or buy a book of his just anyone it's going to be good the guys was it was amazing as a spiritual teacher so check waned ira his stuff is just gold it's all great so my point though is one of his quotes he says there's no such thing as stress on ly people thinking stressful thoughts and when i first heard this quote it just makes sense to me and it just changed my perspective on a lot of things i had i had read another book called choice theory i don't even remember the altar that was one of the first personal development type books that i ever read that was part of a class and i read it i was like wow i have a choice to create my own life that is a choice that i can make in before that you know you just way forget that we forget that we have a choice in every moment in the direction that we want to take our lives we can't exactly predict it, but we can take small steps and make little choices every single moment that will take us in the direction of where we want our lives to go what we want our life to look like it's important to have an idea of what that is and then just take small steps every day in that direction until you get somewhere near there and there's going to be detours and it's going to get difficult and you're going to want to stop and sometimes you're going to need to take a short break but you need to keep moving in the direction to create the life that you want no matter what's going on in your life you know, there's outward circumstances that are challenging but we choose our response we can't look back because of her looking back we can't be moving forward and then we can't fear what's ahead because we're not going to take the steps necessary if we're afraid and we're we have anxiety because we're constantly worrying about what might go wrong or on the other hand, you keep looking in the past and thinking about, well, i didn't succeed earlier or i have programming from my childhood that makes me feel like i can't be successful or you're just dealing with some type of you know negative thinking that expresses itself in the present but it's based on everything that you've experienced in the past that you're not letting go of because when your focus is on what you're doing and what you're doing is taking steps in the right direction doing the things that you know are going to improve your life exercising drinking plenty of water eating healthy food getting up and going to bed at a consistent time being productive with your days trying to be the best with your relationships and keeping up with people and part of it is just reprogramming your thoughts to be grateful of the present and allow yourself to let go of the past and be willing to accept the consequences of anything that might go wrong in the future and when you put those pieces together you can overcome a lot of the stressors so have a vision about what it is that you are creating with your life take steps every day in that direction and do your best to focus on the present so what can you take out of this what can you do today what is it that's causing you the most stress and how can you identify a solution to that external stressor for me over the last year the thing that was causing me the most stress was just not having financial security because i left the job and i didn't know where my money is coming from and that gets very stressful especially when you have a kid to take care of his well and that was something that really weighed heavily on me so what do i do there ? I'm going to place more emphasis on that for the upcoming year, two years or three years or five years of the season that i need to focus on that and that's gonna be a few years and that meant that i took less priority into other areas so i spend a little bit last time with my son we still have a great relationship but i spend a little bit less time with him so i can spend more time on income generating activities have tried to save time at the gym and i spent a little bit less time at the gym same thing just i want to spend more time on income generating activities i cook a little bit less now because cooking takes a little bit extra time so just where i'm shifting my priorities now still eating well still getting an exercise and at home saving time there but i've shifted my lifestyle in order to match what it is that's causing me stress so i can remove that stressor because i can do something about it if you can't do something about the stressor, you have to figure out a way to cope with it but if you can do something about it, you need to shift your priorities of how you're spending your days to make sure that you khun fix what it is that you're you need to fix what's causing you that stressor if it's your health maybe you need to spend less time doing other things maybe you need to spend less time at work if your finances air good maybe you need to spend less time doing other things that are taking time maybe you have some hobbies where they're taking time in those hobbies but you're letting your health go and maybe you need a shift where some of your hobbies incorporate activity you know in just shifting your lifestyle or you're you're placing at high priority on your health because that's a stressor that's something you're worried about hire a coach in any of these areas purchase good programs in these areas for example with myself i've spent a lot of time and money on increasing my business so that i can generate more income and figuring out other ways to generate income as well and that is something that i had to work on there's a lot of good resource is out there in that area if that's one of your stressors one of the shows that i recommend starting with a show called quote of the day show that's by its published by guy named sean croxton i've talked about it before but it's literally short clips so if you like my podcast you're gonna like this one staley short clips monday through friday and it's just gonna introduce you to different speakers is going to give you clips a lot of them were related to money it's mostly mindset related uhm and then you can get into the technical details after that but the first thing that has to really come in plays your mindset you've got to believe that you deserve to make a certain income and if you grew up in a certain environment that might be hard for you that might be difficult for you because you know that your parents made this much money and you don't feel like you deserve multiple times what they made because they're great people too and they worked hard so sometimes coming from that environment sometimes it's hard to reconcile you know and you have to really deal with past issue use you have to deal with your your negative emotions around around finances especially if you grew up in a very challenged environment you know i did and i definitely know that it was just negative, you know ? But when it comes to money it's like we just don't have enough that's how it was that was the only thing that that i thought about money was just something we don't have enough of something that we don't have enough of to be able to get the resource is ah that we need and then also the psychological part about everyone else is able to get the resources they want we see people around this living well um and we're struggling you know in the area that i lived in almost everyone was struggling but you still say you live in america you still see lots of wealth but that doesn't seem attainable to you that's outside of your world view you don't know any of those people everyone that lives around you is working class so it takes a lot to get out of that mindset and if that's what's blocking you if that's what it is this court of the day shows incredible and it will connect you with other people and there's a lot of good speakers around this area so the quote of the day show i think allows you to get a little sampling of of lots of different people lots of different speakers who focus on a message that is designed to help you improve your mind set around finances and get that into your brain so you can start to change that mind set and then come up with strategic plans on where you can cut where you can add more money and where there's potential income opportunities so rather than stressing sit down and write down a plan on how to deal with that stress or if you can't deal with it and if it's not something that you can deal with in that way if it's something that you need help coping with finally community find people find different outlets use exercise as an outlet to help you shift your thoughts and hire a therapist or a coach to help you let go and you know their ways to go about it but you have to identify you have to say i'm going to remove this as best as i can i'm going to deal with this stressor i'm gonna i'm gonna fix it in the best way that i can i'm going to fix myself from maybe it's working on yourself psychologically maybe it's working on yourself physically maybe it's working on your relationships and putting all of your focus on your relationships so maybe you have your finances in order maybe you have your health and fitness in order but your relationships were terrible and you need to just shift your focus maybe you go to the gym a little bit less and spend that time with your wife or spend less time at work and spend that time with your kids and focus on those relationships your friends as well ah but you know family relationships or one of the biggest dressers and you got to get that together as well if we want to have a happy family and that starts in our home all right so hope this was helpful my point being is don't just allow yourself to get caught up in stressful thoughts uh do something about it you know use that energy use that energy that you would be using to stress to take action and take steps towards dealing with whatever stressor that you're dealing with in the most positive way that you can and that is going to help you overtime change your mindset towards the stressor but also probably help solve some of the issues that we're creating that stress and we don't want to i mean, i've talked about the effect of chronic stress on your health and episode number one sixty two so you can go back and check that out but we definitely want to make sure that we're we work on managing our stress levels i think journaling is excellent reading positive material is amazing for some people affirmations or great yoga's great meditations great try out all of these different practices put them in a the beginning of your day and use that to create your mood for that day create the level of productivity that you're going tohave during that day by starting off your day with something that's going to feel you not not caffeine but fuel you from a from a deeper level and help you stay more present in what you're doing so i appreciate you tuning into another episode ofyour nutrition prescription hope you have a wonderful day have a great monday if you listen to this on monday monday is the day that you build momentum for the week so get out there get things moving have a great week have a great monday and i'll talk to you guys tomorrow"