

When "Doing Everything Right" Isn't Working

What is the "Stress Bucket"?

Sometimes, we try to reach our health goals by pushing harder—eating less, exercising more, and fasting longer. While these can be healthy habits, your body views them all as forms of "stress." Think of your body like a bucket. If you fill it with too much stress (even "good" stress like intense workouts), the bucket overflows. When this happens, your body enters "survival mode," which can actually cause you to hold onto weight and feel exhausted.

Why This Matters For You

- **It's Not Your Fault:** If you aren't seeing results, it doesn't mean you are failing or "cheating" on your plan. It often means your body doesn't feel safe enough to let go of stored energy.
- **Listening to Clues:** Symptoms like thinning hair, trouble sleeping, or feeling "wired but tired" are not failures. They are your body's way of communicating that it needs a different approach.
- **The "Detective" Approach:** Instead of just trying harder, we work together like detectives to find out what is actually blocking your progress. This takes the pressure off you to be "perfect."

What You Can Do Today

1. **Check Your "Safety" Signals:** Take a moment to notice if you feel "wired but tired" at night. If you do, your body might be stuck in a stress loop. Try five minutes of deep breathing before bed.
2. **Prioritize Protein and Rest:** If you are feeling extra fatigued, focus on eating enough protein and getting quality sleep rather than pushing through a high-intensity workout.
3. **Be Kind to Yourself:** Stressing about your progress actually adds more "water" to your stress bucket. Practice telling yourself: "*My body is doing its best to protect me, and we are learning what it needs.*"

Questions to Discuss with Your Practitioner

- "I've noticed [symptom, like hair thinning or fatigue] lately—could this be a sign that my 'stress bucket' is too full?"

- "If we look at my current plan, which parts might be making my body feel 'unsafe' or over-stressed right now?"
 - "Instead of adding more supplements or restrictions, what is one thing I can *remove* to help my body recover?"
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