



Finding Peace

In The Chaos

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YOU ARE NOT *ALONE*

Do you ever feel overwhelmed, stressed, and unsure about the future? As technology advances more and more people are feeling more levels of stress. Whether you are fearful of AI taking over the white collar job market, if there is going to be a world war three, or the world going back to a global lockdown, you are not alone. Stress, fear, anxiety, etc. can be super detrimental to your health if you live in these emotions/mind frames for a long enough time. Chaos is a part of life and it is important to identify the causes of the chaos in your personal existence and take steps to lower your overall stress level, take care of yourself, build a strong mental frame, and push through the struggle with resilience. Read on for more help on creating a physical and mental armor when chaos occurs.

EMOTIONAL & PHYSICAL TOLL

In a 2019 Gallup survey of moods around the globe, 55% of Americans said they had felt stressed the previous day – much higher than the global average of 33%. People under 50 and those with a low income had the highest levels of stress. In addition to

stress, many people are also experiencing other negative moods. For example, loneliness is a significant issue that has roughly the same health impact as smoking 15 cigarettes a day. Loneliness increases the risk of heart disease by 29%, and the risk of stroke by 32%. Sadly, in the US, 40% of adults sometimes or always feel that their social relationships are not meaningful, and almost half say they feel lonely or socially isolated at least some of the time.

Stress and loneliness contribute to serious mood disorders, such as depression and anxiety. Anxiety rates, especially among children, exceed those in adults, with approximately 32% of adolescents experiencing anxiety. Among American adults, around 40 million, or 18% of the population, struggle with anxiety disorders. Depression is also widespread, affecting approximately 17 million Americans, or 7% of the population, annually.



Besides making mood disorders more likely, stress really affects our physical health. In the short term, stress can cause headaches, muscle pain, stomach problems, trouble sleeping, and a weaker immune system. It can also make existing conditions like asthma, arthritis, and skin issues worse. If stress sticks around for a long time, it increases the chances of getting serious problems like heart disease, stroke, diabetes, and dementia.

Recognizing that stress can be tough is normal, but the good news is that it can be handled. To reduce stress, focus on basic self-care like getting enough sleep, exercising, eating well, and connecting with others. Once you've got these basics covered, try calming activities like meditation, spending time in nature, and practicing gratitude. These things help you build inner strength to stay calm when life gets tough.



Negative events like the loss of a friend or family member, serious health problems, traumatic incidents like crimes or natural disasters, and financial difficulties can be major stress indicators. Work and school are significant stressors for Americans, with 40% experiencing stress at work and 80% of college students feeling stress sometimes or often. Stress in these situations often stems from concerns about how well one is performing and conflicts with others. In small doses, stress can actually be beneficial, serving as a source of motivation. When you wait behind the curtain for a speech, or start a new job, or go on a date for

IDENTIFYING WHAT CAUSES WORRY & STRESS

the first time, the butterflies in your stomach come from stress. A bit of stress energizes us and helps us face new challenges with confidence.

Unfortunately, too much stress has the opposite effect, and can result in serious health consequences, as discussed above. Humans often feel stress when faced with change or loss. Common stress sources are colleagues or bosses (or fellow students and teachers), financial concerns, and feeling overwhelmed by too much to do and too little time.

Concerns about news and world events, along with the personal impacts of larger forces, are also major stress sources. With technology advancing every single day (faster than we can even comprehend) taking away white collar jobs left and right also plays a huge role on the global stress people are feeling or will start feeling.

THE 4 PILLARS OF FINDING PEACE

In the midst of life's chaos, there are numerous relaxation techniques to bring calmness and control. However, at its core, our well-being often hinges on four fundamental practices: ensuring restful sleep, engaging in regular exercise, maintaining a balanced and nourishing diet, and cultivating meaningful connections with others. These pillars form the foundation of good health. If you find these aspects of your life could use some attention or improvement, consider beginning your journey to well-being by focusing on these essential elements.

SLEEP

For optimal well-being, adults typically require seven to nine hours of sleep per night, while teenagers need eight to ten, and school-aged children should aim for nine to eleven. Quality sleep is crucial for our overall health, mood, and cognitive function. Insufficient sleep can heighten the risk of various health issues, including high blood pressure, heart disease, diabetes, obesity, mood disorders, and dementia.

Making sure you get enough sleep should be a top priority. Adequate rest is essential for relaxation and finding calmness in your life. To enhance your sleep routine, consider the following tips:

- Aim for a consistent bedtime and wake-up time each day.
- Keep your bedroom comfortably cool, between 60 and 67°F (15-19°C).
- Avoid screens, electronics, or TVs for at least an hour before bedtime.
- Making sure to stretch for at least 2 minutes before bed is critical for your physical health.
- Establish a soothing nighttime ritual, try doing deep breathing exercises/meditations, try reading a book, taking a bath, or enjoying a cup of chamomile tea.



! DIET/FOOD CHOICES !

According to healthline.com...

In the year 2022, every one of the 50 states in the United States reports an obesity rate exceeding 20%. Shockingly, 17 states are now grappling with an even higher obesity rate, surpassing 35%. Delving deeper into the regional breakdown, the South takes the lead with the highest obesity prevalence at 36.3%, closely followed by the Midwest at 35.4%. Meanwhile, the Northeast stands at 29.9%, and the West reports a relatively lower but still significant rate of 28.7%. These statistics underscore the widespread and escalating challenge of obesity across the nation, demanding attention and concerted efforts for a healthier future.



Our food choices play a big role in how we feel and think. A poor diet can increase the chances of health issues like **diabetes, heart disease, stroke, certain cancers, and dementia**. On the flip side, eating healthy not only keeps us well but also helps our bodies handle stress better. Making good food choices is like giving our bodies the right fuel for a happier and healthier life.



HOW WE RECCOMEND TO EAT

Look you don't have to go on some strict no carb, zero processed food, greens only, fasting diet to reach your goals...

As long as you are eating at an 80% to 20% ratio you will see results in your physical, mental, and spiritual life.

- 80% being good healthy whole foods and 20% being what you choose to eat. (Going off this logic eating a 95% to 5% diet will obviously give you better results.)



RECCOMENDED FOODS/DIETS



There are 2 diets we believe to be the easiest to follow and are the healthiest and best way to get all of the nutrients your body truly needs.

Animal Based



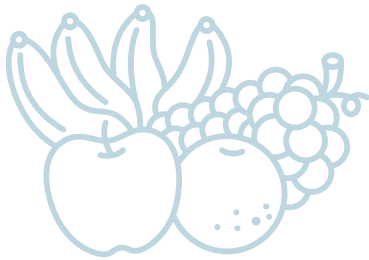
Pescetarian



ANIMAL BASED

Carbohydrates

- White Rice
- Quinoa
- Sweet Potatoes
- Russet, Red, Golden Potatoes
- Fruits (Apples, Oranges, Strawberries, Blueberries, Pineapple, Papaya, Coconut, Kiwi, Dragonfruit, Peaches, Pears, Grapes, Grapefruit, Raspberries, Elderberry, Mango, Blackberries, Bananas, Plantains, etc.
- Dates



Fats

- Ghee, Butter, Beef Tallow, Animal Fat
- Olive Oil, Avocado Oil, Coconut Oil
- Avocados
- Cheese (Raw milk or Grassfed)
- Bone, Beef, or Chicken Marrow
- Cream

Proteins

- Red Meat [Grass Fed & Finished] (Steak, Ground Beef, Roasts, Etc.)
- Chicken [Pasture Raised] (Ground Chicken, Whole Chickens, Chicken Wings, Etc.)
- Fish [Wild Caught] (Salmon, Mackerel, Sardines, Trout, Anchovies, Herring, Walleye.)
- Shellfish [Wild caught] (Shrimp, Crab, Lobster, Clams, Mussels.
- Lamb [Grass Fed & Finished] (Steak, Ground Lamb, Lamb Chops, Etc.)
- Eggs [Pasture Raised]
- Organ Meats [Grass Fed & Finished] (Liver, Kidney, Testicles, Etc.)
- Milk & Yogurt [Grass Fed & Finished]

PESCETARIAN

Carbohydrates

- White Rice
- Quinoa
- Sweet Potatoes
- Russet, Red, Golden Potatoes
- Fruits (Apples, Oranges, Strawberries, Blueberries, Pineapple, Papaya, Coconut, Kiwi, Dragonfruit, Peaches, Pears, Grapes, Grapefruit, Raspberries, Elderberry, Mango, Blackberries, Bananas, Plantains, etc.
- Dates
- Bell Peppers, Carrots, Tomato, Cauliflower, Cucumber.
- Black Beans, Pinto Beans, Chickpeas, Lentils.

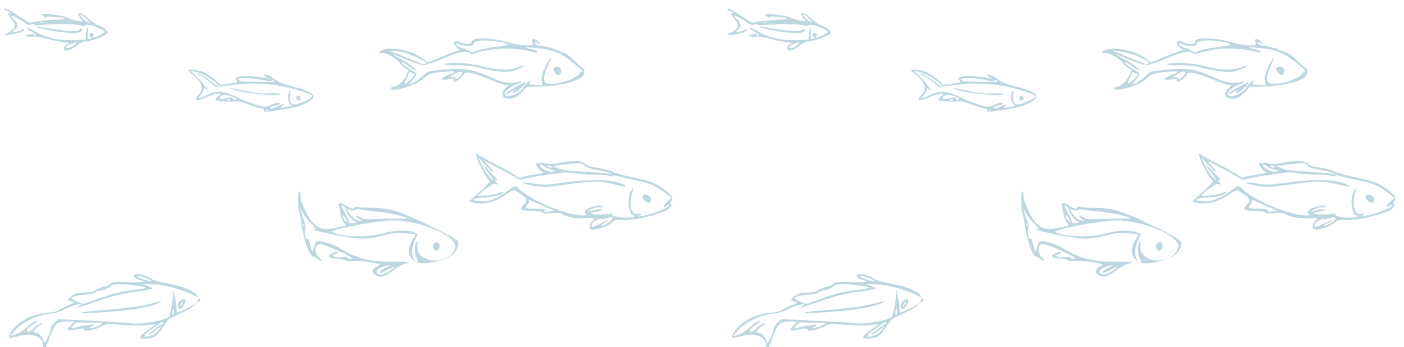
Fats

- Olive Oil, Avocado Oil, Coconut Oil
- Avocados
- Almonds, Chia Seeds, Flax Seeds



Proteins

- Fish [Wild Caught] (Salmon, Mackerel, Sardines, Trout, Anchovies, Herring, Walleye.)
- Shellfish [Wild caught] (Shrimp, Crab, Lobster, Clams, Mussels.
- Eggs [Pasture Raised]

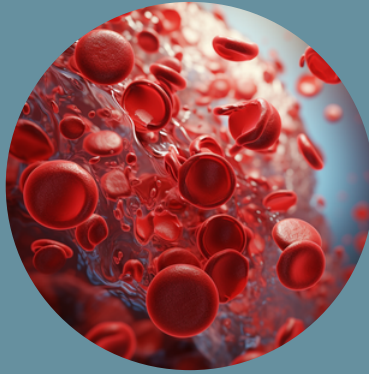




EXERCISE



When stress hits, your body gears up for a physical showdown, known as the "fight or flight" response. This happens when stress chemicals like cortisol and adrenaline are released in response to a stressor. While these chemicals help us face challenges, prolonged circulation in the bloodstream can lead to inflammation and various health issues.



The good news is that any form of exercise or physical activity helps your body burn off these stress chemicals and return to a relaxed state. Beyond reducing stress, regular movement in your day has multiple benefits: it helps maintain a steady weight, lowers the risk of heart disease, blood pressure, and diabetes, strengthens bones and muscles, boosts mood, and keeps your brain sharp as you age.



Monday

Wide Pushups	3 Sets
Tricep Dips	X
Incline Dumbbell Chest Press	
Tricep Pulldown	20 Reps

Tuesday

1 mile run or 2-3 mile walk
OR
10 minute jump rope (1 min on : 1 min off)
40 Crunches
40 Bicycles
40 Toe Touches

Wednesday

Pushups	3 Sets
Regular Bicep Curl	X
Back Rows (Seated or Barbell)	
Hammer Bicep Curl	20 Reps
Lat Pulldown	

Thursday

Pushups	3 Sets
Shoulder Fly	X
Military Press	
Pull Ups (Assisted Machine)	20 Reps

Friday

Dumbbell Squats
Dumbbell Lunges
Cal Raises

3 Sets
X
20 Reps

Saturday

1 mile run or 2-3 mile walk
40 Crunches
40 Bicycles
40 Toe Touches

Sunday

40 Crunches
40 Bicycles
40 Toe Touches

Notes

This plan is for someone who needs help getting started on their fitness journey.

Please email:

@healthychoicesreport.help@gmail.com

If you need a more advanced workout program

EXERCISE

A little psychological/mental trick you can use/do is rewarding yourself when certain goals are met.

1. Treat Yourself:



- Reward yourself with a small treat, like a piece of chocolate, your favorite snack, or a cup of tea, when you complete a task or reach a milestone.

2. Break Time:



- Allow yourself a short break to do something enjoyable, whether it's reading a chapter of a book, taking a walk, or playing a quick game on your phone.

3. Positive Affirmations:



- Create a list of positive affirmations or motivational quotes. When you accomplish a goal, take a moment to read through them and reinforce a positive mindset.

4. Mindful Pause:



- Practice a brief mindfulness exercise or deep breathing when you achieve a goal. This can help you relax and refocus, creating a positive association with accomplishment.

5. Digital Detox:



- Allocate some screen-free time as a reward. Whether it's disconnecting from social media or turning off electronic devices for a set period, use this time for a personal activity you enjoy.

6. Celebrate with Friends:



- Share your achievements with friends or family. Having a supportive network can boost your morale, and celebrating together creates a positive social reinforcement.

7. Goal Chart:



- Create a visual representation of your goals and mark them off as you accomplish each one. The satisfaction of seeing progress can act as its own reward.

8. Music Break:



- Take a few minutes to listen to your favorite song or a playlist as a reward. Music has the power to uplift your mood and create a positive atmosphere.

EXERCISE

9. Gratitude Journaling:



- Maintain a gratitude journal and jot down something you're grateful for each time you achieve a goal. Reflecting on positive aspects reinforces a sense of accomplishment.

10. Creative Outlet:



- Engage in a creative activity as a reward, whether it's drawing, writing, or playing a musical instrument. This can serve as a therapeutic and enjoyable break.





CONNECTING WITH OTHERS



The absence of consistent human connection can have profound consequences. It not only contributes to declining physical health but also triggers mood swings and cognitive deterioration, elevating the risk of mortality. Loneliness, left unaddressed, can become a breeding ground for negative outcomes. Feelings of isolation can also contribute to unhealthy coping mechanisms, such as overeating or substance abuse, further jeopardizing one's overall well-being.

- 1. Engage In Shared Activities-** Join a club, team or group that aligns with your interests. You could join a book club, join a boxing gym, join a basketball league, whatever gets you out there and makes you connect with others that have the same interest.
- 2. Volunteer For A Purpose-** Get out there and volunteer for something you're passionate about. Maybe it's helping out at the animal shelter or a food drive for the homeless.
- 3. Learn & Connect-** Join a group or class online/in person that is teaching people something you want to learn.
- 4. Reconnect With Others-** Reach out to those family members you have not heard from in years. Maybe it's family or friends from a different state or old school, do not be afraid, make the move.



CONNECTING WITH NATURE

Throughout history, people have sensed nature's healing power. For thousands of years, poets and philosophers praised the benefits of being in nature. Beautiful places with breathtaking landscapes were admired for their sacred qualities.

One spiritual benefit of connecting with nature is the sense of awe and transcendence it can evoke. When surrounded by the beauty and vastness of the natural world, many people experience a deep connection to something greater than themselves. This sense of awe often leads to feelings of reverence, humility, and a recognition of the interconnectedness of all living things.

Nature can serve as a spiritual teacher, offering lessons about impermanence, cycles of life, and the importance of living in harmony with the environment. For many, spending time in nature becomes a sacred practice, fostering a deeper understanding of the self and one's place in the larger tapestry of existence.

