

The De-Stress Effect Progress Chart – Daily Living

- These are a synopsis of the main points in the book, so an ideal and you don't need to be doing all of them; focus on we discussed and other points may be considered for the future or a few you'll feel slot in naturally.
- You can use them to divide the right hand column into days and tick off as you do, to note how each change felt or the effects it had or to note how you best achieved these for future reference.
- Keep any notes you make in a folder to create a map/plan for future times when stress hits and they can help guide you back smoothly to what gets you back on track.....



	The De-Stress Diet page ref	Lifestyle focus for next six weeks	Notes & specifics
Start the day:	86 87 66–68, 95 195–98 169–76, 207–16 169–77	Lemon in hot water Mindfulness Practice/yoga Breakfast with protein Morning supplements Mindful eating/ breathing awareness Yoga/walk/exercise Strength training	
Working day:	117–21 195–98 177–78 113, 186–87 195	Eat lunch away from desk/workplace Mindful eating/ breathing awareness Spontaneous activity/walking Sunlight exposure Mindful stress interceptions	
Daytime day off/ weekend:	112 195–98 177–78 169–77 113, 186–87 195 184–86	Eat long, luxurious lunch Mindful eating/ breathing awareness Spontaneous activity/walking Mindful movement/ yoga Sunlight exposure Mindful stress interceptions Socializing/ group activity	
Evening:	126 132 195–98 127, 136–38 195–200, 216–21 184–86 124 125	Early evening exercise/ yoga Dinner at a reasonable time Mindful eating/ breathing awareness Any sleep supplements/natural aids Yoga/breathing/meditation later Laughter with friend/socializing Little electronic stimulus Reasonable sleep time	