

“STRESS PROOF” SEMINAR

WITH LAURA SCHOENFELD, MPH RD

4 TRIGGERS OF HPA AXIS DYSREGULATION

1.

2.

3.

4.

PERCEIVED STRESS IS “NUTS”!

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S

MAJOR DIETARY FACTORS FOR RECOVERY

1.

2.

3.

4.

MY ESTIMATED DAILY CALORIE AND MACRONUTRIENT NEEDS

IBW (_____) X ACTIVITY FACTOR (_____) = _____ CALORIES

_____ CALORIES X _____ % PROTEIN = _____ \div 4 = _____ G PROTEIN

_____ CALORIES X _____ % CARBS = _____ \div 4 = _____ G CARBS

_____ CALORIES X _____ % FAT = _____ \div 9 = _____ G FAT

MY TOP 3 DIET CHANGES FOR RECOVERY

1.

2.

3.

BEST EXERCISE STYLES FOR PREVENTION / RECOVERY

1.

2.

3.

4.

NOTES / QUESTIONS:

BASIC SUPPLEMENTATION RECOMMENDATIONS

RECOMMENDATIONS FOR IMPROVING SLEEP

1.

2.

3.

4.

5.

NOTES / QUESTIONS:

RECOMMENDATIONS FOR REDUCING STRESS

1.

2.

3.

4.

5.

6.

NON-TOXIC PRODUCT RECOMMENDATIONS

STRATEGIES FOR INCREASING SOCIAL CONNECTION

1.

2.

3.

4.

5.

6.

7 PSYCHOLOGICAL “INJURIES”

1.

2.

3.

4.

5.

6.

7.

THE ROCKING CHAIR TEST:

NOTES / QUESTIONS: