



STRESS & STRESS FATIGUE

Understanding the difference—and the small habits that can help.

Stress is more than being busy. Chronic stress can feel like living under constant pressure. You may sleep, but still wake up tired; feel mentally foggy; or feel overwhelmed even when you haven't been physically active.

10 KEY TAKEAWAYS

1. Stress isn't only about being busy.

Constant pressure can create stress fatigue, even when you don't think of yourself as stressed.

2. Sleep doesn't always fix stress fatigue.

Ongoing stress can leave you tired and unrefreshed even after a full night's sleep.

3. Cortisol has an important job.

Cortisol helps with metabolism, inflammation, and the body's fight-or-flight response. The concern is prolonged stress and elevated cortisol.

4. Physical exhaustion and stress fatigue are different.

Physical exhaustion often improves with rest. Stress fatigue may persist and can include brain fog and feeling overwhelmed.

5. Notice the signs.

Brain fog, poor concentration, forgetfulness, irritability, anxiety, feeling overwhelmed, low energy, trouble sleeping, and not feeling refreshed can be signals.

6. Identify your stressors.

Understanding what is creating pressure helps you decide what you can change and how you can cope more effectively.

7. Boundaries are important.

Set clear boundaries, learn to say no to additional responsibilities, and delegate when possible.

8. Practice relaxation every day.

Deep breathing, mindfulness, yoga, meditation, balanced nutrition, physical activity, and adequate sleep can support resilience.

9. Protect your evening routine.

Consider turning off technology about an hour before bed and replacing it with a relaxing activity.

10. Focus on small, consistent habits.

Stress is normal, but chronic stress is not. Small daily changes can support how you feel and how well you handle stress.

A SIMPLE PLACE TO START: What is one source of ongoing pressure in my life that I can change, limit, delegate, or approach differently this week?

Remember: You don't have to eliminate every stressful situation. The goal is to build habits that help your body and mind handle stress better.

Shaklee Compliance Statement: The statements made about these products have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Educational information based on the Vitality by Design Lunch & Learn presentation.