

PEAK PERFORMANCE STRESS RELIEF CHECKLIST

THE "MUST HAVE" STRESS RELIEF CHECKLIST FOR PEAK PERFORMANCE

This checklist is designed to help you manage stress effectively. Use it to optimise your daily routine with energising movement, anti-inflammatory nutrition, and productivity hacks. You'll feel more balanced, improve mental clarity, and have sustained energy, helping you reach your goals without burnout.

ENERGISING MORNING ROUTINE

- A brief morning **yoga session** to get your blood and endorphins flowing.

- 10 minutes of **morning sunlight** to set your circadian rhythm, reduce stress, improve mood and alertness.

BREAKS FOR BALANCE

- Use the Pomodoro Technique to take **regular breaks** helping you stay productive without burn out.

- Incorporate moments of **movement** and **tech-free** time in your breaks.

EVENING WIND DOWN

- Avoid work and stressors in the hour before bed. **Calm down** with a relaxing hobby you enjoy.

- Create a cool, dark, quiet sleeping environment for **7-8 hours sleep**.

STRESS BUSTING NUTRIENTS

- **Magnesium** for reduced anxiety and increased energy. Leafy greens, wholegrains, pulses, nuts and seeds.

- **B vitamins** for production of mood regulating brain chemicals. Meat, poultry, fish, whole grains, legumes.

- **Vitamin C** to support your stressed adrenal glands. Citrus, berries, broccoli, peppers, potatoes.

MINDFUL MOMENTS

- Practice deep **breathing exercises** for 5 minutes to reduce stress and increase mental clarity.

- Practice **mindfulness** to bring yourself back to the present moment when stressed.

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