

HEALTH MINISTRIES  
HEALTH MINUTE (NUGGET)  
STRESS

Stress can impact our immune system. We want to manage it properly.

-Good stress can help store energy, help in dangerous situations, and help fight injury and infection.

-Bad stress impacts our bodies in a negative way:

More likely to become ill due to prolonged elevated cortisol.

Damages cells.

Elevating inflammatory response, which can lead to illness.

-Signs of stress: Sleepiness, irritability, fatigue, headaches, acne, digestive complaints, increased pulse, tense muscles.

-Ways to help stress:

1. Nutrition: Eat variety of nutrients in diet, to include Vitamin C, Vitamin D, Zinc (the more colors on your plate the better).
2. Exercise: Moderately intense exercise helps immune system. Examples include biking, walking, jogging.
3. Touch: This helps stimulate our feel good chemicals in our body, like dopamine and serotonin. It is important to feel part of community, and to feel like you are supported.
4. Sleep: Quality sleep can help our immune system, help our response to stress, and keep normal bodily functions operating properly.

\*Adapted from “Sanitarium Health Food Company”, “Signs of the Times”, December 2023.



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