



Stress Savers in a Nutshell

1. **Fill up on delicious foods that are rich in fiber**, vitamins, minerals, antioxidants, and phytochemicals. Start your day with a big bowl of whole grain cereal and fresh fruit: juicy orange or grapefruit, a banana, or a fresh pineapple. Later in the day enjoy a variety of crunchy raw vegetables and fiber-rich cooked vegetables, whole grains, and beans.
2. **Enjoy tantalizing fruits to satisfy your sweet tastes**. Eat an apple, pear, grapes, orange, kiwi, fresh pineapple, mango, or banana. Sweeten your cereal with dried fruit such as raisins or dried cherries.
3. **Choose healthful fats** such as walnuts, pecans, Brazil nuts, sesame seeds, sunflower seeds, olives, and avocados. When you use oil, choose olive, soy, or canola.
4. **Satisfy your thirst with cool, clear water**. Enjoy at least 8 cups of water a day.
5. **Enjoy eating your meals at scheduled times**. Start off your day right with a good, hardy breakfast.
6. **Get your vitamins, minerals, antioxidants, and phytochemicals from delicious foods**; this is your first line of defense. If you take a supplement, it is safest to choose a multiple vitamin with minerals that provides 100 percent or less of the U.S. Recommended Daily Intake (USRDI) of each nutrient. Overdosing can cause stress. Take iron and calcium supplements at separate times.
7. **Get enough rest**, sleep, and relaxation. Get to bed on time. Take time to relax each day and each week. Take a restful vacation.
8. **Nourish your relationships**. People who have close friends are healthier and happier. Take time to be with your family and friends.

9. **Manage your time.** Organize your day to include what's important.
10. **Maintain an attitude of gratitude.** Count the many ways you are blessed.
11. **Place everything in perspective.** Remember, "It could be worse."
12. **Live one day at a time.**
13. **Live by the Golden Rule,** "Do to others what you would have them do to you."
14. **Accept that God loves you.** God cares for you and will guide you.