

# NUTRITION TIPS

# FOR A HEALTHY STRESS RESPONSE

Stress can be triggered by changes in our environment, our body, or our thoughts. Our body is designed to deal with stress and there are things we can do to support a healthy stress response.

## Our fight or flight response

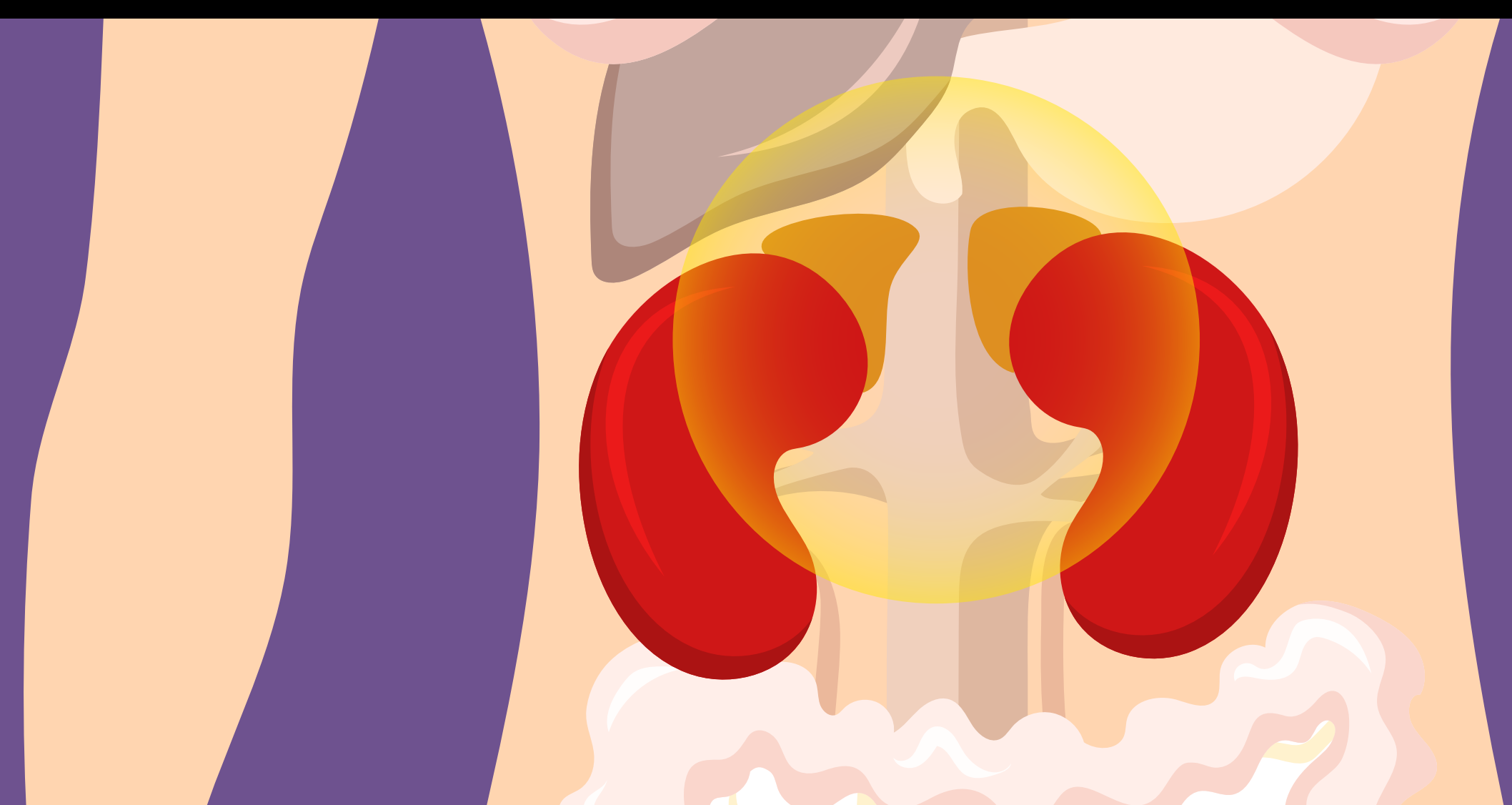
Stress can be positive, keeping us alert, motivated, and ready to deal with danger



Muscles tense, blood flow to the muscles increases, heart races, breath goes faster



Our adrenal glands release hormones adrenaline, noradrenaline, cortisol



Stress becomes negative when it builds up over time, causing wear and tear both physical and emotional. This can eventually lead to physical symptoms, or compulsive behaviours linked to food, alcohol, tobacco, drugs, shopping...



Increases...

Headaches, blood pressure, inflammation, risk of heart disease and diabetes

Weakens / damages...

Bones, muscles, immune system, digestion, sleep, libido and fertility, breathing

**Magnesium** relaxes tension

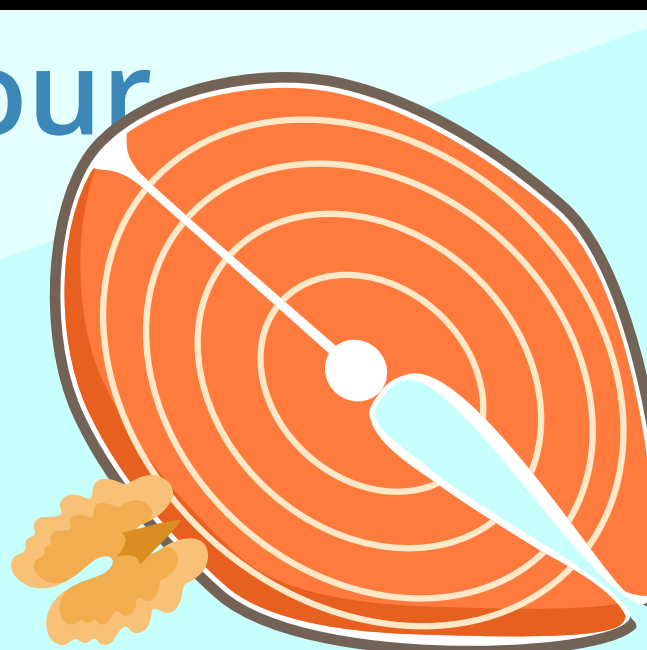
Green leafy veg, nuts and seeds, legumes

Epsom salt bath



**Omega 3s** improve our adaptation to stress

Oily fish, flaxseeds, walnuts



**Potassium** helps lower blood pressure

Raw veggies to chew on, avocado, spinach



**Vitamin C** supports our adrenal glands and helps protect the immune system

Kiwis, peppers, parsley



**Black tea** may speed up recovery from stress

Green tea

Chamomile tea



**Try herbs** such as St John's Wort (not alongside antidepressants)

Valerian root



**Take regular breaks** to prevent stress from building up



**Complex carbs** boost serotonin and keep blood sugars balanced. Avoid sugar and refined carbs, they provide only short term relief

Porridge, brown rice, rye bread



**Stress and the 'Gut-brain' axis:** it's more than a gut feeling!

**1. Look after your gut bacteria:** they help regulate your stress response but are also altered by chronic stress.

**2. Include fermented foods rich in probiotics**

**3. Avoid high fat diets** as they are a risk factor for gut inflammation and affect our stress response.

**4. Short chain fatty acids are key** to gut-brain communication. We get them from:

- Lots of veggies
- Garlic, leeks, onion
- Green bananas, (cold) potato salad, legumes
- Apples, apricots, oranges, carrots
- Cheese and butter (in moderation)

