



SUPER
WELLNESS



Stress Buster

What is stress and how to manage it through diet & lifestyle



What springs to mind.....

When we think of stress?

What are typical examples of stress?





Aims for the session

By the end of today's session you will:

- ✓ Know the various causes of stress
 - ✓ Understand how these affect your body and mind
 - ✓ Learn how to reduce your stress load
 - ✓ Learn how to lower your response to stress
 - ✓ Learn how to become more resilient to stress
- Both from a lifestyle and dietary aspect



The definition of stress



There is no universal definition of stress.

- **NHS:** Stress is the body's reaction to feeling threatened or under pressure.
- **WHO:** Any type of change that causes physical, emotional or psychological strain.

- **In biology:** A disruption to the body's homeostasis or inner balance.
- **In psychology:** A feeling of emotional strain and pressure.

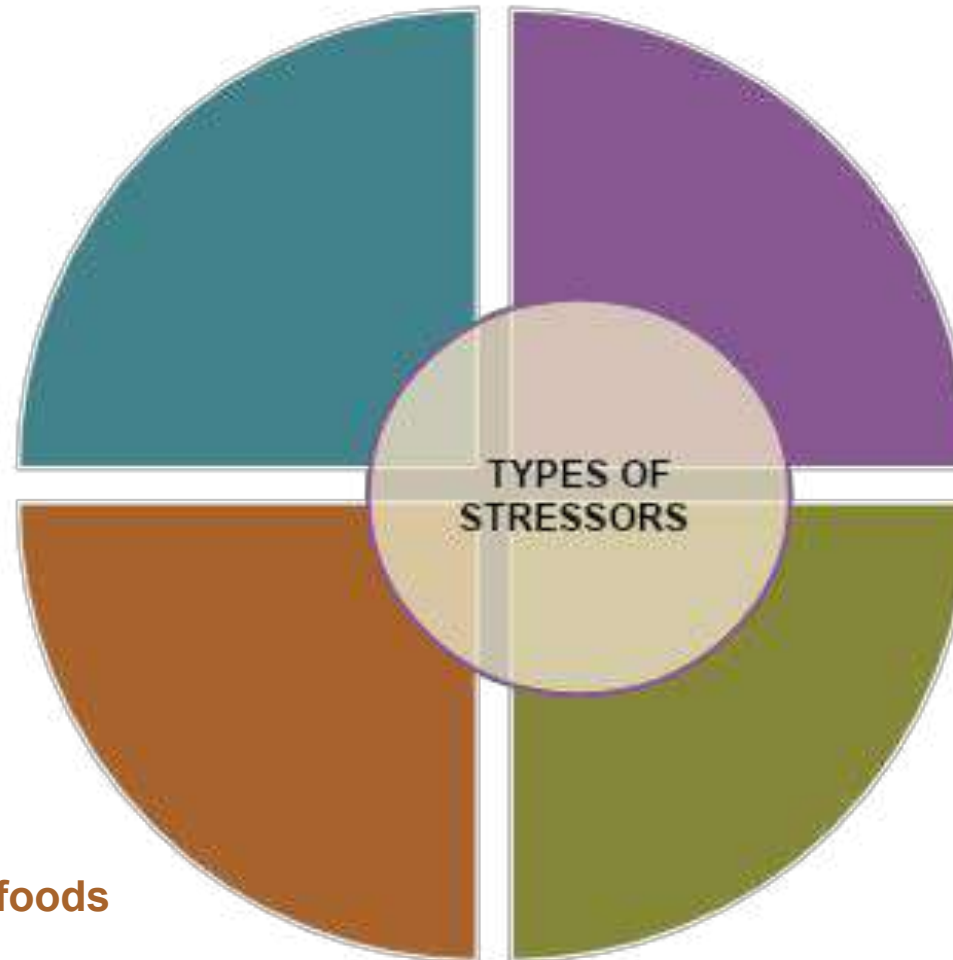


Psychological

- Long working hours
- Constant deadlines
- Financial challenges
- Juggling responsibilities
- Loss of control
- Internal pressures
- Challenging relationships
- Social expectations
- Loss of loved ones

Poor Diet

- Blood sugar spiking
- Ultra-processed foods
- Inflammatory / Allergenic foods
- Preservatives & additives



Circadian Disruption

- Type 2 diabetes
- High blood pressure
- Imbalanced hormones
- Digestive issues
- Infections/toxins
- Autoimmunity

Health Status / Illnesses

- Type 2 diabetes
- High blood pressure
- Imbalanced hormones
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The Stress Response System

The cascade of activity following the brain detecting a stressor.

2 key components:

Sympathetic Nervous System

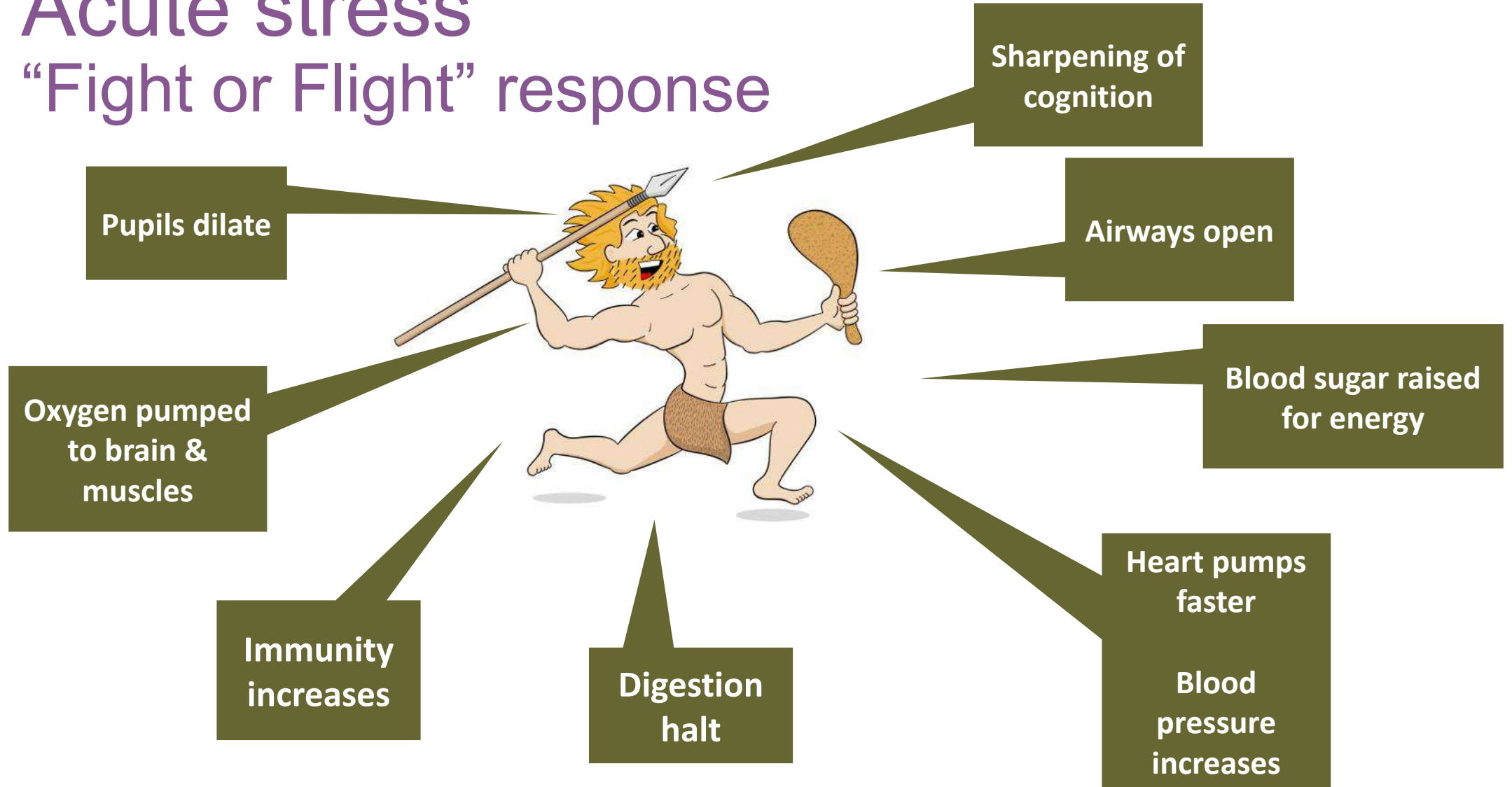
- “Fight or flight” response
- Fast acting
- Short-term response
- Utilises the nervous system (nerves)

Hypothalamic-pituitary-adrenal

- HPA axis
- Slower acting
- Longer lasting
- Utilises the hormonal system (cortisol)

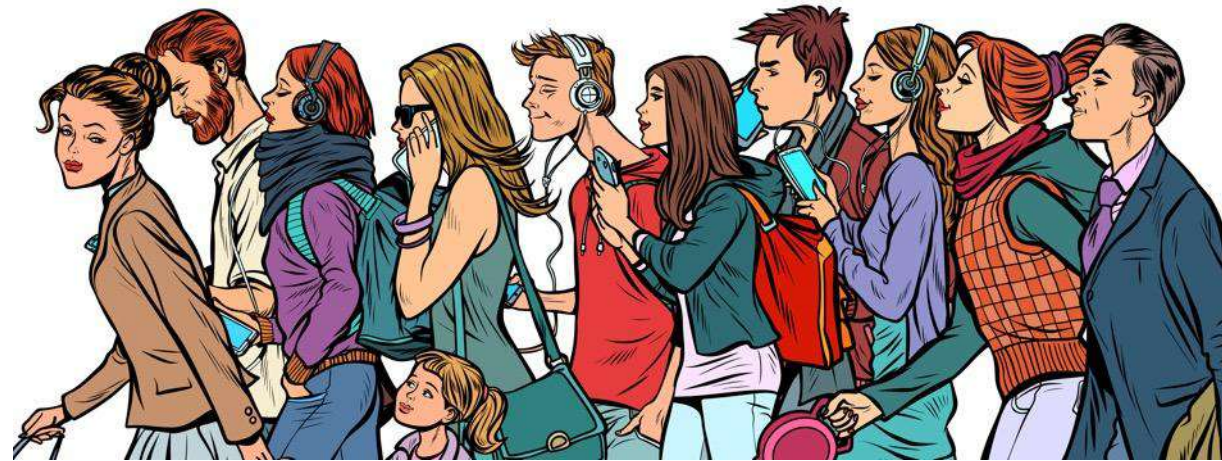


Acute stress “Fight or Flight” response





Modern day 'V' hunter-gatherer times





Acute stress

Modern day triggers

Managing work and family life

Poor internet connection whilst on a zoom call

“Coffee, coffee and some more coffee please”

Startling news headlines

Up against a deadline

Bad quality food



Knocking your relaxing evening wine over the carpet

“Always busy”

Child becomes suddenly ill

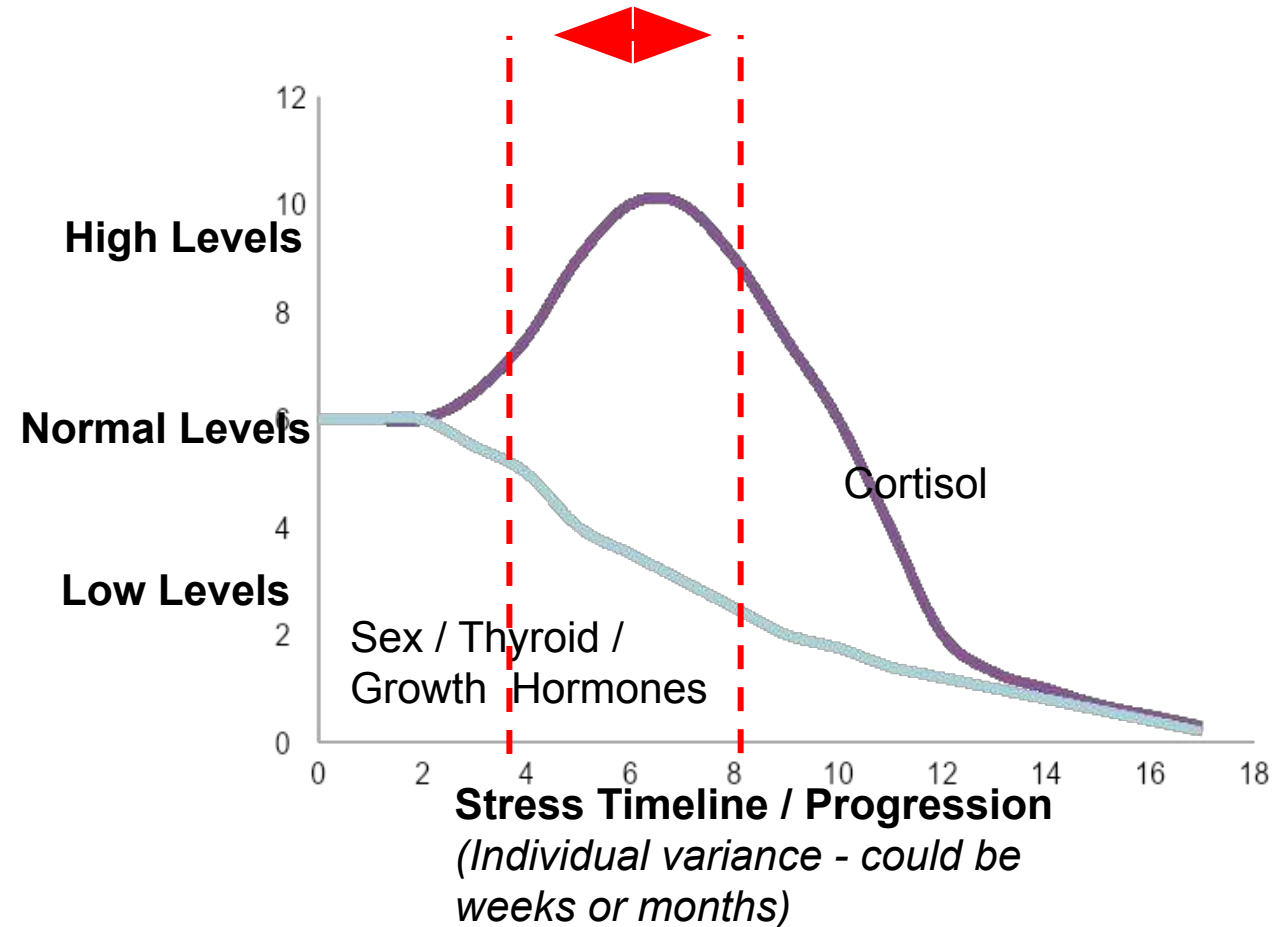
Sudden pandemic

Environmental toxins



Chronic stress – heightened cortisol

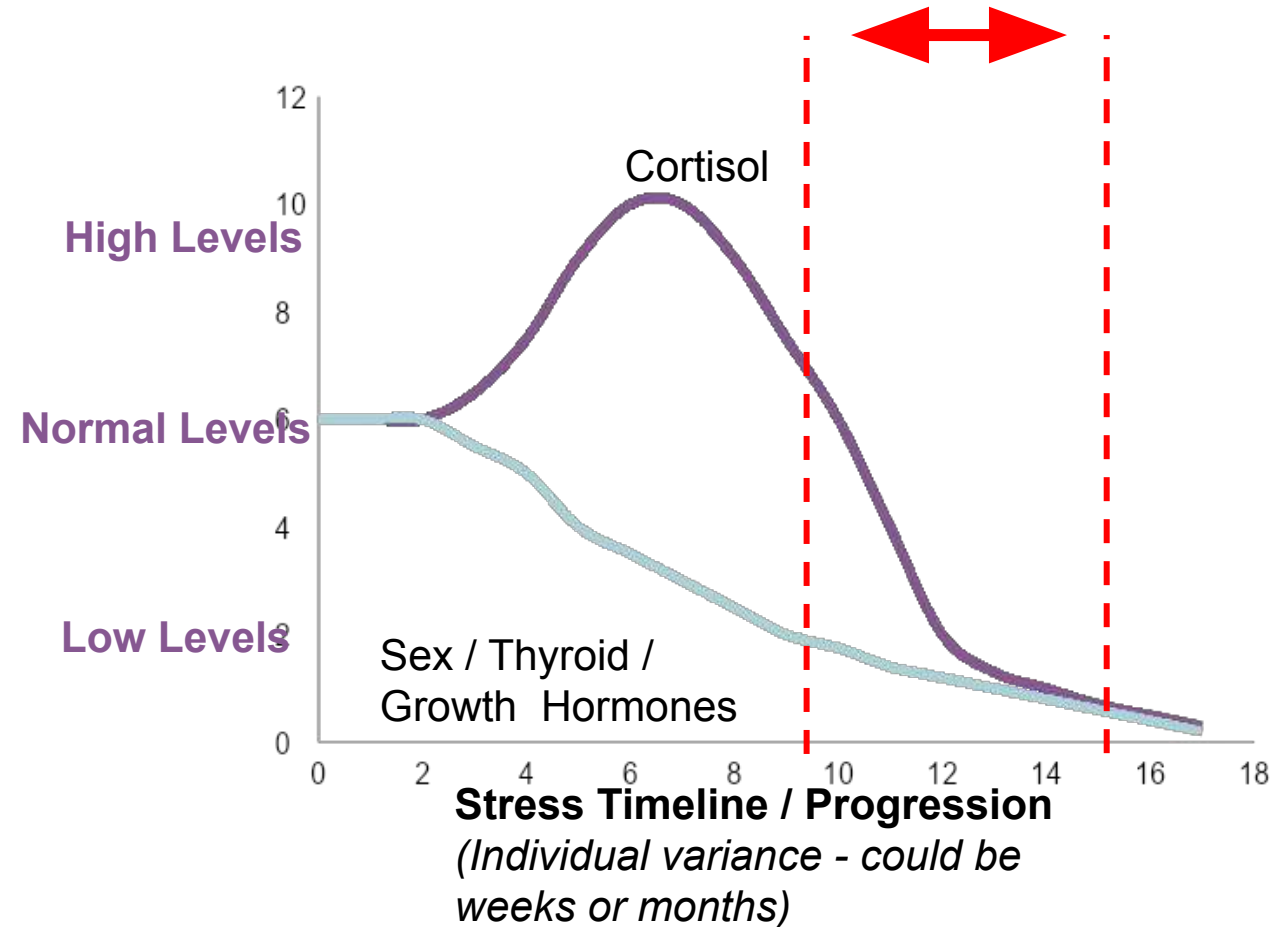
- Sleep disrupted
- Forgetfulness
- Poor decision making
- Always on “high alert”
- Immunity is suppressed
- Hormonal problems
- Digestive issues
- Increase in abdominal fat





Chronic stress – lowered cortisol

- Feel dizzy on standing
- Inability to deal with minor stress
- Aches and pains increase
- Constant low energy despite rest
- Cravings for caffeine and sugar





How to master your stress response



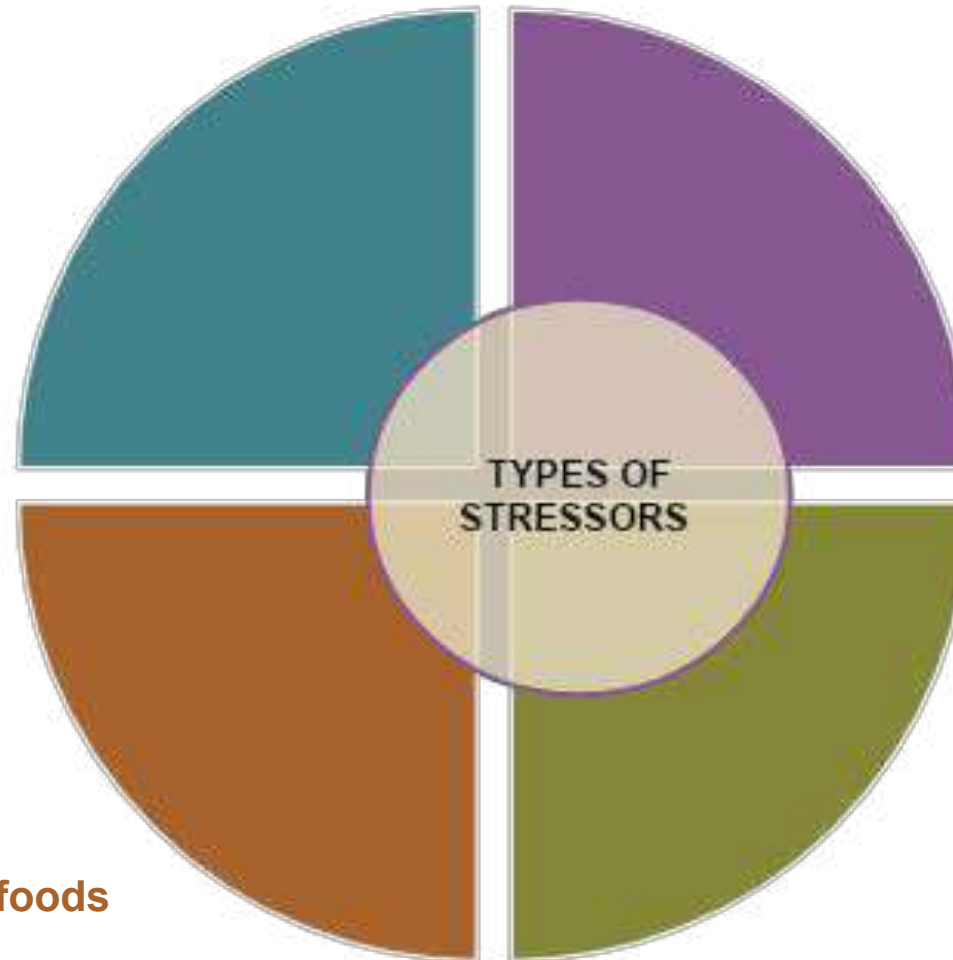


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7 Essential steps to manage your stress load



1. What to eat to support your stress system
2. What to drink to support your stress system
3. How to master your sleep
4. Lower your perception to stress
5. Reduce your response to stress
6. Remember the enjoyable things in life
7. Ideas to become anti-fragile



1. What to eat to support your stress system

FAT

Don't fear fat!

Required to produce cortisol and sex hormones

Brain is approximately 60% fat

Focus on healthy sources

PROTEIN

Building blocks to hormones and neurotransmitters

Regulates blood sugar levels

1-2 palm-sized sources with each meal

Vegetarians/vegans require a wide variety

CARBS

Whole food sources

Careful of blood sugar rise

Nutrient rich

Evening consumption may support sleep



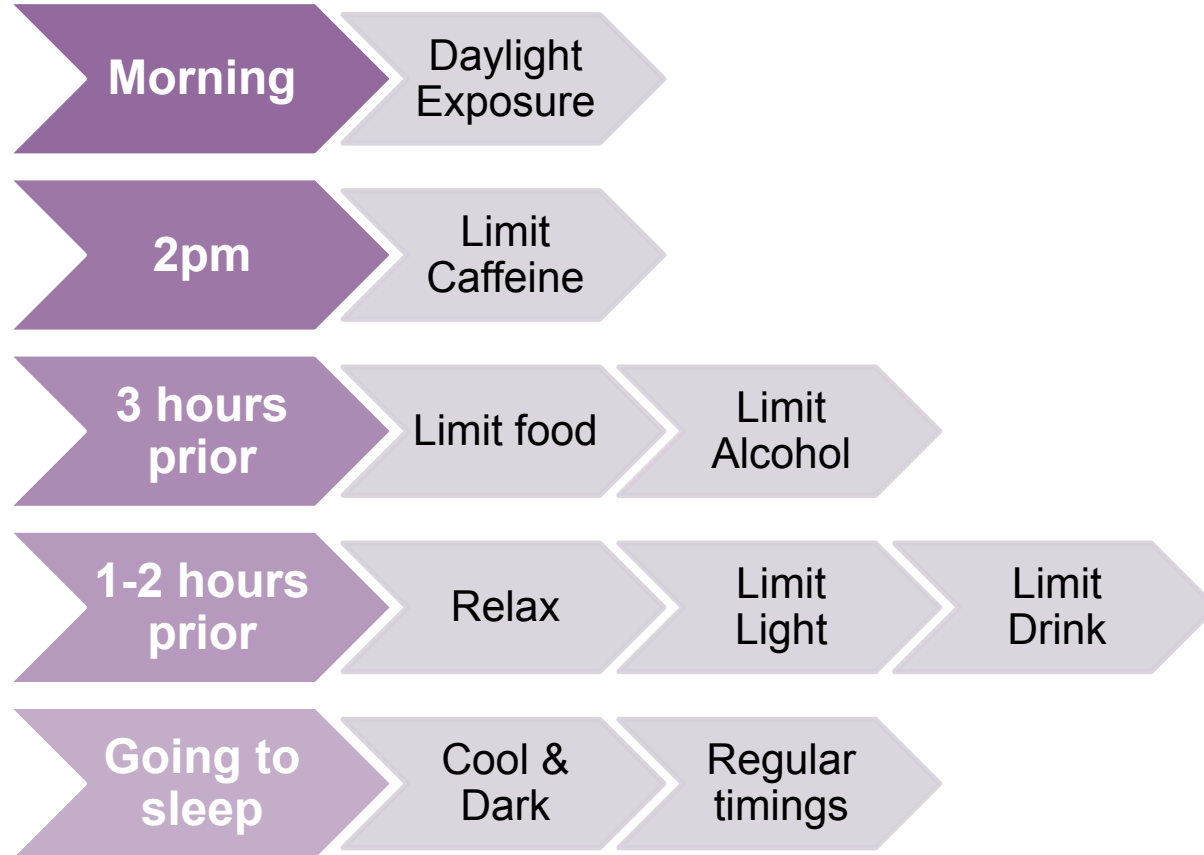
2. What to drink to support your stress system

- Stay hydrated
- Swap coffee for green tea
- Chamomile tea in the evening
- Test out alcohol free alternatives





3. How to master your sleep





4. Lower your perception of stress

Your perception of the event determines your stress response

Therapies:

- Exposure therapy
- CBT/ therapist
- Meditation





5. Reduce your response to stress

Your autonomic nervous system

Parasympathetic

- “Rest and digest”
- Slows heart rate
- Lowers blood pressure
- Sends blood to organs
- Stimulates digestion

Sympathetic

- “Fight or flight”
- Increases heart rate
- Increases blood pressure
- Sends blood to muscles
- Inhibits digestion





5. Reduce your response to stress



Your breath is your tool:

- 2 quick inhales through your nose
- Followed by a long exhale through your mouth
- Repeat



6. Remember the enjoyable things in life!

Maintain social connections & fun!

Increases **serotonin**:

- Improves immune system
- Improves mood
- Counters stress related issues
- Boosted further by getting outside





6. Remember the enjoyable things in life!

Spend time with people & activities you love.

Blocks **tachykinin**:

- Lowers feelings of irritability, fear and paranoia
- Improves our immune system



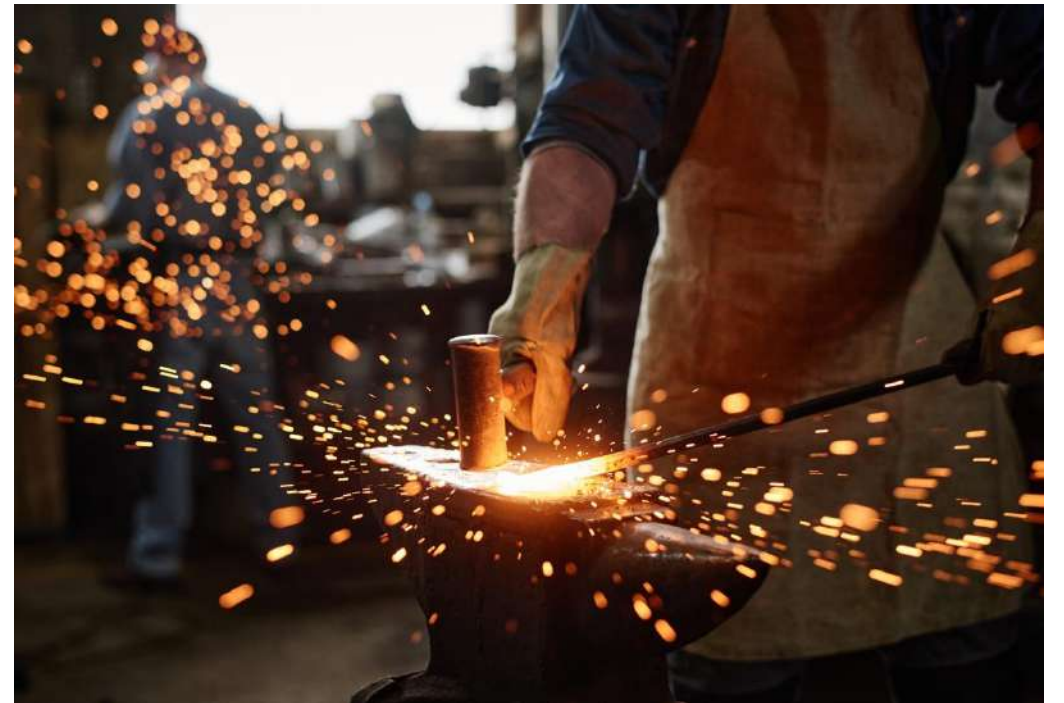


7. Ideas to become anti-fragile Hormesis – stronger via stress

“That which does not kill me
makes me stronger”

Examples:

- Vaccines
- Fruits and vegetables





7. Ideas to become anti-fragile

Exercise

- Reduces risk of stress
- Improves mood, sleep quality and energy

Cold water therapy

- Improves immune system
- Increases anti-oxidant defenses

Intermittent Fasting

- Promotes autophagy





Putting it into practice

What steps could you implement to manage your stress load?

Can you commit to 1 x new habit to help push you back into the green?





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Additional Resources

Vitamin C Smoothie

Serves 1

Ingredients

- 1 banana (frozen)
- 1 handful of raspberries
- 1 handful of strawberries
- 1 large handful of fresh spinach leaves
- 100ml orange or lemon juice
- 100ml water

Method

Put all ingredients (starting with the oranges, then strawberries) in your blender or food processor. Blend until smooth. Pour in a glass. Add blueberries and spinach leaves on top.

Ingredients

- 1 banana (frozen)
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- 1 handful of strawberries
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- 100ml orange or lemon juice
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Method

Put all ingredients (starting with the oranges, then strawberries) in your blender or food processor. Blend until smooth. Pour in a glass. Add blueberries and spinach leaves on top.

www.superwellness.co.uk

Feel the glow smoothie bowl

Serves 2

Ingredients

- 1 cup frozen banana
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 cup frozen mango
- 1 cup frozen pineapple
- 1 cup frozen kiwi fruit
- 1 cup frozen peach
- 1 cup frozen apricot
- 1 cup frozen cherry
- 1 cup frozen raspberry
- 1 cup frozen blackberry
- 1 cup frozen currant
- 1 cup frozen gooseberry
- 1 cup frozen huckleberry
- 1 cup frozen elderberry
- 1 cup frozen mulberry
- 1 cup frozen passionfruit
- 1 cup frozen pomegranate
- 1 cup frozen dragon fruit
- 1 cup frozen lychee
- 1 cup frozen dragon fruit
- 1 cup frozen jackfruit
- 1 cup frozen durian
- 1 cup frozen rambutan
- 1 cup frozen longan
- 1 cup frozen jackfruit
- 1 cup frozen durian
- 1 cup frozen rambutan
- 1 cup frozen longan

Method

Put all ingredients in a blender. Blend until smooth. Pour into a bowl. Top with granola, fresh fruit, and other toppings.

Ingredients

- 1 cup frozen banana
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 cup frozen mango
- 1 cup frozen pineapple
- 1 cup frozen kiwi fruit
- 1 cup frozen peach
- 1 cup frozen apricot
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- 1 cup frozen gooseberry
- 1 cup frozen huckleberry
- 1 cup frozen elderberry
- 1 cup frozen mulberry
- 1 cup frozen passionfruit
- 1 cup frozen pomegranate
- 1 cup frozen dragon fruit
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Method

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Balancing Almond Butter Smoothie

Serves 1-2

Ingredients

- 1 handful of almond butter
- 1 handful of almond milk
- 1 handful of almond flour
- 1 handful of almond oil
- 1 handful of almond extract
- 1 handful of almond essence
- 1 handful of almond oil
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Method

Put all ingredients in a blender. Blend until smooth. Pour into a glass.

Ingredients

- 1 handful of almond butter
- 1 handful of almond milk
- 1 handful of almond flour
- 1 handful of almond oil
- 1 handful of almond extract
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- 1 handful of almond oil
- 1 handful of almond extract
- 1 handful of almond essence

Method

Put all ingredients in a blender. Blend until smooth. Pour into a glass.

www.superwellness.co.uk

Nourish bowl

Serves 2

Ingredients

- 1 cup of quinoa
- 1 cup of brown rice
- 1 cup of wild rice
- 1 cup of farro
- 1 cup of barley
- 1 cup of speltz
- 1 cup of kamut
- 1 cup of bulgur
- 1 cup of millet
- 1 cup of amaranth
- 1 cup of buckwheat
- 1 cup of sorghum
- 1 cup of teff
- 1 cup of millet
- 1 cup of amaranth
- 1 cup of buckwheat
- 1 cup of sorghum
- 1 cup of teff

Method

Put all ingredients in a pot. Cook according to instructions. Top with vegetables and other toppings.

Ingredients

- 1 cup of quinoa
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- 1 cup of wild rice
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Method

Put all ingredients in a pot. Cook according to instructions. Top with vegetables and other toppings.

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Angela Steel

RECIPES FOR SUCCESS

22 Tasty, healthy and easy recipes

The recipe section from "Eat Your Way to the Top" - in full colour

The Power of Nature

BENEFITS OF NATURE AND WHAT THE RESEARCH SAYS

Improved mood & happiness

Forest bathing or forest therapy

Find a spot

Engage all your senses

Don't hurry

Connective to nature

Supports the rehabilitation process for those suffering stress-related mental health issues

Appreciate the moment

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

Our adrenal glands release hormones

Stress and the Sun-brain axis

Stress and the Sun-brain axis

SOCIAL WELLBEING

SOCIAL WELLBEING AT WORK

COMMUNICATING FOR SOCIAL WELLBEING

AND ONLINE

BENEFITS OF A SUPPORTIVE SOCIAL NETWORK



Further Information

Mental Health Support

- Worrying more than usual
- Finding it hard to enjoy your life
- Having thoughts and feelings that are difficult to cope with, which have an impact on your day-to-day life

www.mind.org www.mentalhealth.org.uk www.thecalmzone.net

Books

- **Mindfulness for Stress Management** - *Dr. Robert Schachter*
- **Why we Sleep** - *Matthew Walker*
- **Happy Mind. Happy Life**
- **The Stress Solution** - *Dr Rangan Chatterjee*
- **Let it Go** - *Rebecca Dennis*

Breathing Techniques

- Physiological sigh breathing technique

www.youtube.com/watch?v=rBdhqBGqiMc

- Box breathing technique

www.youtube.com/watch?v=tEmt1Znux58



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Q & A





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