

EAT TO BEAT STRESS



5 Foods To Beat It, Stress That Is

When we're stressed we tend to reach for processed "comfort foods" such as chocolates, cakes and cookies. The high sugar content of these foods causes rapid changes in our blood sugar levels; more commonly known as a 'sugar crash'. So the next time you're feeling overwhelmed, try reaching for one of these foods to help your body function at its best.

Healthy Fats: The Brain is composed of 60% fat

meaning consuming healthy fats will keep your brain in tip top shape. A properly fueled brain leads to a more stable mood, hence a less stressful day. Chow down on nuts (almonds, walnuts, macadamia), seeds (flax, chia, sunflower), fatty fish (salmon, mackerel), avocados and healthy oils (olive and canola).

Fruits and Vegetables

Making fruits and vegetables a part of your daily diet provides you with an array of vitamins, minerals and fiber. Berries in particular contain high amounts of antioxidants which are beneficial in fighting free radicals. As for veggies, try incorporating more green leafy varieties into your daily routine. Greens such as kale and spinach contain high amounts of Folate, a B vitamin which may play a role in mood regulation. content and antioxidant content.

Whole Grains

Whole Grains: Unlike refined grains, whole grains are just that, 'whole' and retain their outer cover, the bran and germ. This provides more protein and fiber which helps control blood sugar spikes. Farro, quinoa, brown and wild rice are all great examples of whole grains that will keep you even-keeled through out the day.

Dairy

Dairy is not only a great source of calcium but also rich in B12 and protein. A B12 deficiency may be linked to anxiety and low mood. Consuming healthy amounts of yogurt, milk and low fat cheese will help you meet your daily requirements and help you from becoming deficient.

Dark Chocolate

Dark chocolate may help improve mood by increasing endorphin and serotonin levels. Aim for a 1 to 2 ounce portion that is at least 72% cacao due to their lower sugar content and antioxidant content.

Sip Your Way To Less Stress

Sitting back in your favorite chair or finding a quiet corner to sip on a hot cup of tea is a great way to relieve stress. Here are a few of our favorites.

Chamomile

This plant is known for its mild tranquilizing properties, making it a great tea before bed as it may help induce restful sleep.

Kava

Known for its calming and relaxing properties, Kava tea is a great choice to drink in the bath after a long day.

Tulsi

Also known as Holy Basil, Tulsi is a popular Ayurvedic herb used in India. This tea is incredible versatile and is known to create a sense of wellbeing.

Lavendar

Lavendar is well known for relieving stress, promoting sleep and improving mood. Its gentle and aromatic qualities fulfill our senses promoting tranquility.

It's Not All About The Food...

Meditation

Taking a little time out for yourself to quietly meditate has been shown to:

- Improve depression
- Improve anxiety
- Help insomnia
- Reverse brain aging

Exercise

Try breaking up your stressful work day with quick bouts of exercise. Studies show that a 10 minute brisk walk can be as beneficial as a 45 minute work out when it comes to elevating mood and decreasing stress levels.

Hydration

The human body is composed of nearly 80% water, and even mild dehydration may cause disruptions in cognitive performance and affect:

- Mood
- Alertness
- Concentration
- Short-Term
Memory
- Visual
Perception

