

Wellness

REVIEW

Managing Daily Stress

Coping When Life Pulls You in Different Directions

Stress is a natural, evolutionary body response. You will instinctively react to stress in life with a fight, flight or freeze type reaction. It may be an acute stressful event such as an exam or public speaking, or it may be the ongoing challenge of raising kids, the daily commute, or financial pressures. Your body will still have a response, even if you do not feel like you're stressed. You don't have to be ripping your hair out to be suffering from the effects of stress.

Symptoms of Stress

Stress can be an underlying factor behind a myriad of health conditions, and can present itself in many different ways. Symptoms of acute, current stress include: low energy, difficulty sleeping, poor memory and concentration, mood changes, and digestive disturbances. Long term stress may lead to hormonal and thyroid imbalances, obesity, and a weakened immune system.

Stress can be both a cause and a consequence of ill health, which is why it is so important to deal with your stress now. Not only will you feel better now, but it will benefit your health in the future.

Steps to Take to De-Stress

Your Practitioner can offer a treatment plan tailored specifically for you, to reduce the effects of stress and help you manage life's challenges. Some vital nutrients that may be beneficial to you in times of stress include:

- **Magnesium:** Stress reduces your stores of magnesium, and a low level of magnesium in the body may actually make the effects of stress worse! You need to replenish your magnesium levels to support a healthy nervous system.
- **B vitamins:** Help to support stress moderating brain chemicals called neurotransmitters to keep you in a good mood. B vitamins also help improve your energy levels.
- **Essential fatty acids:** Are an important building block for the brain and nervous system, and can help support healthy mood.
- **Herbal medicine:** There is an abundance of calming herbs that provide effective relief from a wide range of mood or stress symptoms.

Stress Busting Diet and Lifestyle Tips

Implement these simple strategies every day to keep on top of your stress:

- Limit caffeine and alcohol.
- Avoid refined carbohydrates and sugary foods.
- Enjoy a small amount of dark chocolate.
- Enjoy exercise and physical activity.
- Engage in activities that make you happy.
- Try meditation - deep and conscious breathing calms your nervous system.



Don't Let Stress Get You Down

Even if you do not think of yourself as stressed, consider whether or not your body, mind and soul need a little more nurturing and nourishment. You may already feel quite resilient, but with any type of stress, your body may have an increased need for supportive nutrients.