



## Eat to beat stress

“In a Nutshell”

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**Stress can take a huge emotional and physical toll on us so stay calm with this pressure-relieving checklist.**



### **Eat a rainbow of food.**

Fruit and vegetables such as pepper, tomatoes, spinach, and apricots are rich in vitamin C and A. These foods help to protect your immune system, which often take the brunt of prolonged stress. Vitamin C is required to make adrenaline, pumped out when we are under pressure.

### **Do not skip breakfast!**

It is associated with improvement in memory, mood and attention. A bowl of fruit, yogurt and wholegrain cereal with help to stabilise your blood sugar levels helping you cope through the morning.

### **Try physical activity.**

Any physical activity could be effective – especially a brisk walk or run in the fresh air – to deal with stress effectively you need to feel robust and strong mentally.

### **Choose healthier comfort foods.**

If foods soothe you, choose higher fibre foods such as fruits – mango, grapes banana, mixed fruit and nuts. If only chocolate will do, try Brazil nuts covered in chocolate.

### **Enjoy a nice cup of tea.**

Tea helps us recover more quickly from a stressful situation.... take time out for you.

### **Eat with friends and family**

Eating with and cooking for friend and family help you think about what and why you are eating

### **Apps**

So many apps are available – sleep, exercise, diet, hydration, mindfulness and many more have a look at what might help you stay on your less stressful life – enjoy life