



connect

wellbeing, ability, recovery

Stress and Diet

Between work, family and other obligations, stress is a common part of life. But while it's something we all deal with from time to time, stress can have a negative impact on your health. Worry and overwork can lead to unhealthy lifestyle habits, which causes more stress, leading to a very harmful cycle.

Stress management can be a powerful tool for wellbeing. Too much stress is bad for you but there are many strategies, and one of them includes what you eat and how you look after your wellbeing.

Below are some of our tips to lead to a health mind and body:

Limit the amount of caffeine you drink daily:

Some of us reach for the coffee pot when we have deadlines to meet or our workload is too much to handle.

Alternatively have a hot cup of water with lemon and take a deep breath. Lemon water is a great substitute to coffee, as it rehydrates the body, waking up your system and making you feel hydrated and energized.

Eat the right foods:

Oranges are top of our list of wellbeing foods for their wealth of vitamin C. Studies suggest this vitamin can curb levels of stress hormones while strengthening the immune system. Foods can help tame stress in several ways. Comfort foods, like a bowl of warm oatmeal, boost levels of serotonin, a calming brain chemical. Therefore a healthy diet can help counter the impact of stress.

Drink plenty of water:

With our busy lives, it is easy to forget to drink water. Dehydration leads to higher cortisol levels—the **stress** hormone—making it harder to deal with everyday issues. By staying hydrated you will be better equipped to deal with everyday problems.

Make home cooked meals:

The modern world has made it easy for people to order food with a click of a button or drive through a fast food place. Take the time to plan a meal, switch off and spend time in the kitchen creating yourself a healthy meal. Sit down, be mindful and enjoy the moment of tasting a dinner you have cooked.

These tips can help you improve your health and wellbeing and build techniques to help you with your resilience to stress.





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www.inspireconnect.info