DIET TO DE-STRESS



Stress is a normal reaction the body has when changes occur, resulting in physical, emotional and intellectual responses.

Stress management training can help you deal with things in a healthier manner.

Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health.

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous.

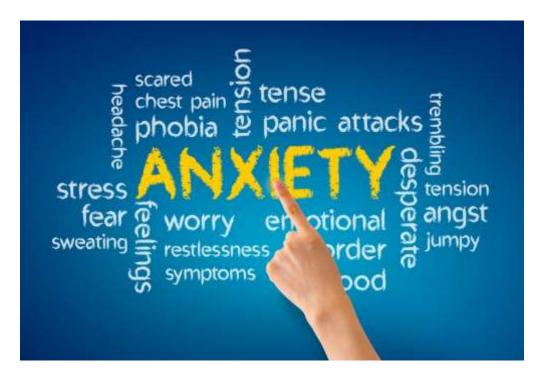
When you have chronic stress, your body stays alert, even though there is no danger. The health problems, including:



- High blood pressure
- Heart disease
- Diabetes
- Obesity
- Depression or anxiety
- Skin problems, such as acne or eczema
- Menstrual problems



Stress can cause many types of physical and emotional symptoms.



- Diarrhea or constipation
- Forgetfulness
- Frequent aches and pains
- Headaches
- Lack of energy or focus
- Sexual problems
- Stiff jaw or neck
- Tiredness
- Trouble sleeping or sleeping too much
- Upset stomach
- Use of alcohol or drugs to relax
- Weight loss or gain



GOOD FOODS TO HELP FIGHT STRESS

1) Nuts

Nuts and other nuts are also a good source of vitamin E. Vitamin E is an antioxidant. Antioxidants can be beneficial for treating anxiety, while some research Trusted Source has shown that low levels of vitamin E may lead to depression in some people.

2) EGG



Eggs contain tryptophan, which is an amino acid that helps create serotonin. Serotonin is a chemical neurotransmitter that helps to regulate mood, sleep, memoryand behaviour, improve brain function and relieve anxiety.

3) PUMPKIN SEEDS



Pumpkin seeds are an excellent source of potassium, which helps regulate electrolyte balance and manage blood pressure, reduce symptoms of stress and anxiety.

4) DARK CHOCOLATE



Chocolate has a high tryptophan content, which the body uses to turn into mood-enhancing neurotransmitters, such as serotonin in the brain.

5) TURMERIC



The active ingredient in turmeric is called curcumin. Curcumin may help lower anxiety by reducing inflammation and oxidative stress that often increase in people experiencing mood disorders, such as anxiety and depression.

6) CHAMOMILE TEA



Chamomile tea as an herbal remedy because of its antiinflammatory and relaxant properties. A recent study found that chamomile did reduce anxiety symptoms and is safe to use in high doses.



7) KIMCHI OR PICKLED VEGETABLES



Pickled Vegetable is a promising functional food with an antioxidative effect and fermentation of kimchi led to elevation of antioxidative activity. Fermented foods are packed with beneficial bacteria called probiotics and high in vitamins, minerals and antioxidants

8)SOY PRODUCTS



Soy products like tofu and soy milk contain is flavones which may help stabilize mood. Studies suggest that consuming two to four soy servings per day may significantly boost mood.

9) COCONUT



Fresh coconut contains certain fats that enhances our mood. Eating coconut shavings, not only boosts our mood but also improving the health of our brain.

10) SPINACH



Spinach has folic acid too that makes us feel better. Folic acid improves the health of red blood cells and our immunity, protecting us from diseases that soak out our happiness.

11) HERBS



Ginseng, chamomile, lavender, saffron can improve mental clarity and energy and reduce stress, give relief from depression, reduce anxiety and improve sleep.

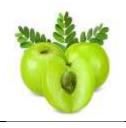


12)MILK



It is rich in calcium, potassium, proteins, iodine, phosphorus and vitamin B2. Milk aids in reducing stress levels of the body as it contains a protein called lactium, which minimizes cortisol levels.

13) AMLA



Amla is high concentration of Vitamin C helps your body produce norepinephrine, a neurotransmitter believed to improve brain function in people with dementia.

WORST FOOD

1)SUGARY FOODS



Any processed food with more than 5 g of sugar per 100 g is classed as containing a medium level of sugar and is worth reconsidering. Regular offenders are snack bars, cereals, cakes and biscuits, fizzy drinks and fruity yoghurts.

2) FOODS HIGH IN SATURATED FAT



Any processed food with more than 1.5 g or more of saturated fat per 100 g is worth avoiding in times of stress. Examples include: pizza, ready meals, crisps, snack bars and pastry.

3) WHITE CARBS



Ditch white bread, rice and pasta. All of these have been processed to remove the wholegrain goodness that our gut bacteria love.



4)CAFFEINATED DRINKS



A caffeinated drinks can increase feelings of anxiety in some people. If you're feeling stressed out, it might be worth trying decaffeinated drinks instead for a week or two to see if it makes a difference. Excess caffeine also interferes with your sleeping patterns & gut health causing lot of acidity.

5) ALCOHOL



Alcohol increases cortisol levels in your body and prevents you from getting deep sleep you need to feel refreshed. The interruption in your sleeping patterns consequently results in more stress.

6) REGULAR SODA



Sugar-sweetened drinks like soda have a direct link to depression, too.

7) LIGHT DRESSING



Avoid some pre-packaged dressings and marinades loaded with sugar, often listed as "high-fructose corn syrup." Many get their sweetness from aspartame, an artificial sweetener linked to anxiety and depression.

8) ENERGY DRINK



They can cause weird heart rhythms, anxiety, and sleep issue.

