



## EAT TO MANAGE STRESS

There are many ways to manage our stress so it doesn't become chronic and turn into burnout. One main component in stress management is keeping our body, brain and nervous system in good shape so that we're set up to process and manage stress without it consuming us and resulting in overwhelm, irritability, fatigue, difficulty concentrating and more.

And one big way to do that is by optimizing our nutrition. Below are some foods to incorporate on a regular basis to make it possible to keep calm and carry on, as well as some of the key nutrients in them and why they help.

<b>Dark leafy greens</b>	Excellent source of folate (vitamin B9) and magnesium, two nutrients in which many people with anxiety are deficient
<b>Bananas, papayas, avocado, asparagus</b>	All great sources of folate. Bananas and avocados are also good sources of magnesium
<b>Almonds, dark chocolate, chia seeds, legumes</b>	All magnesium-rich foods and easy to eat as snacks or in quick meals
<b>Cashews and pumpkin seeds</b>	Both are great sources of magnesium as well as zinc which can also help reduce symptoms of anxiety
<b>Chicken, turkey, grass fed beef</b>	Great sources of B vitamins, zinc and amino acids like tryptophan, needed to create neurotransmitters like serotonin which help stabilize our mood
<b>Eggs</b>	Another excellent source of tryptophan as well as zinc, B12, vitamin D
<b>Wild salmon, sardines, anchovies, hemp seeds, walnuts</b>	Great sources of omega-3 fatty acids which are important for healthy brain function and to reduce inflammation
<b>Turmeric</b>	Curcumin, the bioactive compound found in turmeric, has been linked to relieving symptoms of anxiety
<b>Probiotic foods like yogurt, sauerkraut, kimchi, kefir, tempeh</b>	Great for gut health - a happy gut microbiome is a happy brain

*And this is just part of the story!*

Get in touch if you'd like more info on how to manage stress, prevent burnout and more:

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