

Managing stress

Recommendations and treatments for stress management.



Are you stressed?

Simply being busy can be a form of stress; so it's not surprising that in today's society you may experience stress at one time or another. Stress comes in a variety of forms including:

- Work-related pressures
- Personal family issues
- Financial difficulties
- Divorce, separation and/or marital issues
- Personal injury or illness
- Death of a loved one
- Any significant changes (e.g. moving house, changing jobs etc.)

Though most of us cope with these stressful events, occasionally the pressure and tension can build up to the point where stress starts to adversely affect your physical and/or emotional health. If left untreated, chronic stress can cause symptoms, such as fatigue, anxiety, sleep disturbances, irritability, and even poor memory and reduced concentration.

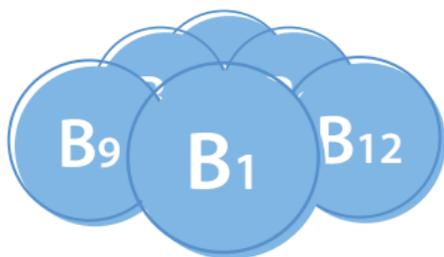


Restoring balance in the body

Chronic, ongoing stress may adversely affect your digestive and immune systems. Restoring balance, health and vitality to all your body systems can be achieved through appropriate dietary and lifestyle changes, and the use of specialised natural supplements.

Natural medicines for stress

Magnesium and **B vitamins** help produce anti-stress hormones, keeping you feeling relaxed and comfortable, and helps soothe tight, tense muscles.



If stress is making you feel anxious and tense, herbal combinations that contain **magnolia**, **zizyphus** and **passionflower** have a long history of being used to relax the body and calm the mind.



Long-term stress can leave you feeling depleted. To improve energy, mood and concentration, herbs, such as **Korean ginseng**, **Siberian ginseng**, **American ginseng**, **withania**, **rhodiola**, and **rehmannia**, can give the support you need.



Stress can impact sleep. The herbs **passion flower**, **California poppy**, **zizyphus**, **Jamaica dogwood** and **lavender oil** can help ease worries and tension, and help you fall asleep faster and stay asleep longer.



Ongoing stress can lead to structural brain changes that can contribute to feelings of sadness and depression. Herbs, such as **BCM-95® Turmeric** and **saffron**, can help reverse these changes. Nutrients such as **L-tyrosine** may benefit when brain chemistry is affected, while herbs, such as **St John's wort**, **magnolia** and **ginger**, may be helpful where symptoms are a result of thyroid or adrenal imbalance.



Get the support you need

With the support of your Natural Healthcare Practitioner, you will be able to develop holistic strategies to help you feel more positive and in control of your situation.

As well as supporting you with herbs and nutrients for healthy mood, your Practitioner can help you adopt a mood-enhancing lifestyle for improved stress management and mental health.

Strategies for coping with stress

If stress is affecting your health, here are some simple strategies you can use to help you manage the everyday pressures of life.



Express yourself

Sharing your problems with a trusted friend, family member or healthcare professional can help you to find a solution and improve your coping mechanisms.



Practice gratitude and remain resilient

When times are difficult look for the silver lining and show gratitude each day to improve mental wellbeing, self-esteem and give a renewed appreciation for life.



Be mindful of your breathing

Consciously slow down your breathing by taking deep breaths to calm your mind and body.



Get back to nature

Gardening or walking for 30 minutes per day is beneficial for reducing stress if done regularly.



Lifestyle changes

A healthy whole foods diet, getting enough sleep and avoiding stimulants, such as caffeine, smoking, sugar and alcohol. Ensure you get the much needed essential daily nutrients which help you to stay positive and energetic. Also, drinking six to eight glasses of water daily ensures you remain hydrated and keep a clear head.



Move your booty

Exercise boosts production of your body's feel-good neurotransmitters, known as endorphins, which have a positive impact on your mood and stress.



Genetic Potential Through Nutrition

**For more information, ask your Practitioner
about managing stress.**

The supplements selected for you in this clinic have been prescribed for your specific health needs. Products purchased elsewhere may not provide similar results.

MET6899-07/20 - BR8

