

## Managing stress and anxiety

Managing stress and anxiety is essential to maintaining your health and wellbeing. These are a few tips that can help manage your stress long-term.



### Regular Exercise

You don't have to become a gym addict, but try to add a 20-minute walk into your daily routine. The fresh air, movement and sunlight will do wonders for your mental health.

### Stretch

There's no need to become a master yogi, but simply taking a couple of minutes a day to stretch out your muscles really does help. When you're stressed, those muscles tend to tense up inadvertently.



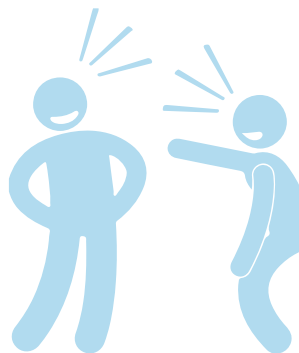
### Sleep

While sometimes sleeping when you're stressed seems impossible or implausible, making sure you're getting enough shut eye is key to stopping stress getting the best of you. Set yourself a consistent bedtime and wake-up time to support your circadian rhythm.



### Have a good laugh

As the old adage goes, laughter is the best medicine. Make the time to hang out with a friend who makes you laugh, watch a classic comedy, or even funny cat video on YouTube. Whatever it takes, because everyone should laugh at least once a day.



Your next appointment is:

### Health Tips:

Struggling to drink enough water? Buy yourself a water bottle and mark on the bottle how much you want to drink by certain times!

Guilty of spending too long glued to the TV? Challenge yourself to get up and move during every ad break!



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# Give *Stress* the *Slip*



**Tips to calm your mind  
and nourish your  
body**



Good gut function is imperative for your wellbeing, playing a huge role in physical health and mental health. But did you know your mental health also affects your gut?

It's all-too-familiar to think about a stressful situation, and have physical symptoms manifest. That knot in your stomach, tightening in your throat, and sweat on your palms is real, and has long term effects.

These symptoms can be caused by the gut-brain connection and exemplify the negative impact of stress on gut function.

## Digestion

When stress activates your "fight or flight" mechanism, digestion is put on hold until the stressor passes. But these days, stressors tend to stick around. The result is poor nutrient absorption and an altered gut lining. In a vicious cycle, this then affects our ability to handle stress and causes symptoms like bloating, gas, constipation and heartburn.

## Poor immune function

Roughly 60%-80% of your body's immunity is housed in your gut. Long-term stress causes your sympathetic nervous system to wipe out a chunk of your gut bacteria, weakening your immune system and reducing nutrient absorption. You then catch every bug going around and are less able to fight them off.

## Skin

Anyone who's predisposed to pimples can tell you that stress = breakouts, well beyond puberty. Poor gut health affects skin regardless of age, with poor nutrient absorption leaving skin less vibrant and more prone to conditions like acne, eczema, rosacea and psoriasis.

## Support yourself during times of stress with these key *stress-busting nutrients*!

### Beautiful B's

Activated B vitamins can support your nervous and digestive systems and help your body manufacture neurotransmitters which improve your ability to deal with stress.



### Magical Magnesium

Magnesium is magnificent for a number of different conditions, but is particularly good when it comes to supporting you in times of stress. Magnesium is involved in more than 600 reactions in the body. Along with Taurine, it can calm the body and aid sleep.



### Zest for Zinc

Zinc is involved in hundreds of reactions in the body including protein synthesis and reparative mechanisms. During times of stress, Zinc deficiency can arise as the body tries to repair itself. Zinc is required for production of stomach acid and maintaining integrity of the gut lining. A deficiency in Zinc can affect digestion and nutrient absorption, lessening our ability to cope with stress.



### Glutamine the Great

The amino acid, Glutamine is a fuel source for immune and intestinal cells. During times of stress, the body's ability to produce enough Glutamine becomes compromised, as does the integrity of the gut lining. This leads to poor nutrient absorption which means you won't get all the goodness from your foods.



## The food we eat can be our *most powerful ally in health, or our biggest downfall.*

In times of high stress, we tend to pay less attention to what we're eating, and can fall into the trap of convenience foods which are often lacking in key nutrients. Here are a couple of super-easy, quick-to-make snacks, rich in key stress-busting nutrients.



### Roasted Chickpeas

A lot of retailers sell roast chickpeas now, but they are super simple to make yourself. Just drain the chickpeas, leave them to dry, coat in whatever spices you want, and roast.

### Avocado Mousse

A delicious dessert alternative, avocado mousse takes less than 10 minutes to prepare. Just put avocado, maple syrup and cacao in a blender, whizz it up and refrigerate to set.



### Hard boiled eggs

Hard boiled eggs are under-rated as a nutritious, easy snack. They take minutes to prepare, and are easy to transport. You can even leave the shells on until you're ready to eat. Season with salt and pepper, and they're good to go.

### Nut mix

Making your own nut mix is far cheaper than buying a pre-made one, and couldn't be any easier to prepare. Simply throw your nuts (we like cashews, almonds, pistachios and macadamias) together and bag it up.

