

REDUCING THE STRESS RESPONSE

BEHAVIOURAL, COGNITIVE AND EMOTIONAL FACTORS.

Although a biochemical process, the severity of the stress response is subjective. The same stressful event will affect one person a certain way and another person a different way. This is due to behavioural, cognitive and emotional factors which means that the context of a person's life always plays a part. Using these factors can lead to effective, multi-dimensional de-stressing techniques.

- Deep breathing exercises
- Progressive muscle relaxation
- Regular Meditation
- Changing your task - do something else temporarily
- Do more joyful activities
- Mindfulness Exercises
- Write down what you are grateful for
- Write down your intentions.

- Use Rational Thinking.
- How can you resolve the issue?
- How can you change the way you think about the issue?

- Focus on positive feelings
- Process and express your emotions - allow yourself to cry when you need to!
- Social support from friends, family and/or support groups is important. Talk to them about your experiences.

1. BEHAVIOURAL

2. COGNITIVE

3. EMOTIONAL



4. PHYSICAL

REDUCING THE STRESS RESPONSE

The best
Naturopathic
Tools

NUTRITION

Nutrients deplete quickly with high stress levels. Magnesium, Essential fatty acids, B vitamins, Zinc, vitamin C, probiotics are helpful.

Dietary choices - Variety, anti-inflammatory, Nutrient dense.

Food choices: Oats, fish, nuts, chia & hemp & flax seeds, high polyphenols (anything colourful) for healthy mood
Mindful eating.

HERBAL MEDICINE

Herbal teas are a great supportive strategy - chamomile, lavender as are these essential oils.

Tinctures are the most effective.

General stress: Ginseng, Withania, Rehmannia.

Anxiety symptoms: Anxiolytics like lemon balm, chamomile, passionflower, valerian & Kava.

SLEEP

Restorative Sleep can be the difference between your body going back to a pre-stressed state and staying in a high cortisol state.

EXERCISE

General stress management and anxiety lowering. Provides distraction but also has a physiological benefit by lowering cortisol.