

How stress affects your overall health, weight & wellness and strategies to help manage your stress.



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Definition of stress

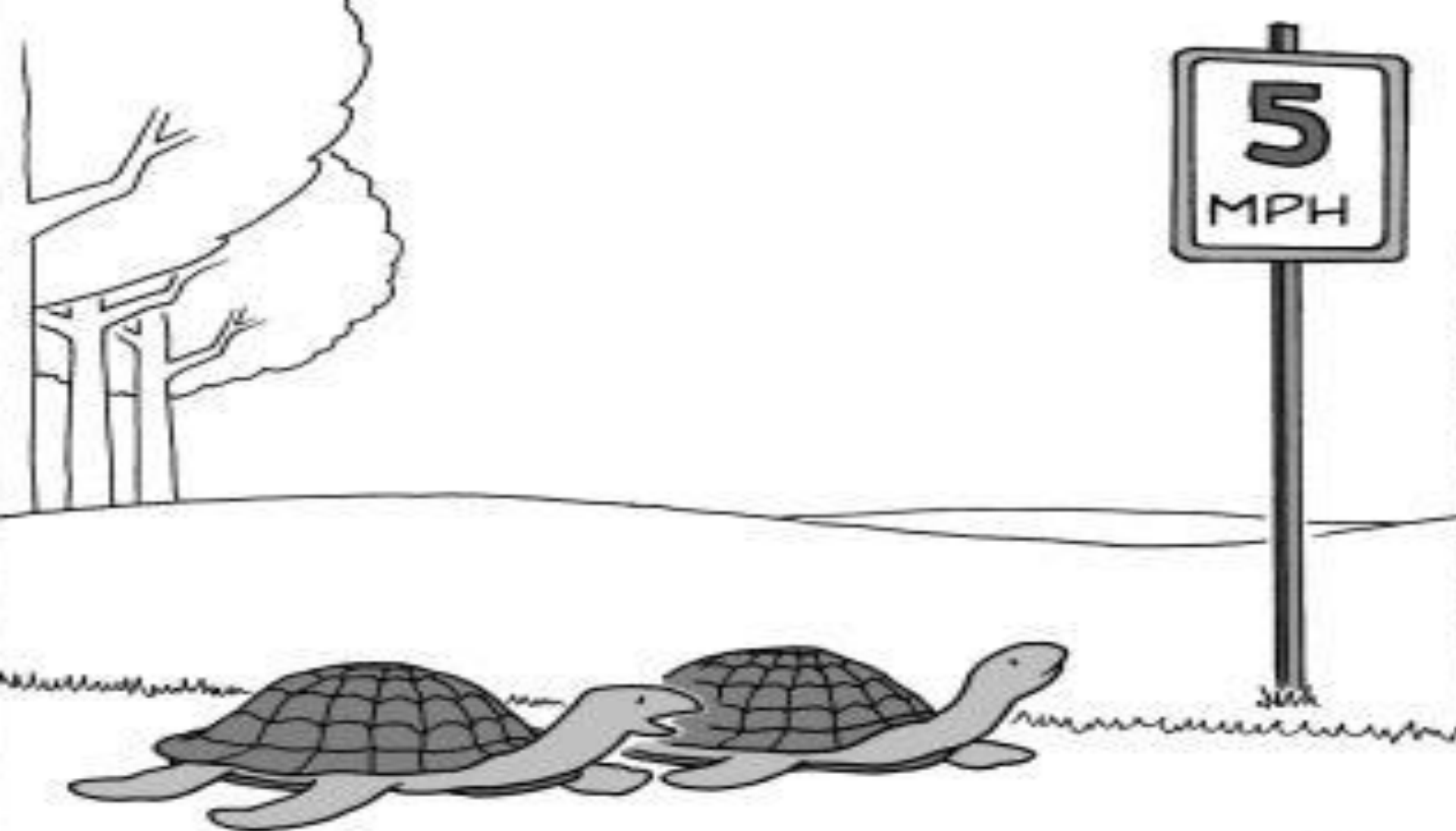
Stress refers to the consequence of the failure of an [organism](#) — [human](#) or other [animal](#) — to respond adequately to mental, emotional, or physical demands, whether actual or imagined.^[1]



Signs of Stress



Signs of stress may be [cognitive](#), emotional, physical, or behavioural. Signs include poor judgment, a general negative outlook, excessive worrying, moodiness, irritability, agitation, inability to relax, feeling lonely, isolated or [depressed](#), [acne](#), aches and [pains](#), [diarrhea](#) or [constipation](#), [nausea](#), [dizziness](#), [chest pain](#), rapid heartbeat, [eating](#) too much or not enough, [sleeping](#) too much or not enough, Social withdrawal, [procrastination](#) or neglect of responsibilities, increased [alcohol](#), [nicotine](#) or [drug](#) consumption, and Nervous [habits](#) such as [pacing](#) about, [nail biting](#), and neck pains.



**"When did the world
get into such a big hurry?"**

Stress is stress is stress...

Whether you are stressed because of constant demands of family, work, health and/or home or if you are really in danger, your body responds the same way.



Kinds of Stress

Internal Stressors	External Stressors
<ul style="list-style-type: none"><input type="checkbox"/> Dehydration<input type="checkbox"/> Processed foods<input type="checkbox"/> Caffeine<input type="checkbox"/> Alcohol<input type="checkbox"/> Smoking<input type="checkbox"/> Lack of quality sleep<input type="checkbox"/> Our perception/ thoughts<input type="checkbox"/> Lack of daily movement<input type="checkbox"/> Medications	<ul style="list-style-type: none"><input type="checkbox"/> Immediate Environment<input type="checkbox"/> Career/ Job<input type="checkbox"/> Relationships<input type="checkbox"/> Daily tasks<input type="checkbox"/> Pollution<input type="checkbox"/> Noise<input type="checkbox"/> Traffic/ Commuting<input type="checkbox"/> Illnesses/ infection

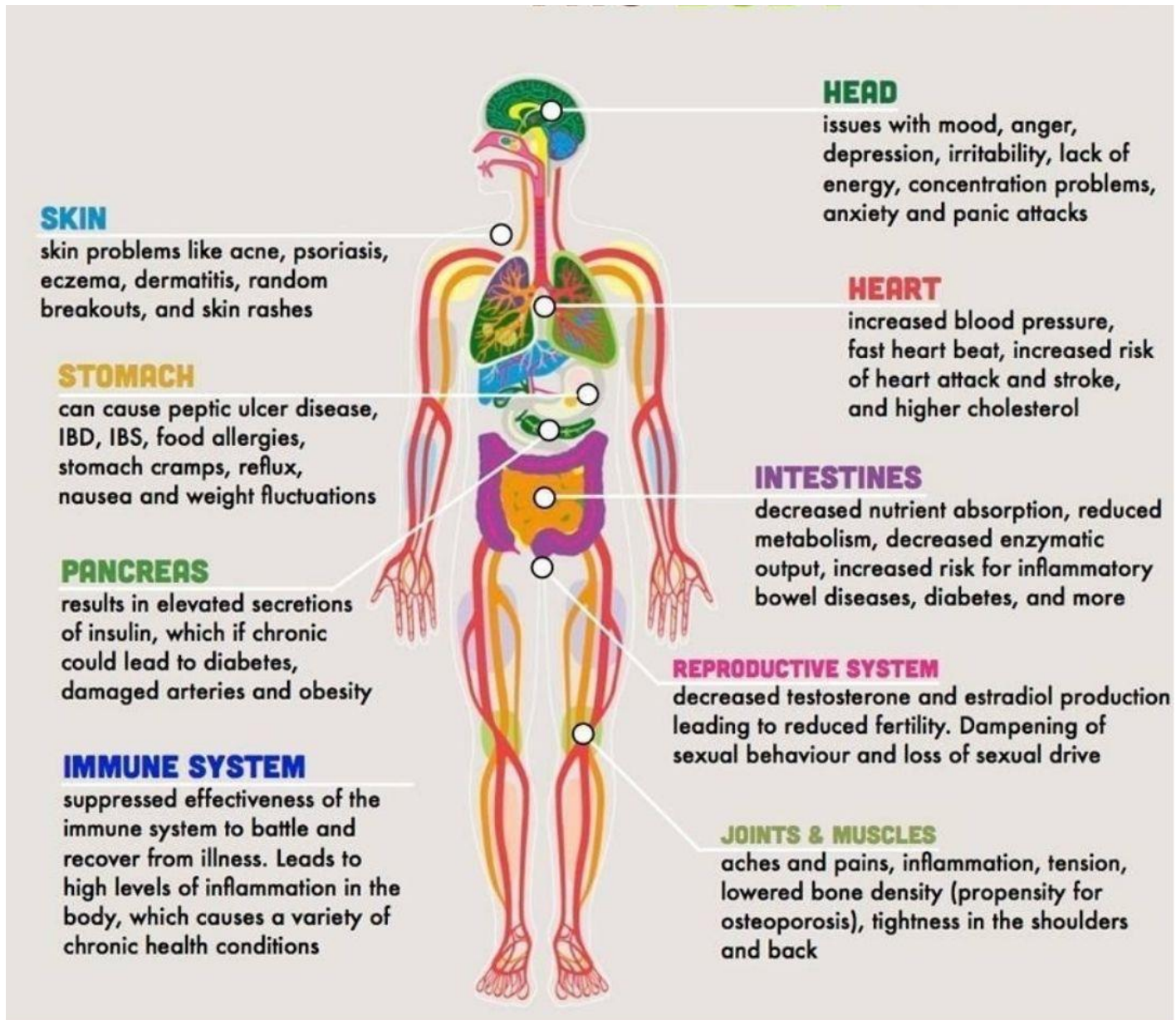
Questions to ask yourself?

1. List those things that cause you to feel stressed (work, aging parents, children, finances, health, weight...)
2. List the symptoms you feel when stressed (heart rate increases, cravings, palms sweat, nausea...)
3. What steps do you take to try to calm yourself (eating, talk to a friend, you really don't have any...?)
4. Do you feel that your stress has a negative effect on your health and/or weight? Yes or No
5. If yes, explain why (eat more, eat less, cravings, increased blood pressure, increased cholesterol, diabetes 2, heart disease...)

Stress = Fight or Flight



How the body responds to stress.



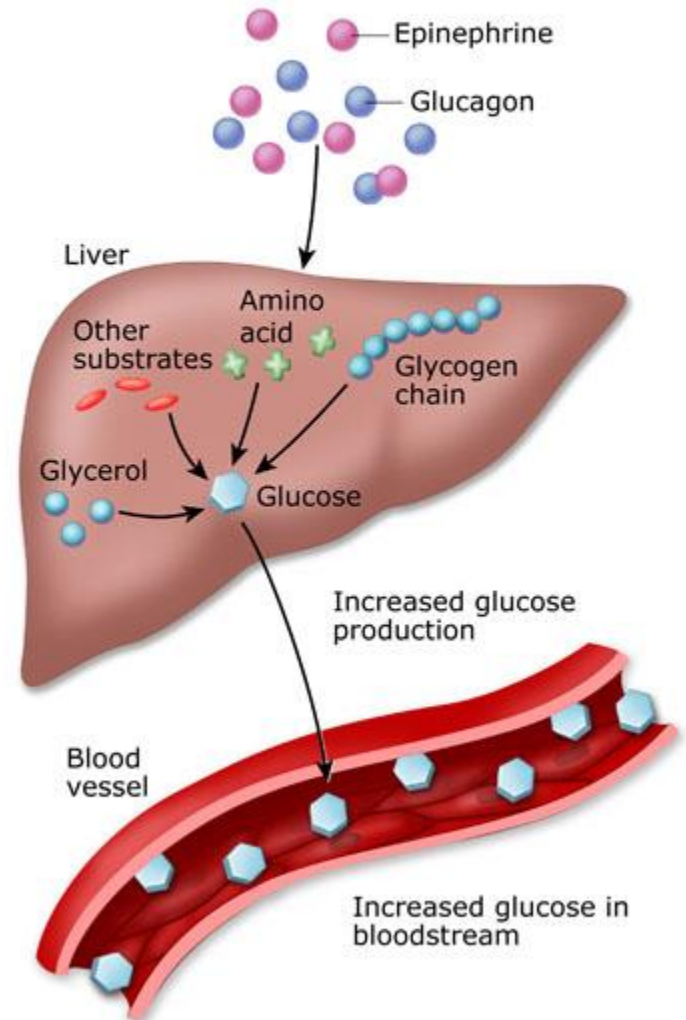
Stress increases your blood sugar levels

Prolonged stress can cause:

- Imbalanced blood sugar
- Increased hunger
- Mood swings
- Fatigue

Too much stress has even been linked to Metabolic Syndrome (a cluster of health concerns that can lead to heart disease and diabetes).

Glucose Counter-regulatory Hormones:
Effect on Liver





TO DO LIST

1. SO
2. MANY
3. THINGS

How to manage your stress



More ways to manage stress



How your diet affects your stress

While you can't always eat a completely balanced diet, you can reduce your stress levels by simply reducing certain food groups.

Scientific Studies show that cutting down on:

- Sugar
- Caffeine
- Alcohol
- Regular Chocolate

can have a positive affect on your mood!



Studies show that 60+ % of the stress on your body is caused by lack of nutrients.



Carbohydrates can calm you down

Healthy Carbohydrates are Complex Carbohydrates



- All carbohydrates prompt the brain to make more **serotonin – the feel good hormone.**
- Good choices are whole grains, oatmeal, vegetables, legumes, beans, and most fruits...

Other foods that can calm you down



- Lean meats, turkey, chicken, eggs and fish can help your combat stress by providing a good source of protein.
- Nuts, seeds, legumes, beans and lentils are all wonderful plant proteins.
- These are all good choices because they contain the necessary **amino acids** for a healthy brain to function.

Foods high in antioxidants are calming

Vitamin C is concentrated in the adrenal glands where it is used to make stress hormones. Eating these foods can help lower blood pressure, reduce cortisol levels, strengthen your immune system and decreases stress.

- ✓ Bell Peppers - red and raw
- ✓ Broccoli – steamed
- ✓ Brussels Sprouts – steamed
- ✓ Oranges
- ✓ Cantaloupe
- ✓ Kiwi Fruit
- ✓ Cauliflower
- ✓ Kale - steamed



Healthy fats = Healthy brain



- Essential fatty acids like omega-3 oils found in fatty fish, ground flax seeds, walnuts & fats found in avocados, nuts and seeds help you maintain a proper blood sugar level and healthy brain.
- They also contain plenty of the B vitamins which combat stress and fatigue.

Eat less Trans fats!

Sources of *Trans* Fats



Cookies, crackers, baked goods, bread, etc.

Chips, snack foods

Fried foods

Trans-fatty acids

Trans-fatty acids are found in fried foods, commercial baked goods, processed foods and margarine



ADAM.

- Trans fats are a type of fat found fast food, processed foods...
- Artificial trans fat is made when hydrogen is added to a liquid vegetable oil to make it more solid.
- When you see “partially hydrogenated oils” on the label of a processed food, that means it contains trans fat

Make healthier choices and eat less of:



- ✓ White sugar – use maple syrup & honey
- ✓ White flour – use spelt, kamut, whole wheat...
- ✓ Processed foods – look for 5 or less ingredients
- ✓ Fast foods – read labels and look for less sugar
- ✓ Fried foods - try baked instead
- ✓ Soda - read labels for sugar
- ✓ Energy drinks
- ✓ Alcohol
- ✓ Artificial sweeteners – sweeten with maple syrup or honey.



"STRESSED"
is
"DESSERTS"
spelled
backwards

Foods to eat more of!

- ✓ Vegetables – cooked and raw
- ✓ Berries
- ✓ Fruit
- ✓ Legumes, Beans & Lentils
- ✓ Nuts & Seeds
- ✓ Whole Grains
- ✓ Alternative Grains
- ✓ Lean Protein
- ✓ Water as your main drink
– add berries, lemon...



You can manage your stress

- New research finds that our thoughts have more of an influence on our overall health and well being than previously believed.
- More importantly, it seems it is not the actual thought or perceived stress that is detrimental, but how we response to it.



Take deep breaths to calm you:)



FIVE DEEP BREATHS

(A LITTLE PRACTICE
THAT JUST MIGHT
CHANGE YOUR LIFE)

Thank-you :)



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