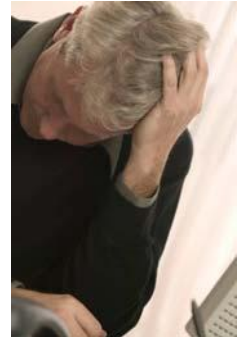


## Nutrition and Stress

### What is stress?

- ✚ Stress is defined as any type of distress; burden; pressure or hardship.



### Are there stress related foods?

#### 1. Caffeine, a stimulant, intensifies the effects of stress.

- Although coffee or energy drinks may be taken to enhance performance, beware!
- Some energy drinks have twice the amount of caffeine in 2 cups of espresso!
- Too much caffeine can cause people to experience anxiety, heart palpitations, irritability and difficulty sleeping and digestive problems. Not what you need at exam time!



#### 2. Water, vital to life, but overlooked as a stress reliever.

- Normal daily functioning causes losses about 2 Litres of water
- When you don't drink enough, there are physical and mental effects...headaches, poor concentration, fatigue, constipation and even anxiety!
- Increasing your daily intake of water to 8 or more glasses, is a simple wellness strategy for combating stress!



#### 3. Be nutrient rich : How can your body function optimally on empty?

- Substitute fruit for a rich dessert, add extra vegetables and include protein at mealtimes.
- Great Snacks: Stock up on cereal, fruit, yoghurt, whole grain crackers and water that will give your body the nutrients it wants!

