

Foods to Destress

Top tips to eat yourself calmer:

Food

How it helps

How to do it

Whole foods

Whole grains increase levels of serotonin the mood lifting hormone. High fibre diets can help to reduce anxiety, depression and stress.

Whole meal rice, pasta and flour
Leafy greens
Beans
Sweet potatoes

Magnesium

Magnesium reduces cortisol which is a stress producing hormone.

Avocado
Banana
Leafy greens
Pumpkin seeds

Omega 3

Omega 3 has been linked to a reduction in anxiety, depression and stress through studies.

Salmon
Avocado
Olive oil
Nuts e.g. walnuts

Warm drinks

Sipping a warm drink, holding it and smelling has been shown to create feelings of calm. It's better to have warm drinks free from sugar and caffeine.

Herbal teas
Matcha tea
Warm milk





<i>Food</i>	<i>How it helps</i>	<i>How to do it</i>
Probiotics	Gut bacteria directly affects your feelings. Foods with probiotics have been shown to help mental health.	Kimchi Live Yoghurt Sauerkraut
Vitamin B	Taking vitamin B has been shown to significantly lower stress levels and increase positive moods.	Nuts e.g almonds Eggs Tomatoes Pulses Milk
Reduce caffeine and sugar	Both of these have been shown to increase the production of the stress hormone cortisol.	Swap processed sugar snacks for fruit Swap to herbal tea
Reduce refined products	Processed foods increase cortisol and causes blood sugar levels to become volatile.	Swap processed foods like white bread and pasta for whole meal. Reduce intake of saturated fats.

