

# STRESS

Wiping you out?

## Stressed Out and Overworked?

No one is a stranger to stress. A little stress is healthy; it challenges you and makes you stronger. The body's stress response is designed to help you survive stressful situations. Historically, stress looked a bit different, particularly if you were a caveman confronted with a sabretoothed tiger! In our busy, modern lives, the sources of stress are different but the body's response is the same. Stresses are not always easy to resolve, meaning that your stress response is constantly activated. Stress without adequate recovery can substantially affect your energy levels, resulting in significant fatigue. If this situation is not addressed, feeling tired and stressed may become your 'normal' day to day existence

## Chronic Stress Can Lead to Fatigue

The average adult juggles a multitude of commitments and the list continues to grow, leaving little time for relaxation. Your brain is the first organ that senses stress. It responds by sending messages to the adrenal glands which release cortisol to help you deal with the stress.

When stress becomes chronic, the brain may seek to self-regulate itself by toning down these signals as a protective mechanism. This can result in the sort of low energy commonly seen in chronic fatigue. Stress is known to be an underlying factor behind many conditions, with severe fatigue being one of the most debilitating.

## Adapting to Stress... Herbs May Help

Herbs known as adaptogens may improve your ability to adapt to stress, building resilience and energy levels:

- **Ginsengs:** Siberian, Korean, American and Indian ginseng (withania) may help you regain energy when you're feeling flat and exhausted. These herbs may also protect the brain from excessive stress.
- **Rhodiola:** This useful herb is considered a physical and mental energy tonic. It may help your brain to self-regulate in times of stress.
- **Tyrosine:** The amino acid tyrosine is a building block for brain chemicals known as neurotransmitters, and plays an important role in supporting a healthy mood, stress response and alertness.

## Lifestyle Tips to Stay Ahead of Stress

The following tips can help you deal with stress and recharge your batteries:

- **Exercise:** Being active supports energy production and releases feelgood endorphins and improves your overall health and wellbeing.
- **Meditation / mindfulness:** This practice helps calm an overactive mind and assists you in finding peace.
- **Nature:** Spending time in nature allows you to relax and has the benefits green plants and natural foliage can provide – improved mood and an increased sense of calm.
- **Stay social:** Interacting with family, friends, work colleagues and sports buddies builds quality relationships. Socialising is not only fun; it may also increase your resilience to stress.

## Stress Less, Win More!

Talk to your Practitioner today about how you can best manage your stress and increase energy! The Stress Less Program addresses the factors that contribute to stress, to help bring out your best. The program comprises personalised herbal and nutritional supplements, with lifestyle and dietary advice and a helpful wellbeing journal with an easyto-use symptom tracker, to chart your progress

