

Health & Wellbeing

Combating stress through nutrition

By

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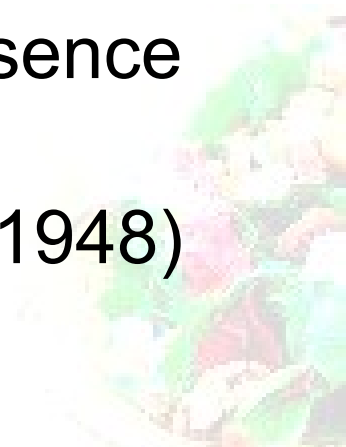


What does good health mean to you?

Definition of health:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

(WHO 1948)



What is wellbeing and what influences it?

Social

Mental

Spiritual

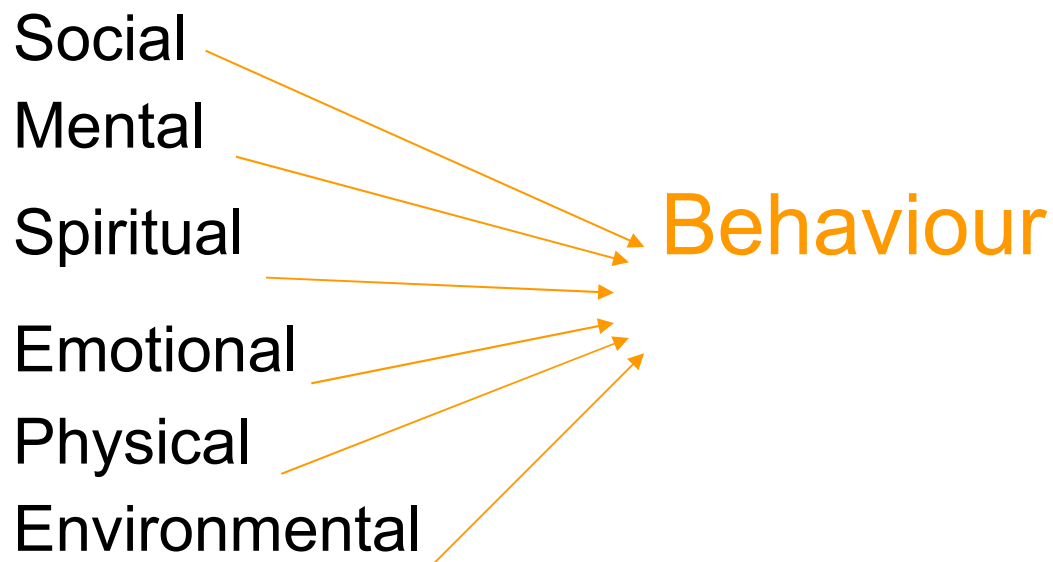
Emotional

Physical

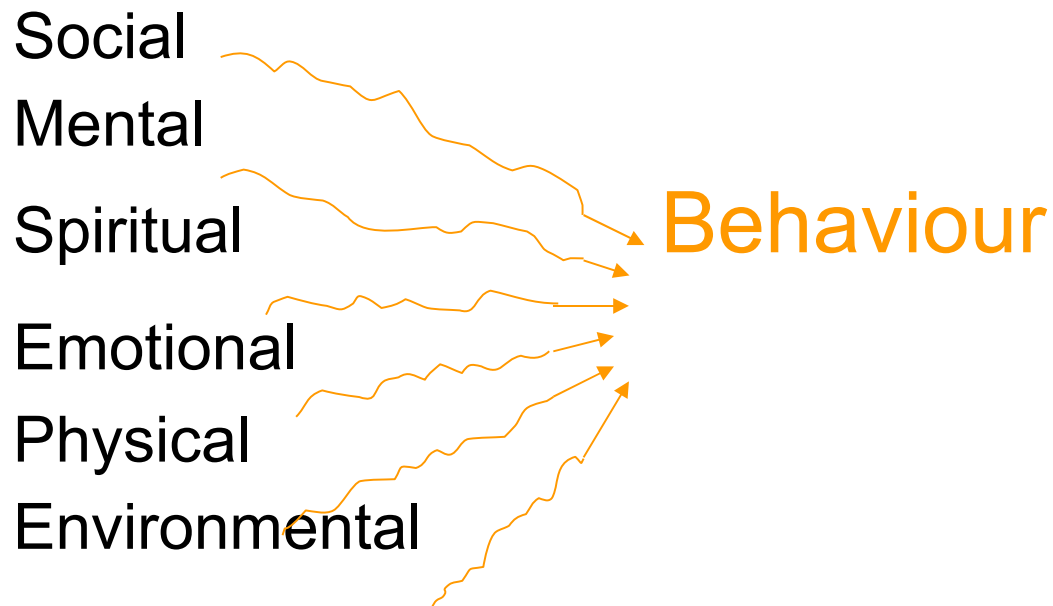
Environmental



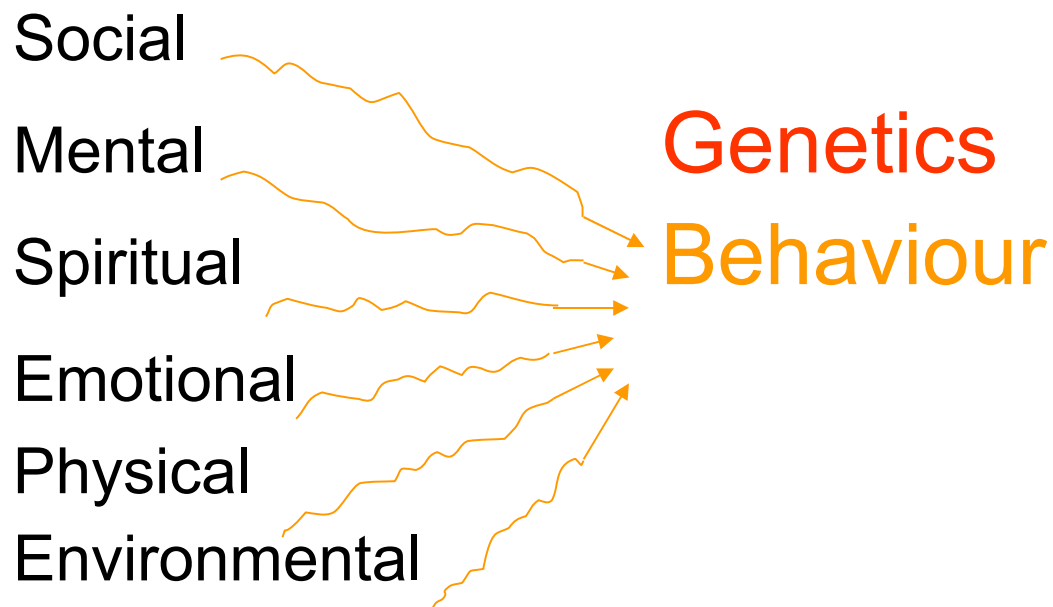
Elements to control, minimise or reduce



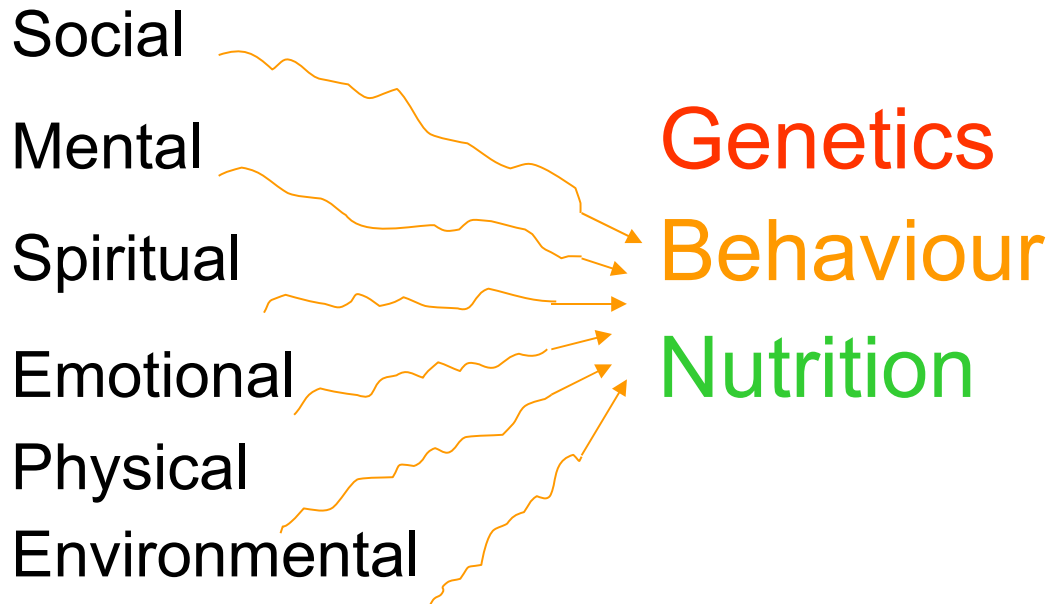
Any imbalances create stress!



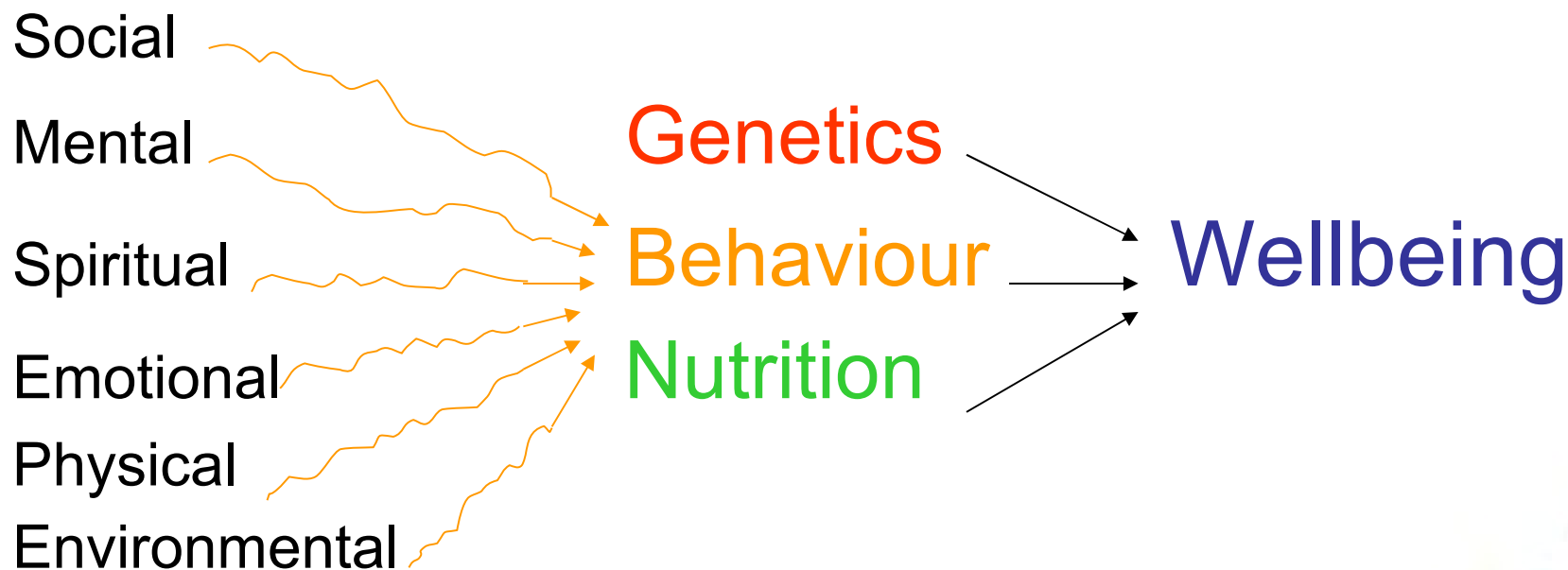
Genetics - Uncontrollable Factors



Nutrition - Controllable Factors



Combination of controllable & uncontrollable factors



Where are you?



Definition of stress:

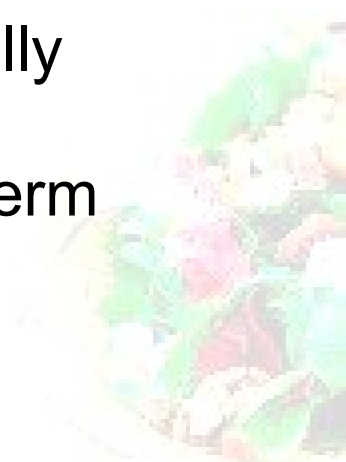
“A situation where demands on a person exceed that person’s resources or ability to cope”

3 stages of stress:

Alarm – Initial response, body produces adrenaline resulting in fight or flight response

Resistance – Coping mechanism, resources gradually eroding leading to exhaustion

Exhaustion – No longer coping, resulting in longer term damage and compromised immune system



Common signs of stress:

- Muscle tension
- Loss of focus/concentration
- Headaches
- Increased heart rate
- Having a short temper
- Edgy or irritable
- Irritations (rashes, eczema etc.)
- Loss of appetite



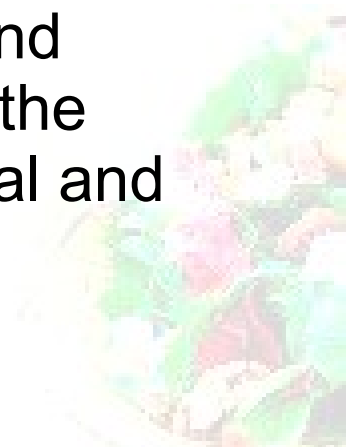
Longer term consequences include:

- Depression
- Mental health problems
- Heart/Cardiovascular problems
- Bowel/Digestive Problems
- Diabetes



The link between stress and nutritional insufficiency

Stress often leads to unhealthy eating habits. When the body neglects good nutrition it will result in a sudden urge to eat thereby seeking a 'quick fix'. Additionally, stress makes the body craves foods that are high in fats and sugars which, in time, will inflict a greater stress on the body, plus other problems posing a threat to physical and mental health.



Stress leads to poor eating habits:

- Fast Food/Junk Food Intake
- Forgetting/Skipping Meals
- Coffee/caffeine Intake
- Eating the Wrong Food Types
- Fad Dieting
- Constantly Picking at Foods



How these imbalances affect the body:

Negative Hormonal Side Effects from Caffeine

(These hormones are increased under the influence of caffeine)

- **Adenosine** - Alerts you but causes sleep problems in the future.
- **Adrenaline** - Gives you an extra boost but will make you feel fatigued once the adrenaline has worn off.
- **Cortisol** - The Stress hormone. Makes you crave fatty foods.
- **Dopamine** - Initially makes the person feel good but once worn off, generates a low and possible dependence/addiction
- **Weight Issues** - Cortisol production/Junk food/fad dieting
- **Impaired Immune System** - Lack of nutrients
- **Imbalances in the Blood Sugar:**
 - Tiredness
 - Lapses of concentration
 - Mood swings



Good nutrition is essential because the body uses up:

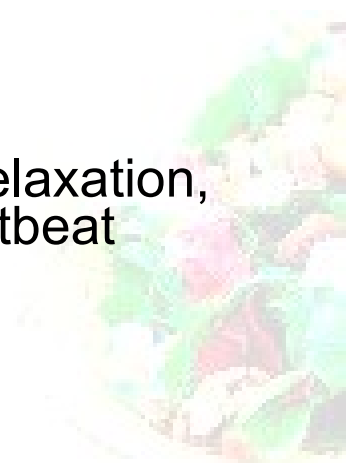
B vitamins: These help the body cope with stress and control the nervous system

Proteins: Assist in growth and tissue repair

Vitamin A: Essential for normal vision, health of teeth & bones

Vitamin C: Protection of the immune system

Magnesium: Needed for a variety of tasks such as muscle relaxation, fatty acid formation, making new cells and heartbeat regulation



The business case for organisational wellbeing and performance:

People who feel well perform better than people who feel ill



<p style="text-align: center;">High personal wellbeing Good business performance</p> <p>Commitment, trust, engagement Good terms and conditions High customer & staff focus Low sickness absence Low staff turnover Low costs/high profits</p>	<p style="text-align: center;">Average personal wellbeing Poor business performance</p> <p>Average company benefits, terms & conditions Little company wellbeing programmes Average sickness absence High staff turnover High costs/ low profits</p>
<p style="text-align: center;">Poor personal wellbeing Average business performance</p> <p>Average terms and conditions Limited alternative employment Transactional management Incentive and bonus schemes High levels of sickness absence High number of tribunals Limited wellbeing programmes Average staff turnover Very high costs/Minimal profits</p>	<p style="text-align: center;">Poor personal wellbeing Poor business performance</p> <p>Poor terms and conditions Lack of Commitment, Trust, Engagement Coercive, competitive and bullying culture High level of presenteeism High numbers of tribunals High levels of sickness absence High staff turnover High costs/Low profits</p>



It's also important to combat psychological stress:

- Erase Negative Thoughts
- Adopt a Positive Mind
- Listen to Your Emotions
- Relax Your Mind
 - Sleep
 - Rest
 - Play



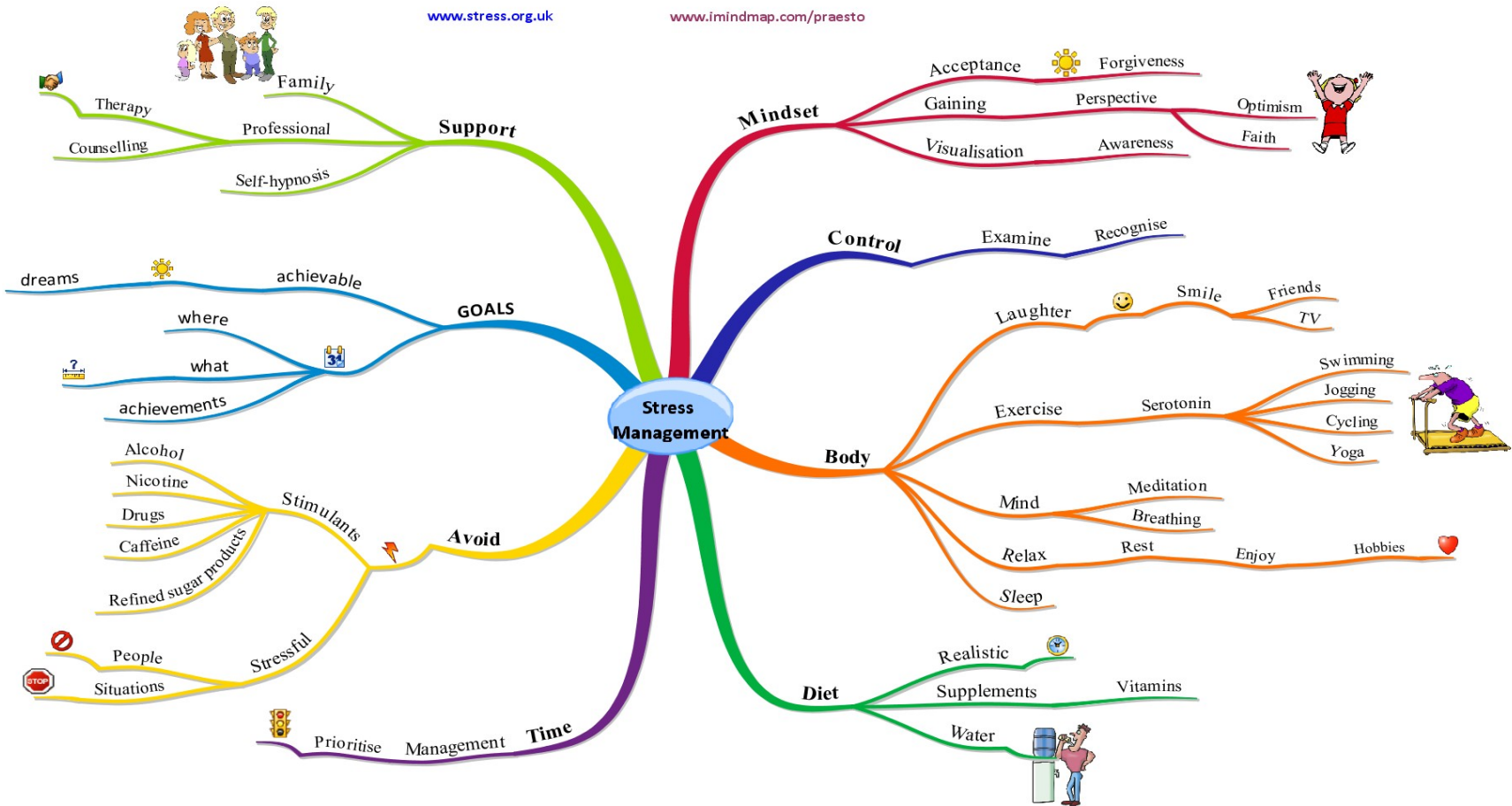
Health Yourself



www.stress.org.uk



www.imindmap.com/praesto



**Good nutrition should form the basis
for combating stress.**

However, 'moderation is the key to life
including moderation'

Horace Porter
1837 - 1921

