

Managing Stress and Overwhelm

Managing our stress levels is key to staying healthy and well. Here are some ways you can manage your stress:

- **Get social!** When you're stressed, your body's natural response is to seek out support from others, and oxytocin (the friendly hormone) helps facilitate this by encouraging us to reach out for help or provide support to others. Research shows this rapidly decreases our own stress levels.
- **Introduce microbreaks.** A short pause in your day where your brain stops receiving and trying to process input.
 - Leave your phone behind when you go to the kettle and notice your surroundings while you wait for it to boil. Just enjoy a few minutes doing NOTHING.
 - Use the lift WITHOUT scrolling on your phone, just allowing your mind to wander.
 - Stand at the bus stop and just notice what's around you rather than scrolling.
- **Get moving!** Regular, small bouts of activity ("snackitivity") radically reduce our stress levels and regularly pump feel-good hormones through our body.
- **Try to become aware of the way you breathe** and practice techniques that help slow your breathing down if you find yourself in a stressful situation.
- Aim to spend at least 5 minutes a day (or more) consciously focusing on your breathing. This can be all in one go, or more regularly throughout the day.



Step one - place one hand on your chest and the other on your abdomen. With your mouth closed, slowly take a deep breath in through your nose and allow your lungs to fill with air. If it helps, slowly count to four when you do this.



Step two - allow your abdomen to expand as you are breathing in, your belly should start to push out and your chest stays still.



Step three - exhale through your mouth and allow your abdomen to come back inward, count slowly to five or six to ensure you fully exhaling.

Supporting Your Immune System

There are a number of things that impact our immunity but the key ones are: how we deal with stress, what we eat, and improving our gut health. Focus on these three as the first step rather than defaulting to supplements immediately.



Nourish your body with food

While we enjoy food for what it is, what we eat eventually makes it to our cells to power everything our body does. What we eat, matters! Absorption of nutrients happens in the intestine, so the health of our gut matters. Eating a well-balanced diet, that contains enough energy, protein, unsaturated fat and fibre to support immune function.

Zinc

Zinc is involved in DNA replication and cell development. Our immune system is made up of many cells, which require DNA. If we don't get enough zinc the efficiency and breadth of our immune system may be compromised. Zinc can also behave like an antioxidant, neutralising harmful free radicals and minimising inflammation.

The 2008/9 New Zealand Adult Nutrition Survey found nearly 40 per cent of men and 11 per cent of women don't meet their recommended dietary intake (RDI) for zinc.

How much do you need?

| | |
|---------------|----------|
| Adult women | 8mg/day |
| Adult men | 14mg/day |
| Pregnant | 11mg/day |
| Breastfeeding | 12mg/day |

Food Sources

| | | | |
|-------------------------------|-------|-----------------------------|-----|
| 3 fresh oysters (45gm) | 13mg | 2 slices of grainy bread | 1mg |
| 100gm lean beef | 4mg | 1 cup milk | 1mg |
| 1/2 cup mussels | 2mg | 2 eggs | 1mg |
| 100gm chicken breast | 1.5mg | 1/2 cup cooked rice | 1mg |
| 1 cup chickpeas | 1.5mg | 2 tablespoons pumpkin seeds | 2mg |
| 2 tablespoons roasted peanuts | .5mg | 2 tablespoons cashews | 1mg |

Vitamin C

Vitamin C supports the immune system by acting as an antioxidant, neutralising free radicals from causing oxidative damage in the body. It is a water soluble vitamin therefore passes through the body quite easily and is not stored. For this reason vitamin C should be consumed regularly. There is an increased requirement for vitamin C in those with increased oxidative damage such as endurance athletes or smokers.

How much do you need?

| | |
|---------------|-----------|
| Adult women | 75mg/day |
| Adult men | 90mg/day |
| Pregnant | 85mg/day |
| Breastfeeding | 120mg/day |

Food Sources

| | | | |
|-------------------------|------|----------------------------|------|
| Half a cup red capsicum | 95mg | 1/2 cup fresh strawberries | 49mg |
| 3/4 cup orange juice | 93mg | 1/2 cup cooked sprouts | 48mg |
| 1 orange | 70mg | 3/4 cup tomato juice | 33mg |
| 1 kiwifruit | 64mg | 1/2 cup cooked cabbage | 28mg |
| 1/2 cup green capsicum | 60mg | 1 medium baked potato | 17mg |
| 1/2 cup cooked broccoli | 51mg | 1/2 cup cooked spinach | 9mg |

Vitamin D

Vitamin D has many roles in the body including supporting the immune system. Vitamin D is a fat-soluble vitamin that is naturally present in a few foods, added to others, and available as a dietary supplement. It is also produced endogenously when ultraviolet (UV) rays from sunlight strike the skin and trigger vitamin D synthesis.

How much do you need?

| | |
|-----------------------|-----------|
| Adult women | 600IU/day |
| Adult men | 600IU/day |
| Adult women >70 years | 800IU/day |
| Adult men > 70 years | 800IU/day |

Food Sources

| | | | |
|------------------------------|--------|------------------------------|------|
| 1 tbsp Cod liver oil | 1360IU | 1 egg | 44IU |
| 85g Rainbow trout | 645IU | 85g liver, beef | 42IU |
| 85g Salmon | 570IU | 85g tuna in springwater | 40IU |
| 1/2 cup UV exposed mushrooms | 366IU | 40g cheddar cheese | 17IU |
| 1 cup fortified milk | 120IU | 1/2 cup portabello mushrooms | 4IU |
| 2 Sardines | 46IU | 85g chicken breast | 4IU |



Harness stress

- Enjoy a 10-30 second cold shower to feel alive and reinvigorated with this interesting way to build resilience toward stress.
- Get moving! Regular, small bouts of activity ("snacktivity") radically reduce our stress levels and regularly pump feel-good hormones through our body.
- Try something new and challenging; exhilaration not only brings joy and satisfaction but may strengthen our immune system.
- Practice regular microbreaks where your brain is able to mindlessly wander. Thirty seconds a few times a day is all it takes.



Improving gut health

The microbiome that lives in your large intestine is like the guide and trainer of your entire immune system. Because that's where the largest number of bugs live. About 70% of your immune system is in your gut to help decide friend from foe. If our gut is healthy, our immune system will be strong.

Try these tips to improve your gut health:

- Fibre - increase the amount of plant foods you consume across the week (aim for 30+ different types!) and aim for 2 serves of fruit and 5+ serves of vegetables a day.
- Fermented foods - try small amounts (start with 1-2 tsp per day and gradually increase) of kefir, probiotic yoghurt, kimchi, kombucha etc



Improve Your Sleep



Expose your eyes to natural light in the morning

This helps to regulate your wake and sleep cycles. Try eating breakfast outside or have an early morning walk without your sunglasses on. At lunch time also aim to get outside.



Aim to get at least 7-9 hours sleep each night.

Keeping to a consistent bed time and wake time is really helpful.



Get your room right for sleep.

Try to keep your bedroom around 18 degrees, make it as dark as possible, and use an alarm clock rather than relying on your phone. [A great eye mask can help too!](#)



Minimise screen and device use before bed.

Reduce blue light exposure and mental stimulation. Instead try reading, meditating, listening to a podcast.



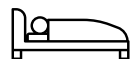
Be informed not consumed.

Manage the amount of bad news you tune into and focus on looking for the good in the world.



Clear your head.

Write things down before you go to bed to get things out of your head. Ideally do this in a room that isn't your bedroom so you don't associate your bed room with your brain dump/download.



If you wake in the night, be sure not to check the time!

Get out of bed and go to another room where it is dark, read or do something relaxing. Return to bed when you're sleepy.



Check your alcohol intake and caffeine fix.

Too much can compromise the **QUALITY** of your sleep. Aim for less than [400mg caffeine](#) per day and try decaf or herbal tea in the afternoon. If you want to drink alcohol in the evening, the guidance is to stop four hours before bed.

Create a healthier life with Claire Turnbull's *wellbeing planner*



Create positive changes that last.

If you want to make it easier to live a healthier life, boost your mood and create new healthy habits to help you keep on track, Claire's planner is what you need!

The planner has been specifically designed without dates so you can start using it whenever you like! It is the perfect size to fit in your bag and with its beautiful cover, it is both stylish and durable.



- ✓ Daily and weekly planners
- ✓ Weekly challenges focused around nutrition, exercise, sleep and mental wellbeing
- ✓ Goal setting and tracking
- ✓ Space for your TO DO list and notes pages
- ✓ Healthy habit reminders
- ✓ Healthy recipes
- ✓ Inspirational quotes
- ✓ Mindfulness exercises
- ✓ Gratitude reminders
- ✓ Undated so can be started at any time



[Click here](#) for more information and to order your planner

🌿 **Do you struggle to get a good night's sleep?
Wake up feeling tired and not refreshed?**

These eye masks are the answer!

These amazing sleep masks are padded, with a soft, smooth outer fabric. They provide 100% light blackout, which is great for sleep quality. 3 colours available. **[Click here](#)** to find out more!



🌿 **Keen for 1:1 support?
My team can help!**

Mission **Nutrition**
Dietitians & Nutritionists



Mission Nutrition are a team of qualified and experienced dietitians and nutritionists who have the knowledge and skills to help you get results so you look and feel your best.

There is so much conflicting information out there when it comes to nutrition. We cut through the confusion and find solutions that are right for you.

- Personalised, realistic nutrition advice to suit your lifestyle
- Evidence-based
- Holistic: how you sleep, move and think all impact your wellbeing
- Behaviour-change focus, rather than templated generic meal plans
- Empowering you to make changes that can last

If you have health insurance, check your policy as you might be able to claim back the cost too!

For more information visit www.missionnutrition.co.nz