



# Tips for Managing Stress

*Did you know 80% of your neurotransmitters or “feel good” chemicals are produced in your gut? This is just one of the many ways the gut and brain exhibit a very strong relationship, and why supporting a healthy gut environment is key to helping manage stress. Here are some tips for taking care of yourself through nutrition, lifestyle, and supplementation.*

## Nutrition

**De-Stress with HEALTHY Foods** – Stress and anxiety are chemical reactions. Without the right nutrients your body can't handle the stress, and with the wrong foods (processed foods, caffeine, sugar) these chemical reactions get worse, increasing stress even more! Eat healthy, preferably organic whole foods that are nutrient dense like berries, almonds, whole grains, and dark leafy greens.

**H2O** – Without enough water, your body starts to become stressed, and as a result so can you. When you are dehydrated, the stress really begins to increase. So do yourself a favor and start exchanging sugary sodas and juices for water.

**Make Time for Food** – Life gets busy (one of the big contributors to stress) and often mealtime is one of the first things to get cut from the schedule. But just like with water, when you don't give your body fuel, it becomes stressed and a vicious cycle emerges. Make time for 3 meals a day and healthy snacks in between. You'll give your body what it needs to help keep up with your hectic schedule. Also, when you're eating those meals and snacks, be sure to take your time. If you finish your lunch in 5 minutes, you're doing it wrong!

**Caffeine Has Consequences** – While most people are okay on one dose of caffeine a day (one cup of coffee), when you throw in lattes, iced teas, sodas, and energy drinks, you start to overload your body. This overuse of caffeine actually can make it harder for your body to regulate your energy and manage your stress. So stay away from (or at least limit!) caffeine intake.

## Lifestyle

**Get Some Shut-Eye** – Not getting enough ZZZ's at night affects many aspects of health such as your weight, your skin, digestion, and of course your stress and anxiety levels. So do your body a favor and give it ample time to recharge with the recommended 8 hours. Having enough sleep to take on a busy day can make all the difference.

**Take a Breather** – Sometimes with heightened levels of stress and anxiety, you just need to take a second and breathe! A few good ways to help reduce daily stress are:

- Find an activity that helps you de-stress (like dancing or playing guitar).
- Ask others for help when you don't have enough time to accomplish everything on your own.
- If you start to get overwhelmed, just take a step back from the situation and focus on something else for a few minutes.
- Counting down from ten while breathing deeply. It may sound silly, but give it a try and you'll be surprised at how effective it can be.

**Make a Move** – Exercise is essential to health, but beyond that it can majorly affect stress. When you exercise, you release “feel good” neurotransmitters called endorphins that can bring your mood up and your anxiety down. You can also use exercise to get some things checked off your to-do list. Try going on a walk/hike with friends rather than meeting up at a coffee shop, or catch up on your reading while riding a stationary bike. You can even count walking the dog, just aim for 30 minutes 5 times a week.

## Supplementation

**Digestive Enzymes** – A digestive enzyme formula with meals helps support the bioavailability of the nutrients, vitamins, minerals, amino acids, and essential fatty acids that are necessary in the production of neurotransmitters.\* Transformation's [DigestZyme](#) is a gentle start to digestive enzyme supplementation, or look to our Professional Protocol™ [Digest](#) for a more comprehensive formula.\*

**Probiotics** – A probiotic supplement further supports digestion and promotes timely elimination while maintaining a healthy gut environment.\* Transformation's [Plantadophilus](#) is a gentle start to probiotic supplementation, or look to our Professional Protocol™ [Probiotic](#) for a more comprehensive formula.\*

**Proteolytic Enzymes** – A systemic protease formula between meals helps ensure proper blood flow and supports nervous system communication by helping deliver the neurotransmitter “messengers.”\* Transformation's [PureZyme](#) is a gentle start to proteolytic enzyme supplementation, or look to our Professional Protocol™ [Protease](#) for a more comprehensive formula.\*

**Additional Support** – The enzyme-delivered herbal ingredients in Transcendence™ [ReZEN](#) and Transformation's [CalmZyme](#) are known for their ability to have a calming effect on stress, improving mood, and promoting balance within the autonomic nervous system for overall brain health.\* Use these products to assist the body with relief of occasional stress and to enhance the quality of sleep.\*

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