

STRESSED OUT?

Everyday stress is part of life. The usual work/home juggle, a couple of excited children, if you have them and you've got yourself the perfect recipe for stress. Happily there's plenty you can do to keep your stress levels from spiraling out of control.

Breathe! It may sound obvious, but by taking fewer but deeper breaths you will optimize your oxygen intake, helping you to relax and remain calm.



Exercise is of course a great way of beating stress and it can give you much needed time to yourself. It enables you to vent your frustration and causes the brain to produce more of the 'happy hormones', endorphins, so try to work up a sweat for at least 20 minutes a day. Even a short walk can really make a difference.

Watch your diet. In times of stress, certain nutrients are used in larger quantities than normal, so increase supply where necessary. A broad-spectrum multivitamin supplement is a good way of ensuring your body is getting all the vitamins and minerals it may be missing. A multivitamin with extra vitamin B5 (Viridian) is particularly useful during times of stress to help support the normal functioning of the adrenal glands.

Other essential nutrients include the winding-down mineral magnesium (Solgar) and iron for energy. Stimulants like the caffeine contained in tea, coffee, chocolate and cola can aggravate stress, so try to avoid these. Chamomile or lemon verbena tea (Molloys) and fruit juices are good alternatives.



As far as herbal remedies are concerned, vervain tincture (Viridian) can help to strengthen and restore the nervous system, easing tension and stress. It can be particularly useful if stress is causing sleeplessness.

Elderberry can also help, especially if your immune system is in need of extra support, and Rhodiola rosea (Molloys Good Mood Pack) is a great tonic if you're feeling a little run down to boot.