



Excessive stress can be harmful for health

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe finding mechanisms to handle stress can have a positive impact on your health.



Is stress overly affecting your life ...

There is no magic solution for stress and we will each handle it in very individual ways. What is true for everyone however is the havoc too much stress can have on your mental and physical health and well-being. Are you handling your stress?



Why is stress and stress resilience important?



What happens when we remain stressed for too long?



fight or flight response

When we are stressed it triggers something known as the 'fight or flight' response. This is a natural biological response to a perceived danger which prompts the body to release stress hormones adrenaline and cortisol. These hormones galvanise us for action and help us 'flee'. They are equally released in response to psychological stressors. Over time elevated levels of these hormones can lead to inflammation in the body.

The effects of prolonged stress are recognised as contributing to poor health by physically altering our bodies reaction to everyday metabolic processes. For example, stress can suppress the appetite and limit digestive processes, raise blood pressure, promote bowel activity, influence sex hormone production, libido and fertility, reduce our immune tolerance and ability to fight infection and much more.

Stress busters to help you breathe and relax more



- Build in time to enjoy a relaxing activity as regularly as possible such as reading, music, cooking, walking, enjoying a bath or simply resting.
- Take regular breaks which have been shown to reduce stress.
- Breathe slowly and purposefully to calm your nervous system.