



## **Food against stress**

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**Abstract.** According to the BBC, stress was the leading cause of absenteeism in the UK in 2012. This affected not only the work of individual enterprises, but also the well-being of the entire country. After all, sick leave costs it £14 billion every year. Therefore, the issue of raising a healthy and happy society is pressing here.

Moreover, statistics have also shown that about 90% of the US population is constantly exposed to severe stress. Moreover, a third of them experience stressful conditions every day, and the rest – 1-2 times a week. In addition, 75-90% of all patients who seek help from doctors have symptoms of diseases that were caused precisely by stress.

As for Russia, there are no accurate statistics on the impact of stress yet. However, according to rough estimates, at least 70% of Russians are susceptible to it. However, not all of them know about the consequences it has on their state of mind, health, and family relationships.

Although... No matter how paradoxical it may sound, stress also has its positive sides. After all, it is he who motivates a person to set and achieve new goals and conquer new heights.

*Key words:* food for stress, recommendations, benefits, harm, beneficial properties, contraindications

## **Physiology of stress**

When a person experiences stress, his body produces adrenocorticotrophic hormone. It provides additional energy, thus preparing a person for trials. Scientists call this process the "fight or flight mechanism." In other words, after receiving a signal about an impending problem, a person is given the strength to solve it by "taking the fight" or to avoid it by literally running away.

However, the problem is that such a way out of a difficult situation was acceptable 200 years ago. Today, it is difficult to imagine an employee who, after a thrashing from his superiors, immediately delivers his crowning blow somewhere, or disappears altogether. After all, modern society has its own laws and morals. And they should not be neglected.

However, like 200 years ago, the body continues to produce adrenocorticotrophic hormone. But, remaining unclaimed, he unwittingly brings him harm. The gastrointestinal tract and cardiovascular system are primarily affected. Ulcers, heart problems and hypertension appear. Further more. But here everything depends on the state of human health.

### **Nutrition and stress**

One of the basic ways to get rid of stress is to review your own diet. Moreover, during this period it is important not only to ensure the supply of all necessary substances, as, indeed, with any illness. The main thing is to introduce into your diet those foods that can help the body survive difficult situations, restore lightness and good spirits, and also replenish the loss of serotonin. It is its lack that often leads to stress.

### **Top 10 foods to help fight stress**

1. Nuts. Cashews, pistachios, almonds, hazelnuts or peanuts are suitable. They contain magnesium and folic acid. They not only protect the nervous system from stress, but also help the body overcome it. And almonds themselves also have pronounced antioxidant [1] properties. It contains vitamins B2, E [2] and zinc [3]. They are involved in the production of serotonin and help neutralize the effects of stress.
2. Green tea. It contains a special amino acid – theanine. It relieves anxiety and improves sleep. Therefore, lovers of this drink, firstly, are less susceptible to stress. And, secondly, they quickly restore their state of mind.
3. Whole grains, white bread, oatmeal and other complex carbohydrates [4]. They promote the production of serotonin. Yes, and they are digested more slowly. Therefore, the body receives good supplies of this substance and successfully fights stress. And at the same time it also normalizes blood sugar levels.
4. Blueberries and citrus fruits. They contain vitamin C [5] and the antioxidant anthocyanin, which help combat stress. And also fiber. [6] After all, a stressful state is often accompanied by constipation and colic, and she is able to relieve them.
5. Asparagus [7] and broccoli [8]. They are rich in vitamin B and folic acid, which help a person maintain calm.
6. Black chocolate. It contains flavonoids that allow the brain to relax. Studies have shown that people who regularly consume this product have lower cortisol levels in their bodies. This hormone is also produced during stress and negatively affects the entire body.
7. Fatty fish. For example, salmon or tuna. It contains omega-3 fatty acids [9], which control the level of cortisol in the blood and relieve nervous tension.
8. Avocado. [10] They are rich in vitamin B [11], which has a positive effect on the functioning of the nervous system, helping a person relax and calm down.
9. Sunflower seeds. Firstly, they help reduce blood pressure, which certainly increases under stress, and, secondly, they help get rid of it faster.
10. Turkey. It contains tryptophan, which promotes the production of serotonin.

### **How else to escape stress**

**Firstly**, you should play sports. Anything you love will do: running, walking, swimming, rowing, team games, yoga, fitness or dancing. It is important to move, but not how. The optimal lesson time is half an hour. It will allow you to relieve stress, improve heart function, lose weight and improve your mood, simply by triggering the body's response to the “fight or flight mechanism”.

**Secondly**, laugh heartily. According to research results, in addition to helping in the fight against stress, laughter also relieves pain, improves immunity, relieves nervous tension, improves the

functioning of internal organs, and provokes the release of endorphins, which have a positive effect on brain function.

**Thirdly**, refuse:

- Black tea, coffee, cola and energy drinks, as they contain caffeine. It excites the nervous system and deprives you of sleep.
- Sweets - the effect of sugar on the body is similar to the effect of caffeine;
- Alcohol and cigarettes - they cause mood swings and aggravate the situation;
- Fatty foods [12] – they impair digestion and sleep, which are already disrupted by stress.

**Fourth**, listen to music, play with animals, go for a massage, read an interesting book, be in nature, take a bath, walk, sleep... or get enough sleep.

Someone said that life is full of stress if you are not loved. Therefore, love and be loved! And never be influenced by bad news and envious people!

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