

Neap

Everyone deserves a little couch-time.



Healthy Eating to Help Cope with Stress

Presented by: Gabriela Rivera, M.S.
Functional Nutritionist



APOLLO ELEVEN
NUTRITION BY GABRIELA RIVERA

About Gabriela

- Functional Nutritionist
- Masters of Science in Integrative and Functional Nutrition
- PhD candidate
- In practice for 5 years
- Our mission at Apollo Eleven is to help individuals achieve optimal health through evidenced-based nutrition protocols and mindset therapies.



Agenda

- What is stress?
- Foods that increase/worsen stress
- Anti-Inflammatory protocol
- Sample Meal Plan

The Huffington Post

THE
FORUM

AT HARVARD SCHOOL
OF PUBLIC HEALTH

MANAGING STRESS:

Protecting Your Health

*Presented in Collaboration with
The Huffington Post*



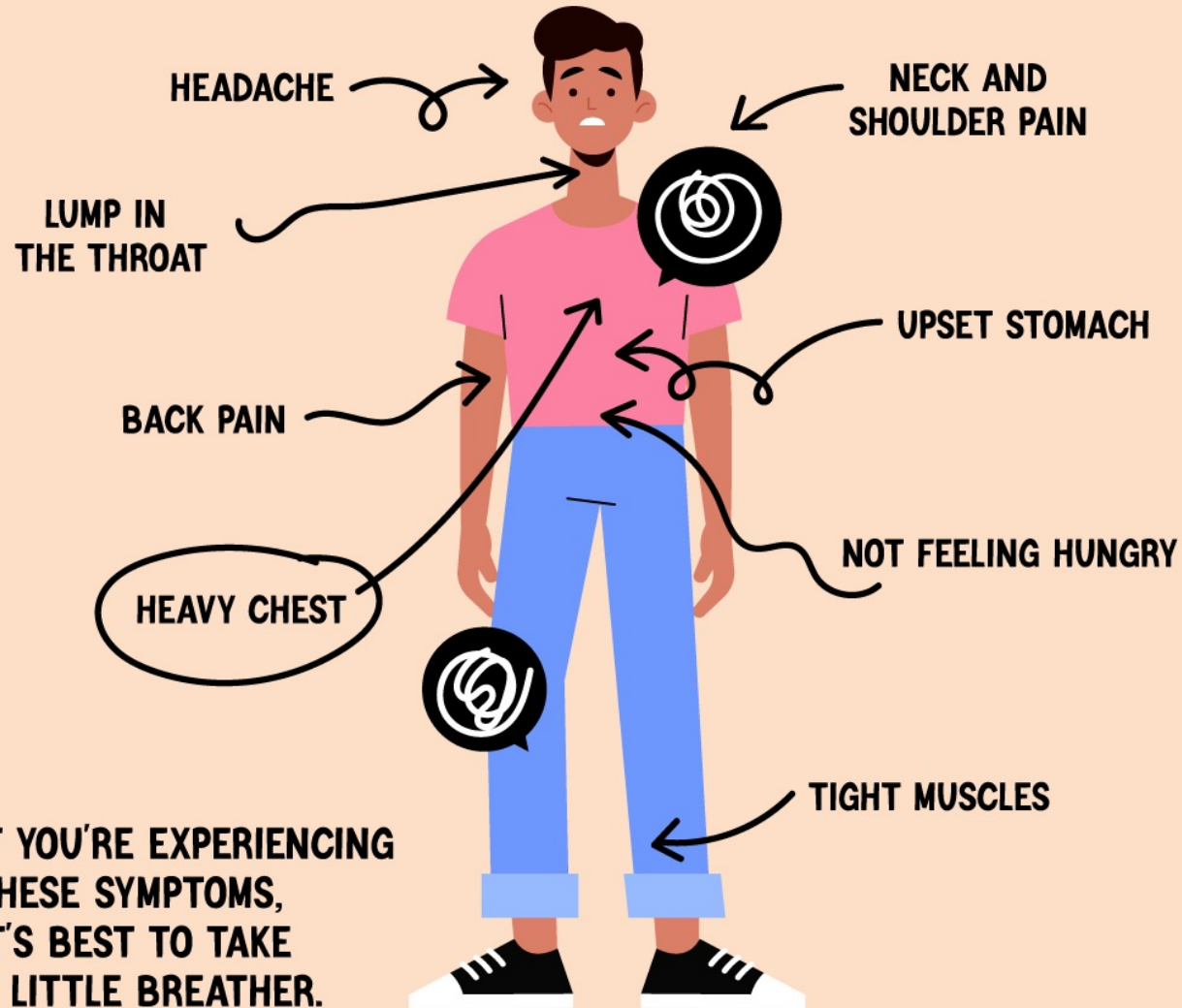
What is stress?

Stress is a psychological and physiological response to a perceived threat or demand.

Stress can be caused by a variety of factors, including work, relationships, financial problems, health issues, and major life events such as a death in the family or a divorce.

What is a stress symptom?

HERE ARE SOME PHYSICAL SIGNS OF **STRESS**



IF YOU'RE EXPERIENCING THESE SYMPTOMS, IT'S BEST TO TAKE A LITTLE BREATH.

Physical Indications of Fight or Flight Response



dilated pupils



pale or flushed skin



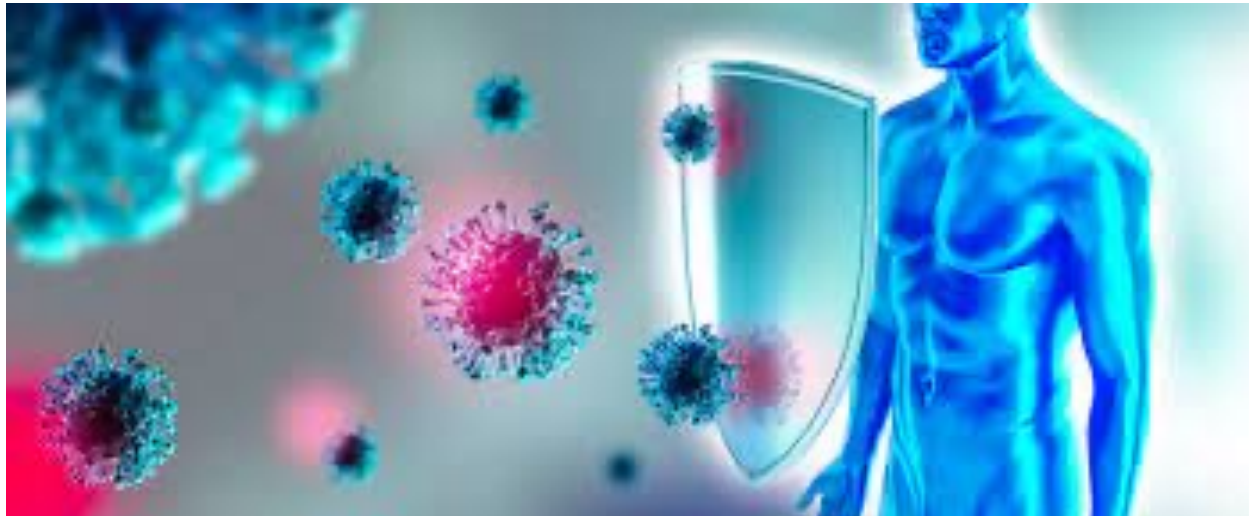
rapid heart beat and breathing

trembling

How does stress impact the body?

Immune Health

Stress can increase levels of cortisol. High cortisol levels may reduce natural killer cell activity, immune cells that limit the spread of certain viruses and tumors.



Gastrointestinal Health

Stress may cause GI symptoms such as heartburn, indigestion, nausea and vomiting, diarrhea, constipation or belly pain.



Heart Health

High cortisol levels may increase blood pressure, blood sugar, cholesterol, and triglycerides - all factors that can increase your risk of hypertension, stroke, and heart attack.



Diabetes

If you have diabetes, stress can inhibit insulin production, potentially contributing to more diabetic complications.



Inflammation

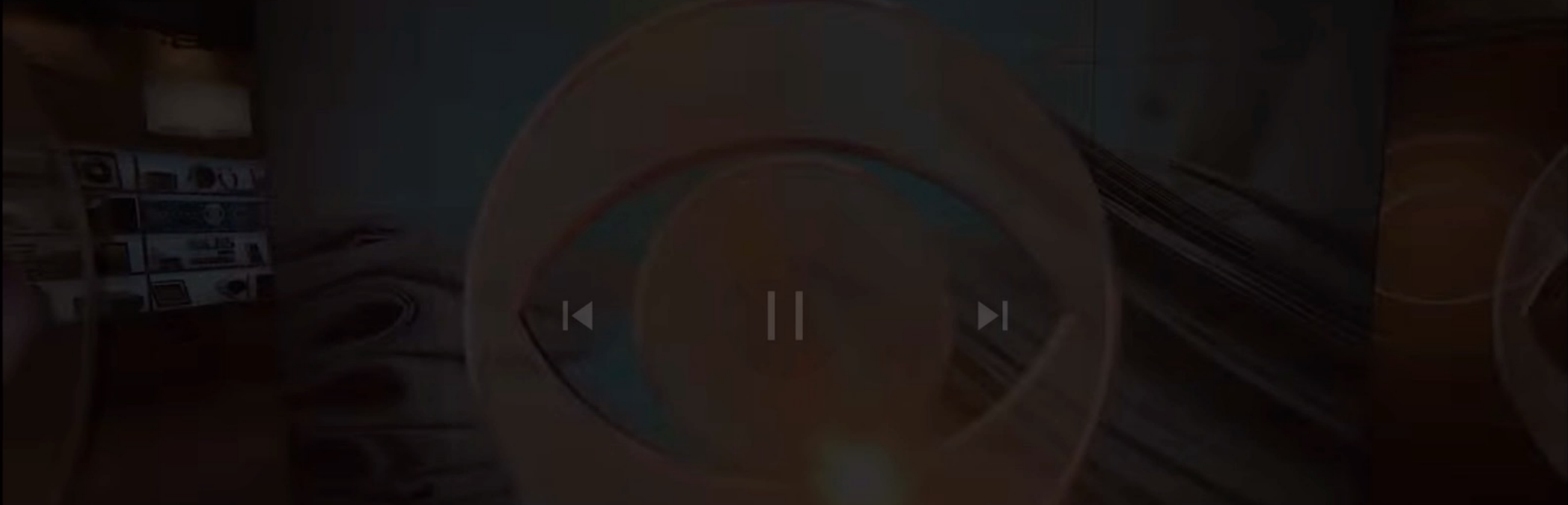
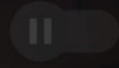
Stress may lead to a manifestation of atopic dermatitis (an inflammatory skin condition), asthma, or allergies.



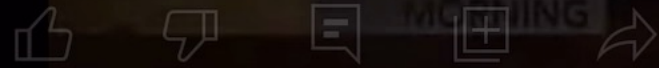


The science behind stress eating >

CBS Mornings



0:00 / 3:08



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Why do we stress eat?

Hormonal Changes

Stress triggers the release of hormones like cortisol, which increases appetite and can cause cravings for high-fat, high-sugar foods.

Emotional Eating

When we experience stress, we may feel anxious, sad, or frustrated, and we may turn to food as a way to cope with those emotions. Eating can provide a temporary distraction or comfort from stress and negative emotions.

Lack of Sleep

Stress can disrupt our sleep patterns, and a lack of sleep can cause an increase in hunger hormones and a decrease in hormones that signal fullness. This can lead to overeating and weight gain.

Habits

Overeating or unhealthy eating habits may also be ingrained as a coping mechanism from childhood or learned behaviors in response to stress.



#1



Consuming high-sugar foods can lead to a spike in blood sugar levels followed by a crash, which can cause fatigue, mood swings, and anxiety

#2



In addition to being high in fat and calories, fried foods like French fries, mozzarella sticks, doughnuts, and egg rolls may also increase levels of inflammation in the body.

#3

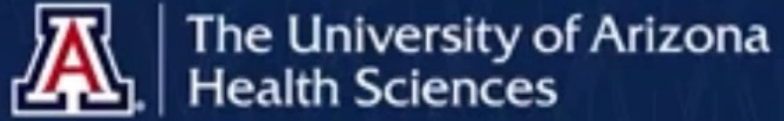


People who drink heavily may develop problems with bacterial toxins moving out of the colon and into the body. This condition — often called “leaky gut” — can drive widespread inflammation that leads to organ damage

#4

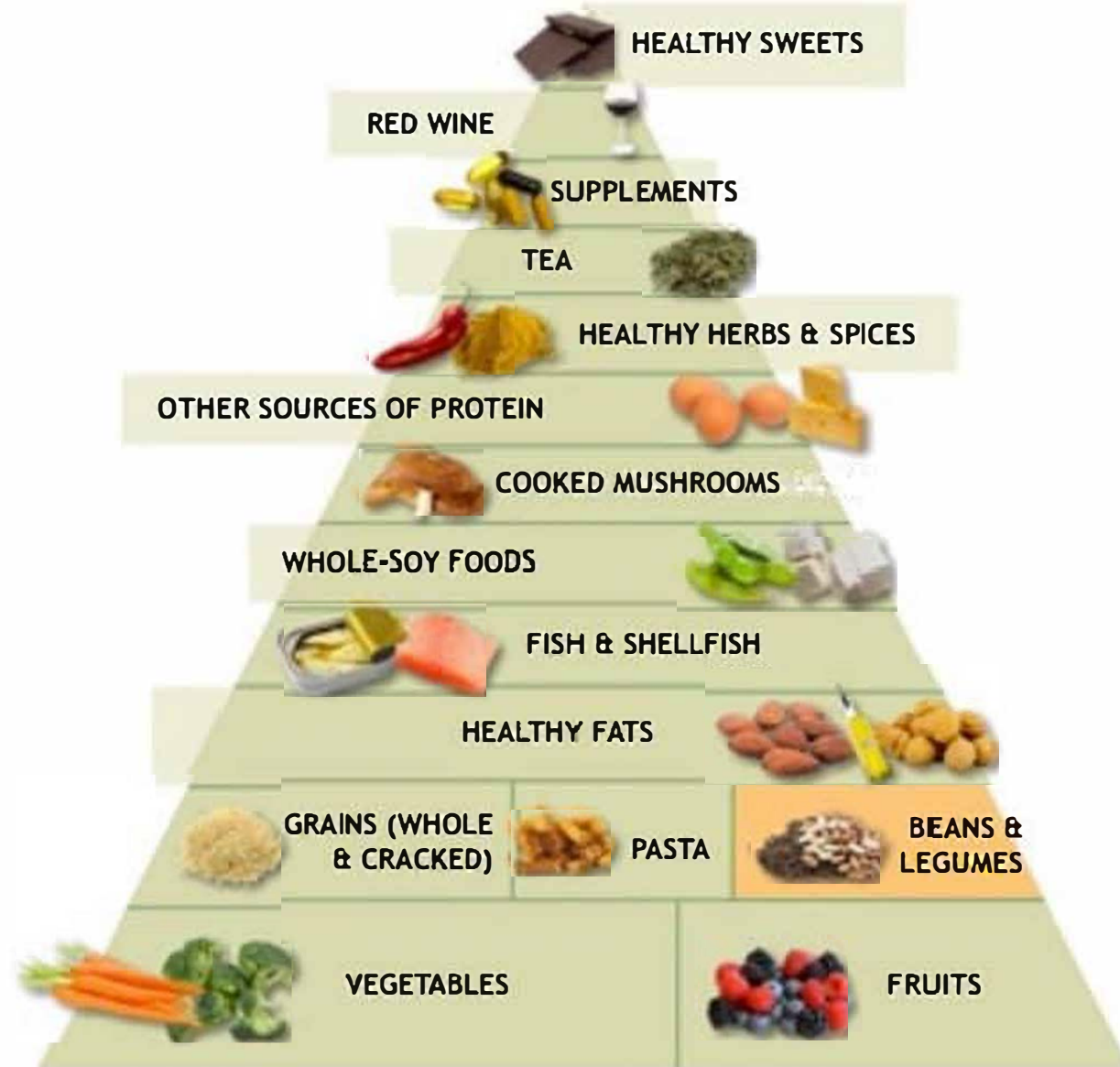


Consuming meats — including processed meats like bacon, sausage, ham, and smoked meat — is associated with an increased risk of heart disease, diabetes, and certain types of cancer





ANTI- INFLAMMATORY MEAL PLAN



Fruits & Vegetables



Vegetables and fruits contain nutrients such as vitamins, minerals, and flavonoids that can reduce inflammation and oxidate stress.

Grains & Beans



Whole grains, lentils and beans contain dietary fiber, which can help by decreasing the brain and body's inflammatory response.

Healthy Fats



Nuts and seeds not only provide the body with extra energy, but it can also help us cope with stress. Studies have shown that omega-3 fatty acids regulate cortisol levels.

Protein



Protein packed meals and snacks help you avoid sugary, processed foods which could potentially trigger additional stress, anxiety or depression.

Herbs and Spices



Herbs and spices such as turmeric and saffron can help destress the body.

Red Wine



Red wine contains resveratrol, which is a compound found in berries that helps fight stress and protect against depression.

Dark Chocolate



Antioxidants that are in dark chocolate can reduce stress by lowering levels of cortisol.

Sample Meal Plan



Breakfast



- A smoothie made with blueberries, spinach, almond milk, and a tablespoon of ground flaxseed
- Two hard-boiled eggs
- Omelet with veggies and a side of roasted red potatoes

Lunch



Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, avocado, and a drizzle of olive oil and balsamic vinegar

A side of quinoa

Dinner



Grilled salmon with
roasted sweet potato and
broccoli + side of brown
rice

Glass of red wine

Snacks



Sliced apples with almond butter

Carrots and hummus

Mixed berries with Greek yogurt

Key Takeaways

Stress impacts more than we think. It affects our immune health, heart, and can lead to inflammation.

Stress also triggers us to eat comfort foods, but remember that foods high in sugar, fat, and excess alcohol worsen stress.

Sticking on whole and unprocessed foods help reduce stress and help reduce the body's inflammation levels.

Key to success is being prepared. Try to meal prep or have a plan every day. Healthy eating is a lifestyle. Take it one day at a time.

QUESTIONS?



Nutritional Wellness Services

Wellness Resources



We are what we eat. Our food choices directly impact our mood, health, and energy levels. Maintaining a healthy and well-balanced diet can be challenging with a hectic schedule and family demands. Fortunately, our Nutritional Wellness Services can help you achieve your nutritional goals.

How Can Nutritional Wellness Services Help Me?

Nutritional Wellness Services is a professional nutritional consultation service that can help you make positive changes in your diet and lifestyle. A Certified Functional Nutritionist will assess your eating habits, identify dietary concerns and answer questions to support your journey. Initial Consultation is complimentary.

To participate in the service call: 830-255-7644

[Click here to schedule an appointment online](#)

Areas of Expertise

You can receive help from a Certified Functional Nutritionist on a variety of concerns including:

- Adrenal Fatigue
- Autoimmune Disease
- Gut Health
- Metabolic Syndrome
- Pre-Diabetes & Diabetes
- Weight Loss/Gain

Key Program Features

- Complimentary initial consultation with a Certified Functional Nutritionist to assess your current eating habits and health status.
- 25% off all laboratory testing and nutritional packages.
- Access to HIPPA compliant mobile app with resources and private food journal.



Neely EAP Wellness Program



☐ Online:

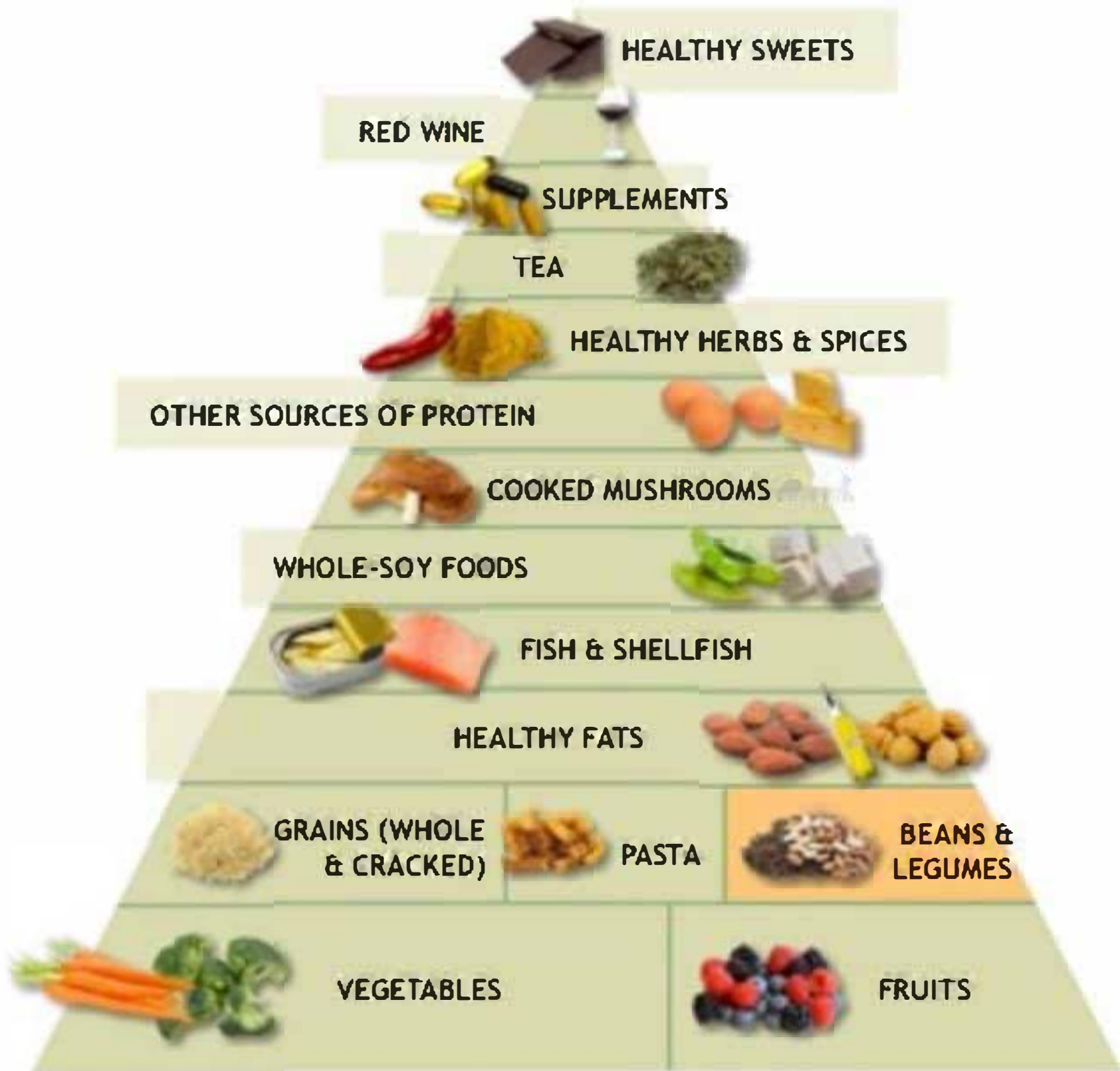
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Access Your NEAP Benefits



Anti-Inflammatory Food Pyramid



Sample Anti-Inflammatory Meal Plan

Breakfast



Protein smoothie made with blueberries, spinach, almond milk, and a tablespoon of ground flaxseed

Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, avocado, and a drizzle of olive oil and balsamic vinegar + a side of quinoa

Lunch



Dinner



Grilled salmon with roasted sweet potato and broccoli + side of brown rice

Glass of red wine

Snacks

Sliced apples with almond butter

Carrots and hummus

Mixed berries with Greek yogurt

