



# STRESS & THE STOMACH

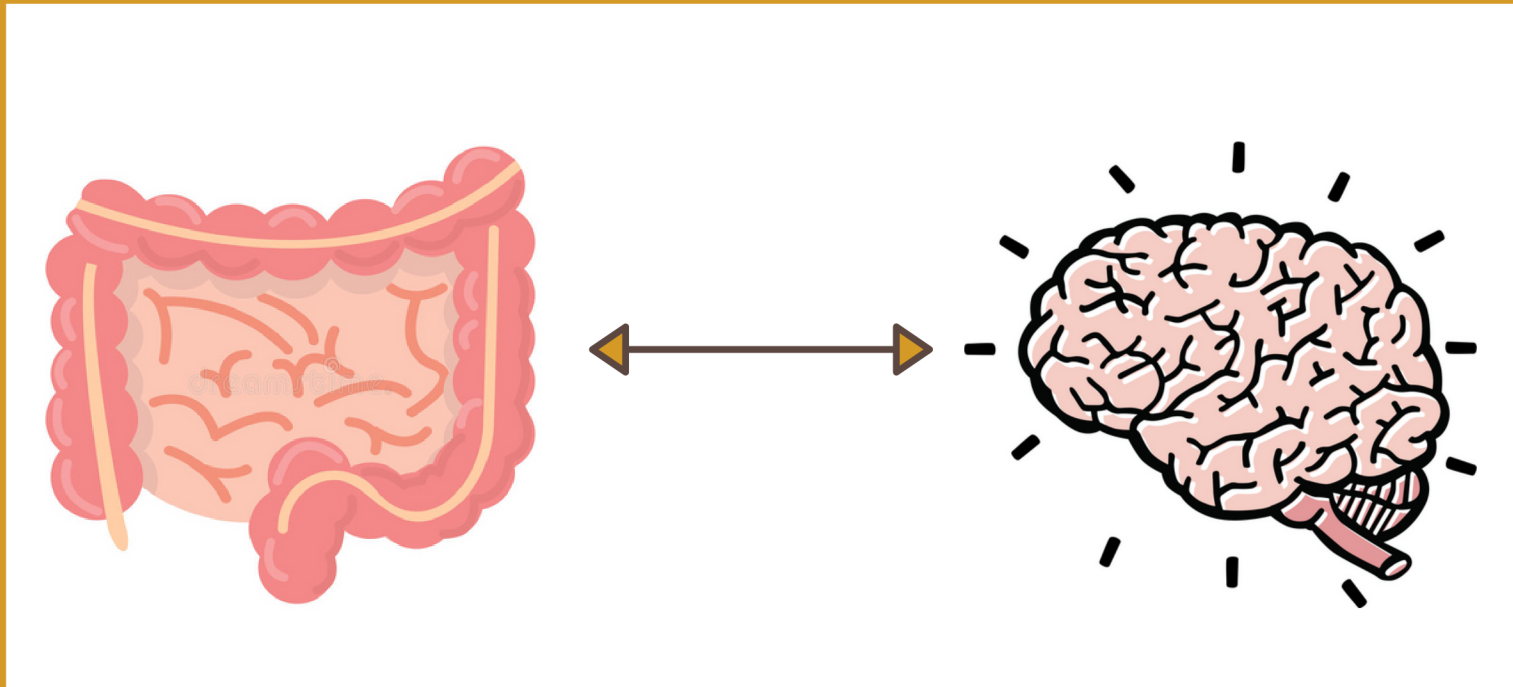
NO THOSE AREN'T BUTTERFLIES IN YOUR BELLY

## STRESS & DIGESTION



**STRESS AND ANXIETY CAN REALLY F\*\$# UP YOUR STOMACH. WHETHER IT'S A ONE-TIME OR CHRONIC STRESS, IT CAN IMPACT YOUR DIGESTIVE SYSTEM. FROM THE CONSTANT STRESS OF GRAD SCHOOL, I DEVELOPED SEVERAL STOMACH PROBLEMS.**

# THE BRAIN-GUT CONNECTION



**THE DIGESTIVE TRACK AND THE BRAIN SHARE MANY OF THE SAME NERVE CONNECTIONS. ANXIETY CAN CAUSE HORMONES AND CHEMICALS TO ENTER YOUR GI TRACK, SCREWING UP YOUR DIGESTION AND STOMACH BACTERIA (FLORA).**



# STRESS-RELATED GUT SYMPTOMS

**STOMACH PROBLEMS ARE ONE OF THE MOST COMMON SYMPTOMS OF STRESS AND ANXIETY.**

- **INDIGESTION**
- **STOMACH CRAMPS**
- **DIARRHEA**
- **CONSTIPATION**
- **LOSS OF APPETITE**
- **UNNATURAL HUNGER**
- **NAUSEA**
- **IRRITABLE BOWEL SYNDROME (IBS)**
- **PEPTIC ULCERS**





# IRRITABLE BOWEL SYNDROME



**IRRITABLE BOWEL SYNDROME (IBS) IS A COMMON DISORDER THAT AFFECTS THE LARGE INTESTINE. IT'S IS A CHRONIC CONDITION I'LL NEED TO MANAGE LONG TERM THROUGH MY DIET AND LIFESTYLE, AS WELL AS MANAGING MY STRESS.**

## MANAGEMENT



**SINCE BEING DIAGNOSED WITH IBS, I'VE HAD TO BE AWARE OF WHAT CAUSES FLARE-UPS AND WHAT TO AVOID. I LIMIT THE AMOUNT OF GREASY FOOD I EAT, MAKE SURE I PRACTICE SELF-CARE TO MINIMIZE STRESS, AND I TRY TO KEEP MY GI TRACK CALM BY DRINKING MY DAILY DOSE OF DENSE NUTRITION. SERIOUSLY, IT KEEPS THINGS MOVING!**



## TIPS TO MINIMIZE STRESS



- **TAKE A BREAK AND BREATHE. STOP WHAT YOU'RE DOING AND DO ONE MINUTE OF SLOW, QUIET DEEP BREATHING.**
- **SAY NO. (YEP, YOU READ THAT RIGHT). SPREADING YOURSELF THIN IS A STRAIGHT ROAD TO STRESSVILLE.**
- **EXERCISE. EVERYONE SAYS IT AND ITS FOR A REASON. REGULAR EXERCISE HELPS RELEASE ENDORPHINS AND MINIMIZE STRESS.**



## TIPS TO MINIMIZE STRESS



- **FOCUS ON WHAT YOU CAN DO, NOT WHAT YOU CAN'T. I JOURNAL OUT MY NEGATIVE THOUGHTS AND REWRITE THEM AS POSITIVES (EX. NEED TO LOSE WEIGHT --> DEVELOPING HEALTHY HABITS)**
- **TRY GUIDED RELAXATION EXERCISES. THERE ARE TONS ON YOUTUBE, AND IF YOU DO THEM FIRST THING IN THE MORNING, YOU'RE SETTING YOUR DAY UP WITH A POSITIVE FEELING.**

## DAILY DOSE OF DENSE NUTRITION

**A HAPPY GUT IS A HAPPY LIFE. DRINKING MY DAILY DOSE OF DENSE NUTRITION HAS MADE ALL THE DIFFERENCE. IF YOU SUFFER FROM DIGESTION ISSUES LIKE IBS, I'D BE HAPPY TO TALK TO YOU ABOUT IT AND GET YOU \$20 OFF SOME GUT-HELPING NUTRIENTS!**

**NO SHIT! I DIDN'T KNOW THAT**

**IF YOU WANT MORE INFO ON STRESS & STOMACH, CHECK OUT THESE RESOURCES.**

**[HTTPS://ADAA.ORG](https://adaa.org)**

**[HTTPS://WWW.MAYOCLINIC.ORG](https://www.mayoclinic.org)**

# Need more help?

I'm all ears!

I've struggled with upset stomachs, constant bloating, and food sensitivities for years!

Happy to help you and your gut feel healthy and happy.

