

Dietary habit to Cope Well with Stress

Excessive stress not only causes mental damage, but also nutritional damage.
Get the nutrients that are consumed by stress, and cope well with stress!

The point is to actively take in and not lack the proteins and vitamins B and C that are consumed in the adrenaline production process, which is heavily involved in stress agitation and irritability!



Nutrients to actively consume

Vitamin C

Benefit
increases resistance and immunity to stress



Foods:
broccoli, bell peppers, Japanese mustard spinach, strawberries, etc.

Protein

Benefit
restores body's ability to recover from fatigue



Foods:
seafood, milk, soy food products, etc.

Vitamin B

Benefit
stabilizes nerves and calms irritability



Foods:
liver, pork, natto fermented soybeans, eel, nuts, etc.

Calcium

Benefit
calms agitated nerves



Foods:
small fish, milk, cheese, rape seedlings, potherb mustard, etc.

Don't forget calcium, which helps relieve tension and agitation.



Improve your eating habits

Be especially careful if you drink too much alcohol to relieve stress!



1 Eat 3 meals a day!

It is important to get adequate nutrition. Breakfast in particular is indispensable for brain activity in the morning!

2 Eat nutritionally balanced meals!

Don't only eat what's easy to eat or just what you like.

3 Reduce what you eat just before bedtime!

Make sure only to eat light meals before sleeping to help get a good night's sleep to recover from fatigue.

4 Chew well when eating

Chewing well increases the secretion of saliva, and is effective for improving dental health and immunity.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

