

what anxiety looks like

what anxiety looks like

What Anxiety Looks Like

- Chest tightness
- Racing heart
- Sweating
- Muscle stiffness
- Trembling/shaking
- Extreme fatigue
- Stomachaches
- Headaches



stress is normally connected
stress is normally connected

types of stressors
types of stressors

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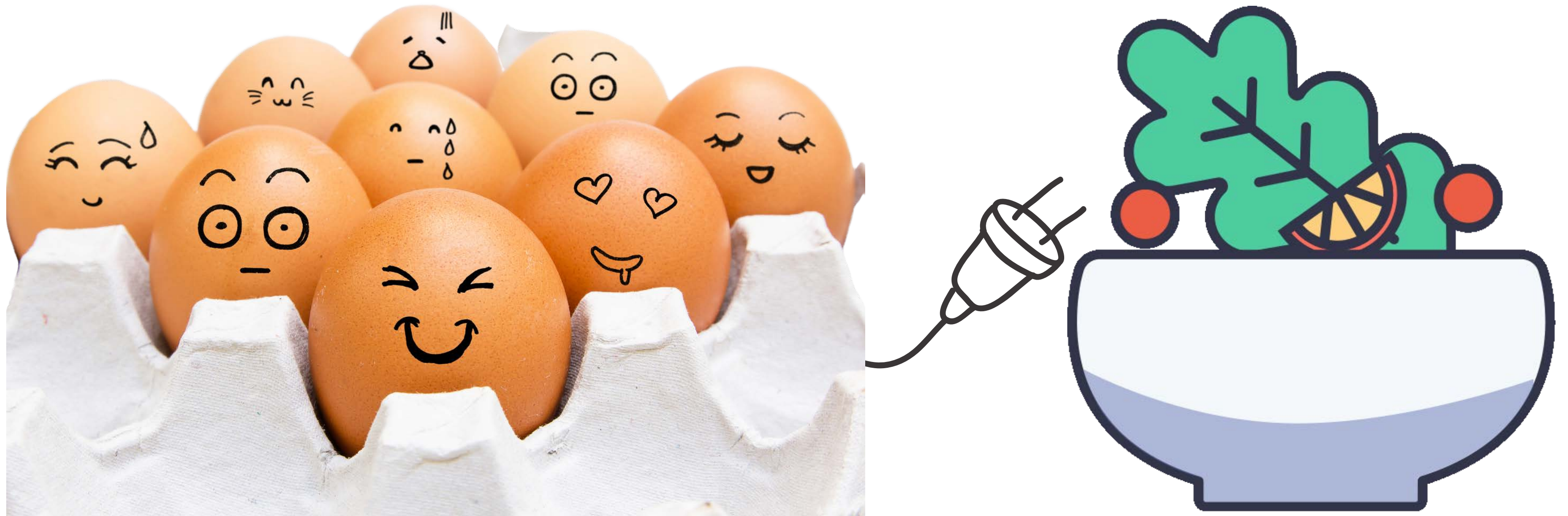


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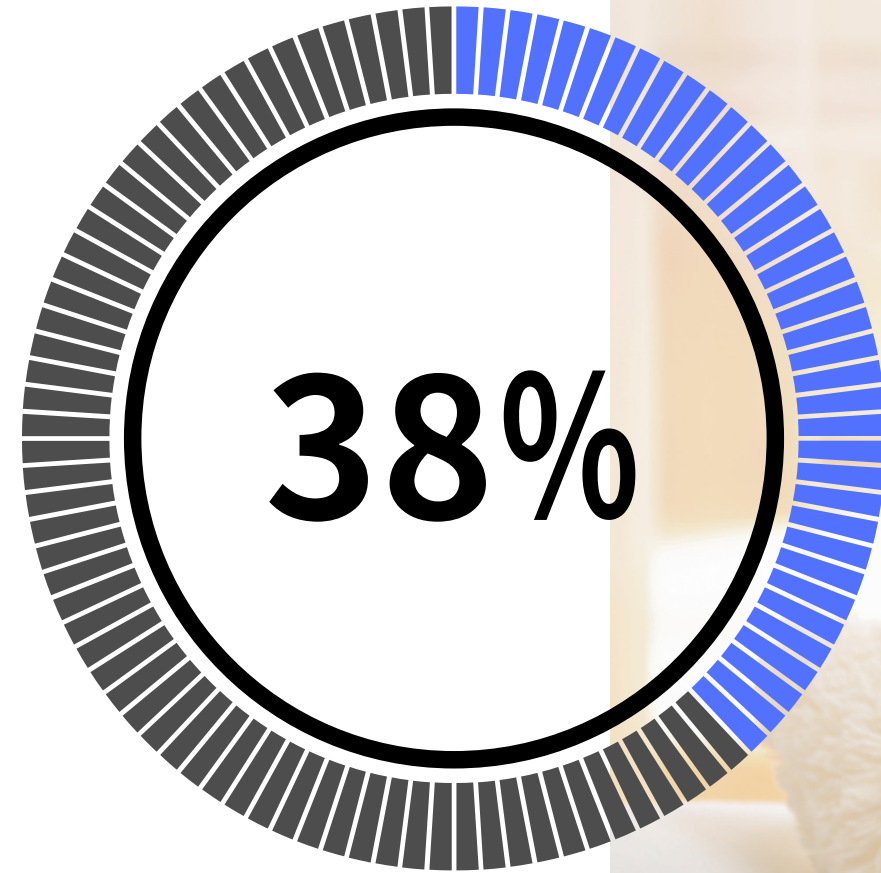


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Emotions connection to Food



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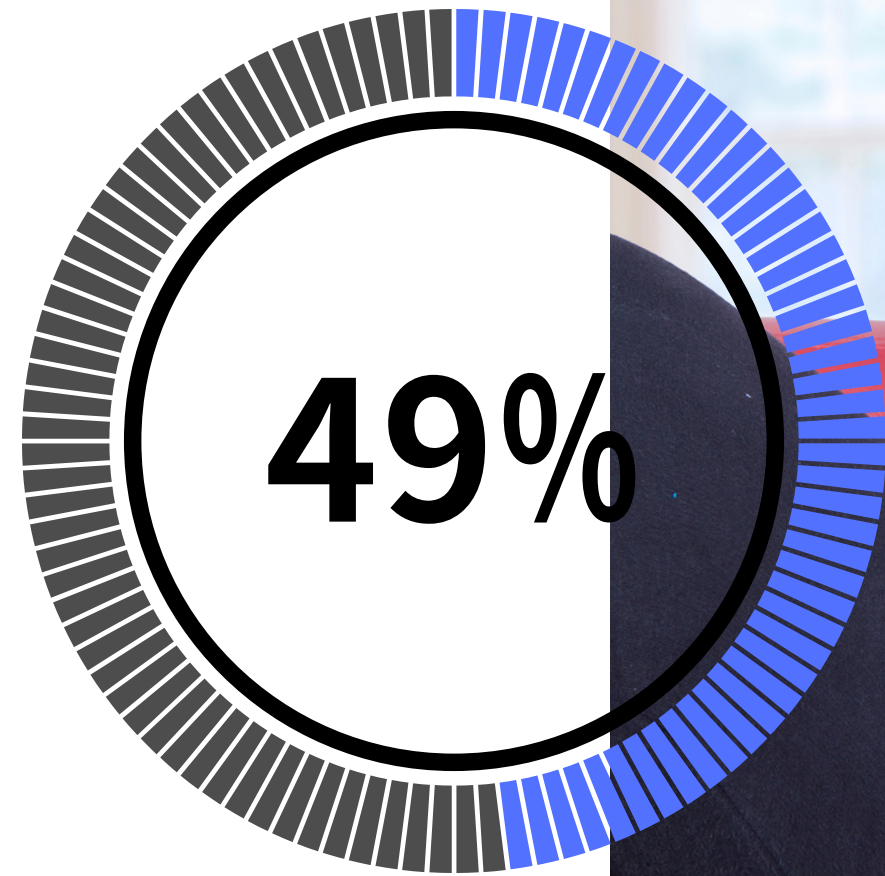


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Thirty-eight percent of adults say they have overeaten or eaten unhealthy foods in the past month because of stress. apa.org



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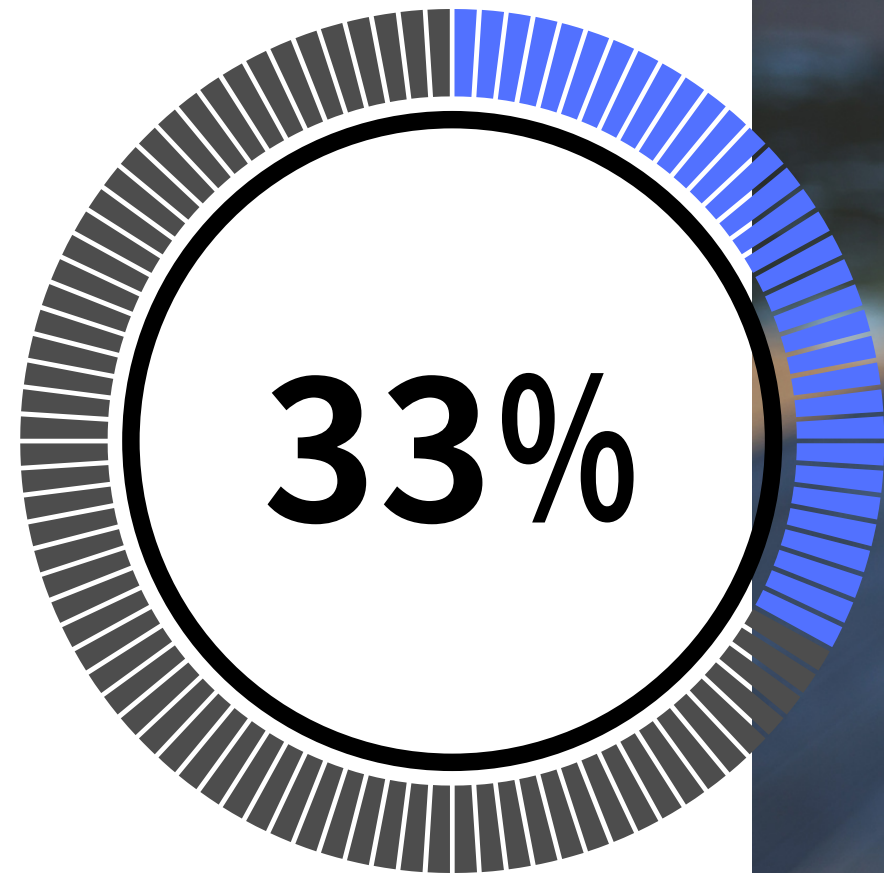


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(49 percent) report engaging in these behaviors weekly or more. apa.org



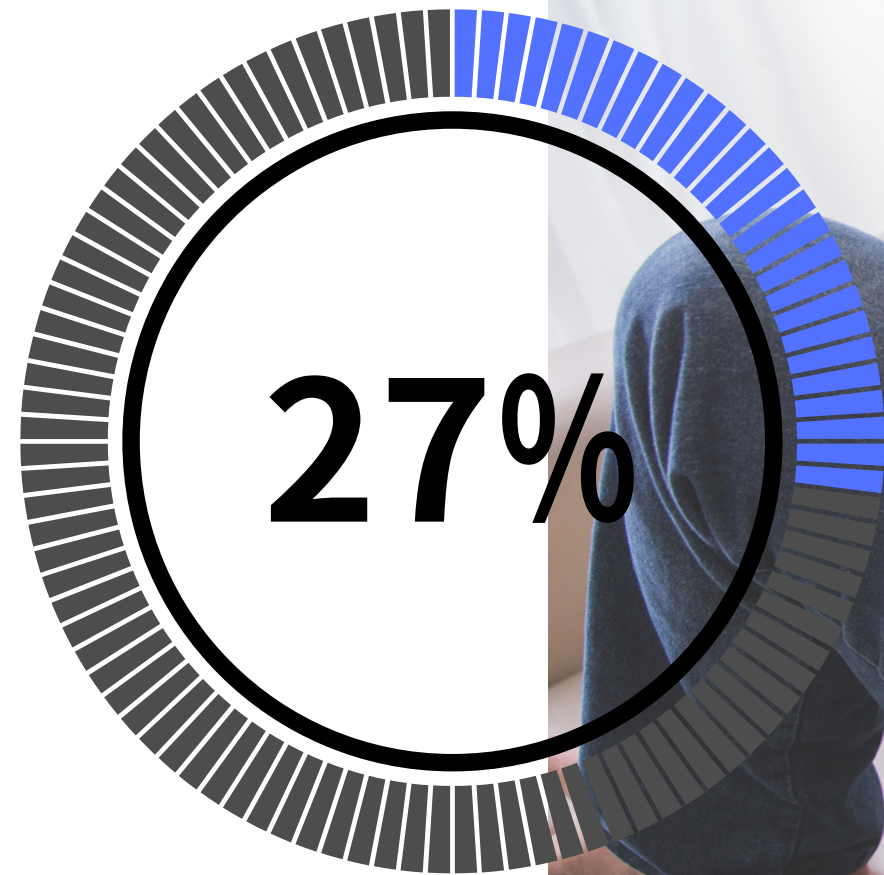
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Thirty-three percent of adults who report overeating or eating unhealthy foods because of stress say they do so because it helps distract them from stress. stress.apa.org →

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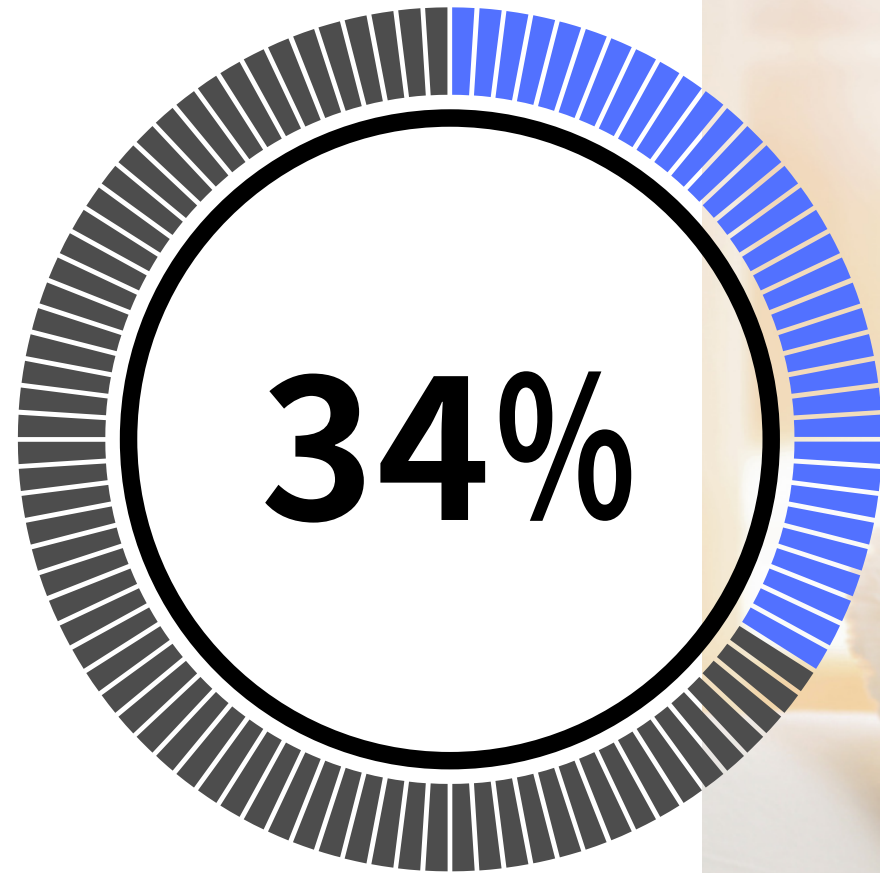
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Twenty-seven percent of adults say they eat to manage stress.

apa.org



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34 percent of those who report overeating or eating unhealthy foods because of stress say this behavior is a habit. apa.org



foods that increases anxiety
food that increases anxiety

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"People who feel anxiety may lean on alcohol to calm their nerves, but excessive drinking can lead to its own set of emotional and physical problems."

Uma Naidoo, M.D. (2020) Eating well to help manage anxiety: Your questions answered, Harvard Health. Available at: <https://www.health.harvard.edu/blog/eating-well-to-help-manage-anxiety-your-questions-answered-2018031413460> (Accessed: November 20, 2022).



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- Cut back on sugar and processed foods
- Cut back on caffeine

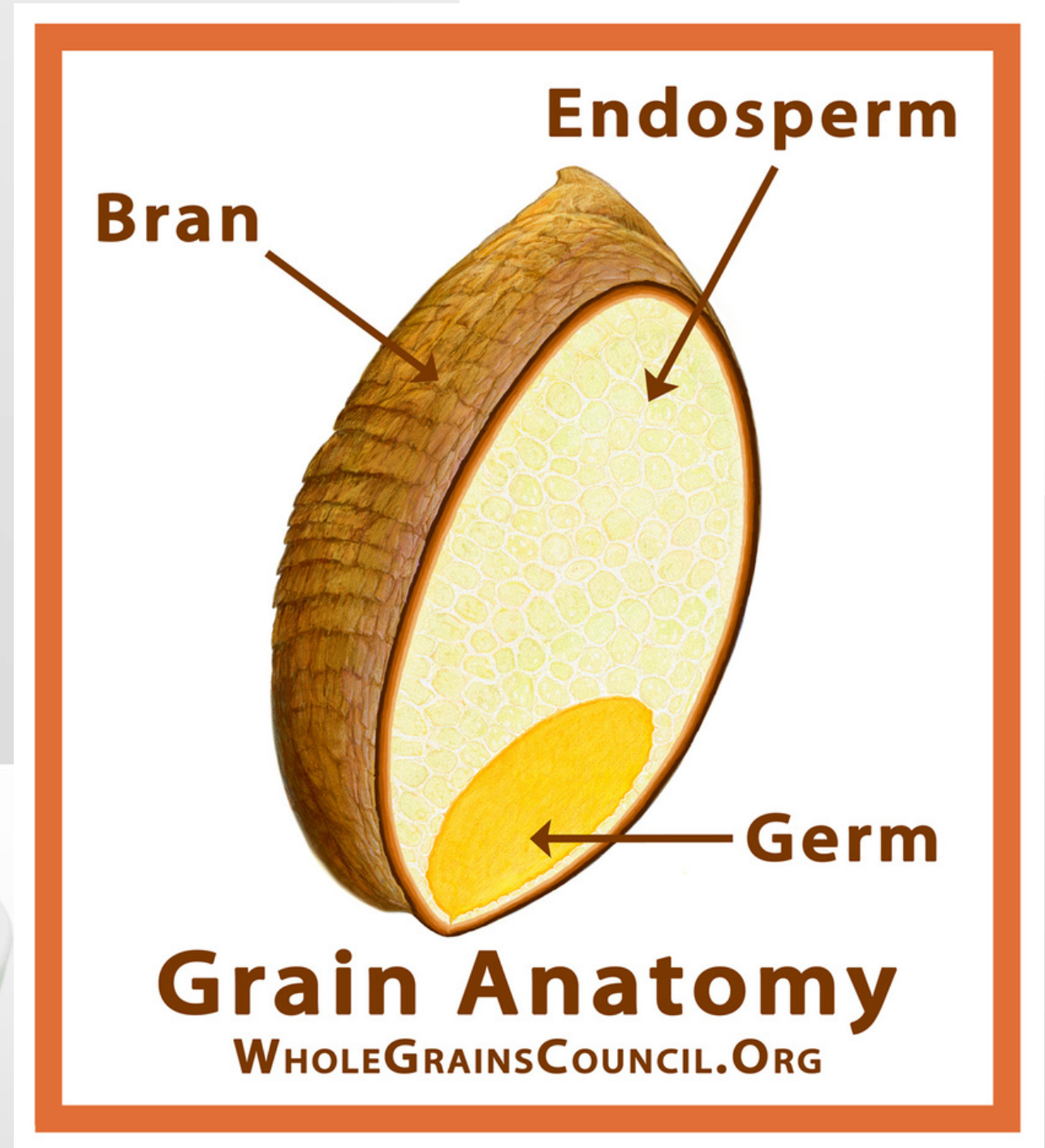


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processed foods
processed foods

Refined Grain vs Whole Grains



Processed Foods & Fast Foods



Processed Deli Foods



Processed Foods & Fast Foods References

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REFINED/INFLAMMATORY OILS



ARTIFICIAL SWEETENERS, ADDITIVES



Processed Foods & Fast Foods

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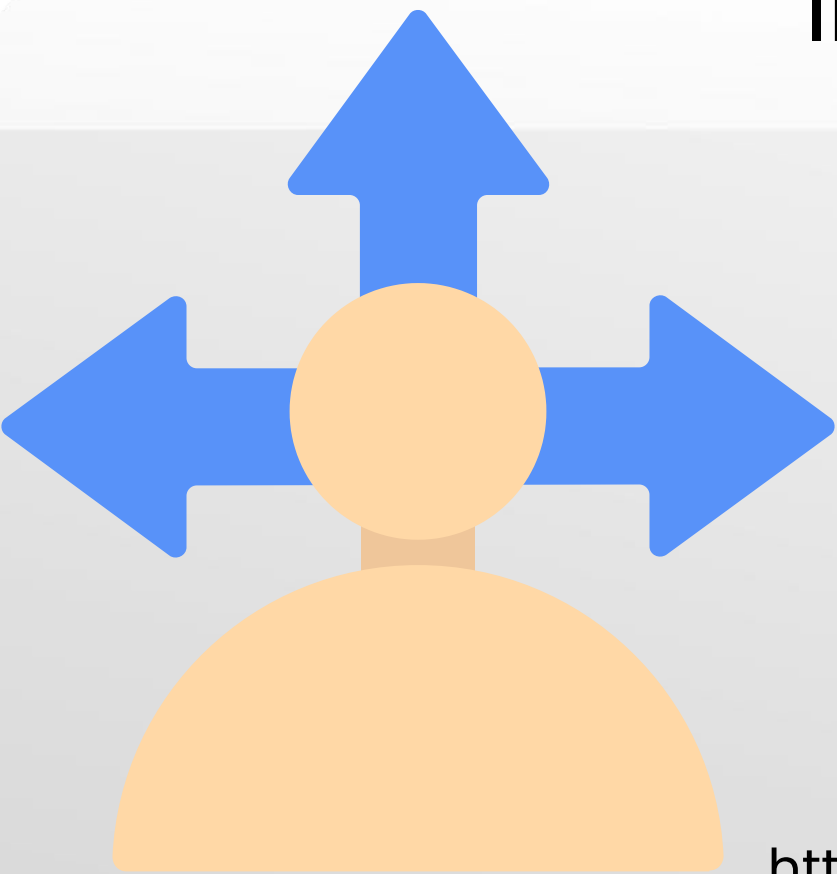
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Sugar Effects

One study showed that people with high sugar intake (67g+ / 17tsp) were 23% more likely to develop depression or anxiety over 5 years than those who logged less than 40g per day (10tsp)



Knüppel, A. et al. (2017) Sugar intake from sweet food and beverages, common mental disorder and depression: Prospective findings from the Whitehall II Study, Nature News. Nature Publishing Group. Available at:

<https://www.nature.com/articles/s41598-017-05649-7> (Accessed: November 20, 2022).

Sugar Effects

High sugar intake decreases the protein BDNF (brain-derived neurotropic factor), which can contribute to the development of depression & anxiety

Molteni R;Barnard RJ;Ying Z;Roberts CK;Gómez-Pinilla F; (no date)
A high-fat, refined sugar diet reduces hippocampal brain-derived neurotrophic factor, neuronal plasticity, and learning, Neuroscience. U.S. National Library of Medicine. Available at: <https://pubmed.ncbi.nlm.nih.gov/12088740/> (Accessed: November 20, 2022).

behaviors that increases anxiety

behaviors that increases

anxiety

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- Cut back on caffeine, alcohol, and smoking cigarettes



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to be continued
to be continued

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