

Stress fighting foods

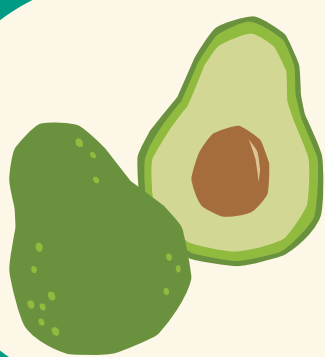
Salmon

Rich in omega-3-fatty acids. These can help reduce inflammation and promote brain health.



Avocados

High in magnesium, which helps regulate cortisol levels and balance neurotransmitters.



Blueberries

Blueberries are high in antioxidants, vitamin C, and fiber, which help promote brain health, and reduce oxidative stress.



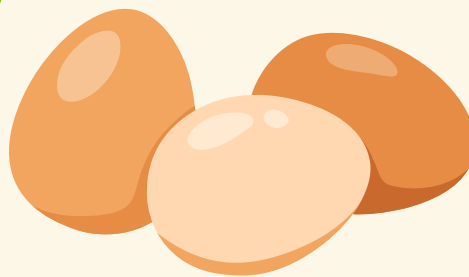
Nuts & Seeds

Contain zinc and magnesium, both of which are linked to improved mood and reduced anxiety.



Eggs

Provide vitamin D, which supports nervous system function and can help reduce anxiety symptoms.



Bananas

Rich in potassium which supports blood pressure management and can reduce stress.

