

Diet is everything you consume

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FREE
EBOOK
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The 10 Day Stress Reducing *Diet*

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Your stress is in your hands.



In this FREE E-Book,

- *Choose foods that fight stress*
- *Become more self aware*
- *Make lifestyle changes*
- *Be able to deal with anxiety, stress, burnout and fatigue.*



The 10 Day Stress Reducing Diet

By Aditi Nirvaan.



"It brings me great joy to share the essence of my work with you in this ebook. Thank you for your faith in me.

Holistic Health, Mindfulness, Creativity, Spirituality are the foundation of what I do.

I believe that diet isn't just what you eat, it is everything you consume. In these difficult and uncertain times, it becomes easy to be swayed and washed away with everyday news and changes in the world. We are collectively passing through a traumatic time since a year and we have so much within us to feel empowered again.

It becomes all the more reason to go within ourselves, find our grounded center, eat foods that nourish our bodies, practices that bring peace to our minds and expand our souls, make choices that liberate us and participate in activities that bring us joy.

Try and incorporate all this for the next 10 days. I hope you find your life pointers in this little book."

Aditi Nirvaan

10 Foods that manage stress.



Avocados

These nutrient-dense fruits have the properties to stress-proof your body, thanks to their high glutathione content which blocks the intestinal absorption of certain fats that cause oxidative damage.

Avocados also contain higher levels of vitamin E, folate, and beta-carotene than any other fruit, which boosts their stress-busting properties.

Consume in moderation as sliced on toast, in smoothies, as salad dressing or as a pasta sauce.

Blueberries

These have some of the highest levels of antioxidants, especially anthocyanin, which means that this berry has been linked to a wide range of health benefits including sharper cognition, better focus, and a clearer mind – all of which can help you to better deal with stress.

Known as a super food, it is a great way to help you deal with your stress levels and achieve a higher level of calm.

It can be a great snack food or you can add to smoothies.

10 Foods that manage stress.



Chamomile Tea

Chamomile tea has long been used as a natural bedtime soother, and it has also been used in clinical trials, which determined that chamomile tea is effective in reducing the symptoms of generalized anxiety disorder.

Drinking liquids which are high in sugars and caffeine, such as coffee, energy drinks or soda, can actually increase your stress levels if consumed regularly.

Chamomile tea can be used to counter its effects.



Dark Chocolate

Studies have shown that eating chocolate can actually make you happier.

However, that doesn't mean that you can start munching on chocolate bars every time you're stressed out. Dark chocolate works best as a de-stressor when eaten in moderation and as part of a healthy and balanced diet.

It contains more flavonols and polyphenols, two hugely important antioxidants which can help combat stress.

10 Foods that manage stress.



Oatmeal

A complex carbohydrate, eating oatmeal causes your brain to produce higher levels of the feel-good chemical serotonin, helping you to feel calmer and less stressed.

Studies have shown that kids who choose oatmeal for breakfast tend to be much sharper throughout the morning in school compared to kids who had alternative morning meals.

Make porridge, add it as a smoothie base, substitute as poha or upma, grind up into flour as dosa and idli batter.



Fermented Foods

A healthy gut directly has an impact on mood and great functioning of the brain. The gut friendly bacteria "probiotics" found in fermented foods have a direct effect on your brain chemistry and transmit positive mood and behaviour regulating signals to your brain via the vagus nerve.

Indian foods such as idlis, home made dahi, certain cheeses and from the international pantry, Miso, Kimchi, Kombucha, Apple Cider Vinegar, Sauerkraut, Kefir and Tempeh.

10 Foods that manage stress.



Walnuts

A quarter cup of walnuts provide over 90% of the recommended daily value of omega-3 fats which again helps in relieving stress. Consuming a handful of walnuts reduces cortisol (the stress hormone) levels, especially in hypertensive people and also improves the levels of good cholesterol.

These can be had as is, as toppings, ground up and sprinkled in smoothies, on oats or in milkshakes.



Pistachio

Studies have found that simply eating two small, snack-size portions of pistachios per day can lower vascular constriction when you are stressed, putting less pressure on your heart by further dilating your arteries.

They help the body produce melatonin, which is the sleep inducing hormone (which makes you drowsy). So do have it before bed time.

Best to eat as is, close to bed time.

10 Foods that manage stress.



Green Leafy Vegetables

Along with helping to combat stress, leafy greens are full of nutrients and antioxidants which help to fight off disease and leave your body feeling healthier and more energized.

Dark leafy greens, like spinach, are rich in folate, which helps your body to produce more mood-regulating neurotransmitters such as serotonin.

Making leafy greens a part of your diet will help you to feel happier and less stressed.



Sweet Potatoes

Sweet potatoes may help lower levels of the stress hormone cortisol. Although cortisol levels are tightly regulated, chronic stress can lead to cortisol dysfunction, which may cause inflammation, pain, and other adverse effects

Sweet potatoes are packed with nutrients that are important for stress response, such as vitamin C and potassium.

Have them as sweet potato baked fries, steamed with stuffed vegetables and cheese or soup.

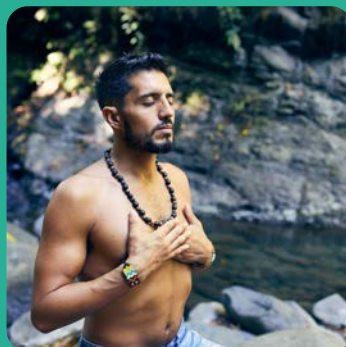
Mindfulness to manage stress.



Mindfulness Based Stress Reduction (MBSR) is now an evolved science based on the needs of humanity over the last century. Numerous MBSR and neurological studies have shown deep impact of mindfulness practices to manage, reduce and eliminate stress.

Immediate Benefits of Mindfulness

- Develops a sense of well being, however stressful the environment may be.
- Improves Physical Health by countering the effects of stress related hormones
- Significantly improves Mental Health, Disorders, Binge Lifestyle, Conflict, Anxiety and Relationships



10 Steps to Mindfulness

1. Simply breathe. Don't try to breathe. Just allow it. Notice whatever is happening in this moment. All the thoughts, feelings and sensations. Don't react to anything. Just notice it all. This is being in the Now. Breathe.
2. Refrain the urge to judge whatever it is that you are experiencing. Don't label anything. Just simply notice it all. Breathe.
3. If the feeling comes up in your space, that "this is good" or "this is bad", just breathe and let it go. Let that space be empty. Breathe.
4. Accept whatever this is, in this moment. Do not attempt to change it, do not struggle, do not fight. And if the thought comes up that "this is or isn't good", or "I cannot do this", just simply observe that thought like it's something different from you. Breathe.
5. You are not these thoughts, feelings, sensations and emotions. You have them or experience them, but they are not you. Breathe.



10 Steps to Mindfulness

6. Everything that you think is not true. So, do not believe each thought that comes into your mind. Breathe.
7. All states of emotions and sensations come, but they also leave. You are that space that invites them, holds them and lets them go. Breathe.
8. This means that you always have choice. You can let emotions take over your space or not take over your space. Leaving you room in between to choose. Breathe.
9. That is the difference between reacting to something and responding to something. You are now moving from being automated to being conscious. Breathe.
10. Doing this daily for a few minutes can create larger blocks of mindfulness in your waking hours. From a reactive and automated behaviour to responsive conscious being. Breathe.



Self Care in Stressful Times

1. Mindful Eating - become present with food on your plate, check to see if your mouth is salivating, inhale the aromas and eat slowly and leisurely like you have nowhere to run to.
2. Conscious Connections - Make a list of people in your life that feed on your energy and another list that contributes to you. Now look at the first list. List out the reasons why you have these people in your life at all. If it is for any other reason than joy and sharing, you know what you need to do.
3. Boundaries - draw clear boundaries with your second list. The ones that contribute to you. So that they never end up in the first list. Communicate to them what is acceptable and unacceptable to you in terms of behaviour, language, actions and choices.
4. Your needs - Take care of your needs before anyone else's or you will may get trapped in the cycle of fatigue and exhaustion. After your cup is filled, it is so easy for it to overflow to others.
5. Meditate - daily, at least for 20 minutes. If you are very busy, then meditate for an hour.

Self Care in Stressful Times

6. Authentic - be real, honest and authentic with yourself first. Instead of wasting precious hours of your life in denial, it's so much easier to see things for what they really are, accept and move on. You travel so much lighter through life.

7. Communication - Before you share something with someone, ask yourself "what will it create for me?" and "What will it create for them?" and then let the words flow from that awareness.

8. Intention- Always check your intentions before you start any work or meet someone or talk to them on the phone. Here again, be honest with why you are doing this and not judge yourself for it.

9. Creativity - Take up some form of creativity, art, dance, craft, music, anything that fulfills your soul. Learn something new, as it creates new neural pathways in your brain and keeps you young at heart.

10. Body Movement - exercise at least 3-5 times a week and choose the one that gives your body joy and goosebumps. It should be fun for you and work up a good sweat to release toxins and happy hormones that flush your brain for a great mood.

10 Daily habits to beat stress.

1. Get enough Sleep.
2. Limit screen time in the day with frequent breaks and especially post 8pm.
3. Reduce noise pollution around you.
4. Replace caffeine/tea with green tea, chamomile tea, lavender tea.
5. Listen to music that soothes you.
6. Do any kind of breath work.
7. Keep a 2 hour gap between dinner and sleep.
8. Cold shower in the day, warm bath at night.
9. Break up large tasks into mini tasks to avoid overwhelm and anxiety.
10. If you do not live amongst nature, try to listen to the sounds of nature on audio.



Thank you!



I hope you enjoyed this little E-Book.

You can find a lot more of such content on my [Webinars That Inspire](#), a series I did over youtube during the lockdown of 2020.

You can stalk my social media channels of [Instagram](#) and [Facebook](#) where I do regular live videos so you can ask questions.

*You can **avail of a 20 minute FREE coaching session** with me by booking [here](#).*

My specialization is in Holistic Health Coaching, Eating Psychology, Mindfulness Facilitation, Conscious Manifestation, Positive Psychology and Feminine Power. Check out my [website](#) for more!

Going beyond all this, I am deeply passionate about supporting people, creativity and art, sharing my wisdom and work with others.

Wrapping you in goodness, peace, joy and miracles.

I will see you soon! xoxo,

Aditi Nirvaan