



Vital Nutrition for stress and anxiety

As we all struggle to adjust to a new way of working - from working at home, to social distancing and remembering to pack your hand sanitiser and mask along with your lunchbox, making a few savvy choices in the food we eat can make all the difference to our levels of stress and anxiety.

In this webinar, Jane has loads of ideas to help you manage stress and support your mental well-being in this 'new normal'.

You will discover:

- The link between diet and anxiety - what helps and what hinders
- What to eat for better resilience to stress
- How to beat overwhelm
- Simple tips and trick to help your rest and relax

Get in touch

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