



# Vital Nutrition for stress and anxiety

A few savvy choices in the food we eat can make all the difference to our levels of stress and anxiety.

In this webinar, Vital Nutrition have loads of ideas to help you manage stress and support your mental well-being.

**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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