

6 Foods That Lower Stress

1. Oatmeal: It's a complex carbohydrate which stimulates the production of the feel good brain chemical – serotonin. Use good quality oatmeal – not instant.
2. Mint: A great digestive aid that calms your stomach and quiets the body. The smell of mint also tends to be very soothing. Sprinkle some in a cup of chamomile tea for a double dose of relaxation.
3. Dark Chocolate: Choose good quality (at least 60-70% cocoa) chocolate for a serotonin boost. Chocolate also produces a positive emotional response in many people because it's a comfort food for them.
4. Kidney Beans: packed with antioxidants, these beans fight the toxins in your body that can contribute to stress. The balance of protein and carbohydrates also helps keep blood sugar levels – and your mood – stable.
5. Tomatoes: They are abundant in potassium which helps to lower blood pressure and keep you calm.
6. Bananas: This fruit is also rich in potassium, and it gets high marks for its vitamin B6 content. B6 raises levels of dopamine, another chemical in the brain that is related to elevating mood levels.