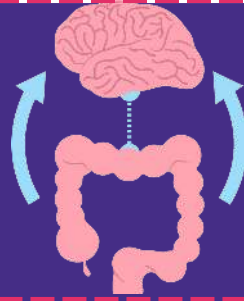


How Stress Impacts the Gut & How to Manage



The mind-gut connection is a two-way street:



how we think and feel impacts the gut

&

the status of the gut impacts how we think and feel.

Common Gut Symptoms when under Stress are:

- Nausea
- Vomiting
- Diarrhea
- Queasiness or “butterflies in your stomach”
- Abdominal pain or cramping



When we experience stress, our fight-flight-freeze response gets activated

Fight



Fighting back against danger

Flight



Fleeing/avoiding the situation for safety

Freeze



Shutting down and disengaging

Knowing how you naturally respond in these moments can allow you to flag your awareness and utilize coping skills.

Common Coping Strategies:

1 Relaxation Techniques

Examples include: visual meditations, breathing meditations, & stretching.



2 Exercise

Try and choose physical movement you enjoy!



3 Self-Talk

Be your own coach! Try and meet yourself with compassionate kindness.

4 Enact Your Joy

Examples include: listening to music, reading, or anything that makes you happy!



When we work to take care of ourselves, this will calm our fight-flight-freeze response and reduce our gastrointestinal symptoms.

It does take some effort and practice, but it is worth the benefit to our minds and bodies!