Tip of the week **- “Eat your stress away”**

Try to avoid low blood sugar as it can stress you out. You can do this by eating regular and small healthy meals and keep fruit and vegetables handy. Herbal teas will also help soothe your frazzled nerves! Eating unrefined carbohydrates, nuts and bananas boosts the formation of serotonin, another feel-good drug and small amounts of protein containing the amino acid tryptamine can give you a boost when stress tires you out.