



Relax more and access your inner calm

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe relaxation is an essential support to your health and wellbeing.



Take charge of your everyday life ...

Just relax! Easier said than done however, learning techniques to keep your cool and stay calm can help you feel more in control of your everyday life and reduce feelings of overwhelm and stress.



How can relaxation help support your health and wellbeing?



What is the relaxation response?



rest and digest response

The relaxation response counteracts the stress response. It engages the parasympathetic nervous system which is in charge of the body's 'rest and digest' response and restores the body to a state of calm. During this time, blood pressure, heart rate, respiration and hormone levels decrease, digestion increases and our feelings settle, resulting in us feeling more balanced.

The human body relies on dedicated moments of rest and relaxation - especially during sleep - to perform many biological processes such as digestion, structural repair of cells and muscles, tissue growth, hormone release, cleansing of the brain, and of course to restore energy. During waking hours, learning to find moments to relax can help lower blood pressure and reduce stress, improve digestion, reduce fatigue, improve your mood and set you up for a good nights sleep.

5 ways to find your inner calm



- Take a break and rest
- Close your eyes & breathe deeply for 5 mins
- Go for a walk & spend time outside (preferably in nature)
- Run a relaxing bath or hot shower
- Do something that genuinely makes you happy each day, read, draw, dance, garden, listen to or play music, cook