CASE STUDY

A Recipe for Reducing Stress Fruit and vegetables on a bed of mindfulness

Being stressed for prolonged periods of time can lead to mental and physical health conditions such as depression, anxiety, metabolic syndrome and cardiovascular disease.

When we are stressed, we also are more likely to eat energy dense food which, over time, can add to our health problems.

Traditional approaches to reducing stress have focused on relaxation, meditation and exercise, but many people lack the time and energy needed to devote themselves to these healthy habits. This lack of time and the pressure to be healthy can actually add to a person's stress level!

Two ECU researchers believe a mindful eating experience that draws attention to how and what we eat, can help reduce stress levels and improve wellbeing.

Dr Radavelli Bagatini's research has found a link between greater consumption of fruit and vegetables and reduced stress levels, which could improve mental and physical wellbeing.

The Researchers





Dr Simone Radavelli Bagatini

Simone is a postdoctoral research fellow within the Nutrition & Health Innovation Research Institute at Edith Cowan University (ECU).

mental and physical health.

Dr Tas Masih

Tas is an Accredited Practicing Dietitian, a yoga/mindfulness instructor, and a Research Scholar in the Nutrition & Health Innovation Research Institute.

Tas' research interests lie in the integration of mindfulness practice and culinary nutrition to help promote learning and enhance wellbeing of her students and the wider community.

Dr Masih's research investigates whether practicing mindfulness (being in the present moment) in everyday life activities (such as selecting, preparing and eating food) can increase fruit and vegetable intake and help to reduce stress levels.

Together, they want to put their research findings to the test in the real world.



Simone's research focuses on the relationship between fruit and vegetable intake and

Pathway to Impact

Research Driver

Can practicing mindfulness while preparing food increase fruit and vegetable consumption and also reduce chronic stress levels?

Step 2

Build on a diet of stress-reducing fruit and vegetables with a clinical trial of mindful food preparation to further reduce stress levels.

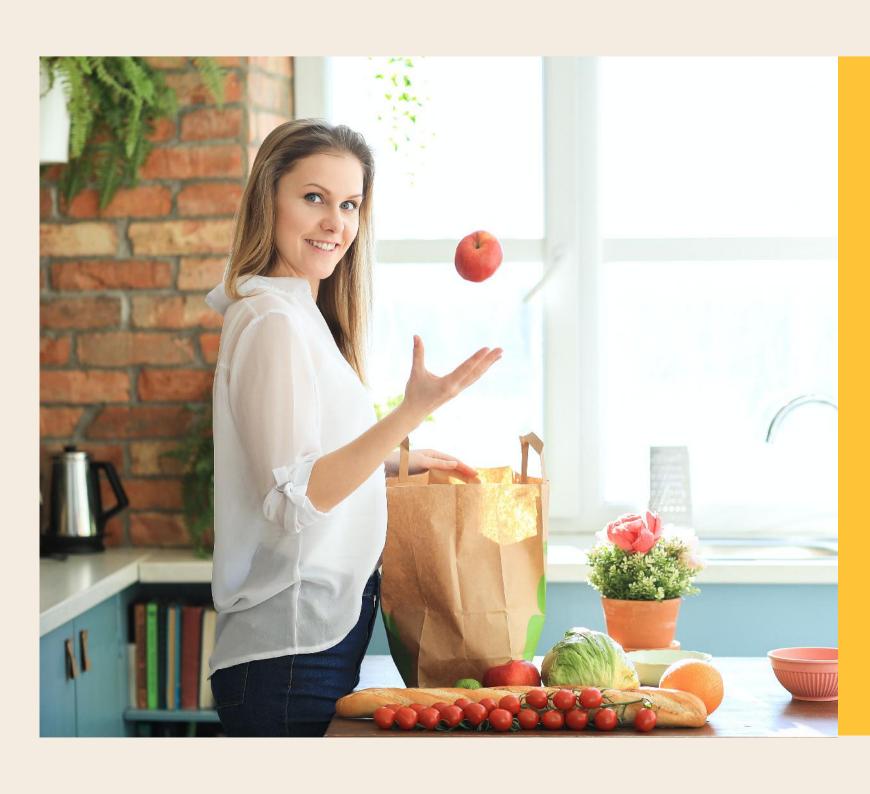
Future Impact

Reduced stress and improved health and wellbeing.

How it works

Mindful food preparation

> " **Integrating mindfulness practices into every**day life, including while we select, cook and eat, may be an achievable self-care strategy for both mental and physical wellbeing.



Step 1

Confirm in a clinical trial that fruit and vegetable intake can significantly reduce stress levels and reduce mental and physical health issues.

Step 3

Develop education and training materials for the community to help people integrate mindfulness practice in the preparation and eating of healthy meals to reduce their stress.

