



x Parsley Health

Stress Management Tips for a Healthier Gut



Have you ever gotten a stomachache when you're stressed?

That's the mind-gut connection at work. When you're overwhelmed, your cortisol level (the "stress hormone") increases. Too much cortisol can lead to inflammation in your gut lining and disrupt the balance of good bacteria in your gut's microbiome. Start a stress management routine—it's not just good for your mental health, but for your physical health too!



BOX BREATHING:

Breathe in for four counts, hold for four, exhale for four, and hold for four. Repeat for several minutes.

Deep breathing reduces cortisol levels and helps the gut microbiome thrive.



MUSCLE RELAXATION:

Tense and release each muscle group from head to toe.

This technique calms the nervous system and aids digestion.

Listen to your gut

Feeling stressed? Take a pause with these tools that support the mind-gut connection.



JOURNALING:

Begin and end your day by putting pen to paper.

Journaling promotes self-awareness, reduces anxiety, and fosters gut-friendly habits.



LAUGHTER:

Prioritize spending time with loved ones and finding joy throughout the day.

A hearty laugh lowers stress hormones like cortisol and boosts feel-good gut bacteria.



Ready to start feeling better? Get to the root cause of your symptoms.

Valley Schools has partnered with Parsley Health to provide root-cause medicine care to eligible employees and dependents 18+ on the UnitedHealthcare medical plan with Valley Schools, who are managing a chronic condition. Parsley Health's personalized program proactively addresses top risk factors and health conditions, including autoimmune, GI & digestive, reproductive & hormone, cardiometabolic, diabetes & pre-diabetes.

Visit parsleyhealth.com/valleyschools and complete the intake form to see if you are eligible.