

Gut–Brain Wellbeing

Digestion, stress and emotional wellbeing can influence each other. Notice your individual experience rather than chasing a 'perfect' gut.

How does stress affect my digestion?

How does digestive discomfort affect my mood?

Are there situations where symptoms become more noticeable?

What foods feel comfortable for me?

What routines seem to support digestion?

Do sleep, movement or stress levels make a difference?

Is there anything I should discuss with a healthcare professional?

One supportive habit I would like to explore is...
