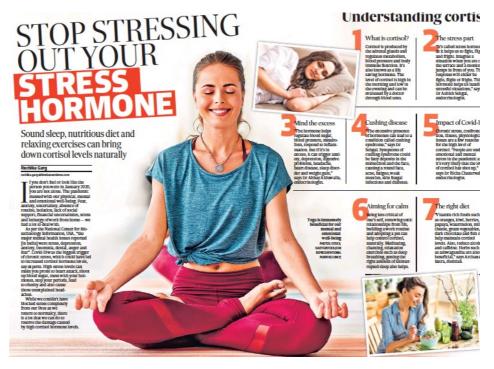
- Stress

STOP STRESSING OUT YOUR STRESS HORMONE

Sound sleep, nutritious diet and relaxing exercises can bring down cortisol levels naturally

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If you don't feel or look like the person you were in January 2020, you are not alone. The pandemic messed with our physical, mental and emotional well-being. Fear, anxiety, uncertainty, absence of routine, isolation, lack of social support, financial uncertainties, stress and lethargy of work from home — we had a lot to deal with.



As per the National Center for Biotechnology Information, USA, "the major mental health issues reported [in India] were stress, depression, anxiety, insomnia, denial, anger and fear". Covid-19 was the biggest trigger of chronic stress, which could have led to increased cortisol hormone levels, say experts. High stress levels can make you prone to heart attack, shoot up blood sugar, mess with your hormones, stop your periods, lead to obesity and also cause those unexplained headaches.

While we couldn't have blocked stress completely from our lives as we return to normalcy, there is a lot that we can do to reserve the damage caused by high cortisol hormone levels.