

Vegan Dietary Strategies and Lifestyle Techniques for Stress Management

I. Introduction

Stress, a ubiquitous aspect of modern life, exerts significant physiological and psychological effects on human health. It can manifest as anxiety, tension, and worry, and prolonged exposure to stress has been linked to a multitude of adverse health outcomes.¹ Chronic stress can impair the body's immune system and exacerbate existing health conditions.² Recognizing the detrimental impacts of stress, there is a growing interest in holistic approaches to its management, encompassing dietary modifications and lifestyle adjustments.⁴ A well-planned vegan diet, characterized by its emphasis on whole, plant-based foods, has emerged as a potentially beneficial strategy in mitigating stress.⁴ Research indicates that individuals adhering to diets rich in fruits, vegetables, grains, and legumes often report lower levels of stress, anxiety, and depression.⁴ Furthermore, studies suggest that vegans may experience less stress and anxiety compared to omnivores, highlighting the potential role of dietary choices in mental well-being.⁶ This report aims to provide a comprehensive overview of evidence-based vegan dietary strategies and other stress relief methods, offering insights into their scientific rationale and practical applications. The scope of this report includes an exploration of the key nutrients in vegan foods that contribute to stress reduction, an examination of vegan foods that may potentially increase stress, and an analysis of various non-dietary stress relief techniques, including meditation and exercise. Additionally, the report will delve into effective strategies for managing unavoidable stressful situations, providing a holistic perspective on stress management within the context of a vegan lifestyle.

II. Vegan Foods for Stress Relief: Scientific Evidence and Mechanisms

A well-structured vegan diet can be a powerful tool in managing stress due to the presence of various key nutrients that have been scientifically shown to alleviate stress and anxiety.⁴

Magnesium, a macromineral abundant in many vegan foods, plays a crucial role in the body's stress response system by influencing the regulation of stress hormones in the brain.⁴ A deficiency in magnesium, also known as hypomagnesemia, has been associated with elevated levels of stress and anxiety.⁴ Conversely, research suggests that a higher intake of magnesium-rich foods may help reduce feelings of stress, anxiety, and depression.⁴ Vegan sources of magnesium include Swiss chard, nuts and seeds such as almonds, cashews, and pumpkin seeds, legumes, whole grains, tofu,

kale, spinach, collard greens, oats, avocados, bananas, and even dark chocolate.⁴ Magnesium is involved in over 300 cellular processes and is often referred to as the "relaxation mineral".¹¹ It contributes to stress reduction by regulating cortisol levels, alleviating headaches and fatigue, relieving premenstrual mood changes, improving sleep quality in older adults, and promoting muscle relaxation.¹¹ The widespread availability of magnesium in diverse vegan food sources underscores its importance in a stress-reducing dietary approach.

Chronic inflammation has been implicated in the development of various health issues, including depression, and psychological stress itself can trigger physical inflammation within the body.⁴ Anti-inflammatory foods, rich in antioxidants and phytonutrients, can help the body combat the inflammatory effects of stress.⁴ Foods vibrant in color, such as berries and sweet potatoes, are excellent sources of antioxidants.⁴ Other anti-inflammatory vegan options include dark leafy greens, tomatoes, almonds, walnuts, oranges, and extra virgin olive oil.⁴ These plant-based compounds are associated with lower levels of inflammatory markers, suggesting a protective effect against systemic inflammation and oxidative stress, both of which are linked to neurodegenerative diseases.¹³ The abundance of these anti-inflammatory components in a vegan diet highlights its potential in mitigating the physical manifestations of stress.

Green tea, a beverage consumed for centuries, has been shown to improve mood, likely due to the presence of the amino acid L-theanine.⁴ L-theanine is known for its ability to enhance mood, cognition, and reduce symptoms of stress and anxiety.⁴ While green tea also contains caffeine, which can provide a temporary boost in alertness, it is generally recommended to limit the intake of caffeine from sources like coffee and energy drinks, as research suggests habitual coffee drinkers may experience higher levels of stress.⁴ Matcha and oolong tea are particularly rich in L-theanine.⁴ L-theanine's mechanism of action includes increasing dopamine levels in the brain, which contributes to a sense of calm.⁹ The unique combination of L-theanine and a moderate amount of caffeine in green tea offers a potentially beneficial way to manage stress without the adverse effects associated with high caffeine consumption.

Chamomile tea, one of the world's oldest herbal remedies, has traditionally been used to promote restful sleep and calm nerves.⁴ It contains a variety of flavonoids known for their anti-inflammatory properties. Apigenin, a specific flavonoid in chamomile, is believed to be responsible for its calm-inducing effects.⁴

Prebiotic-rich foods play an indirect role in stress management by supporting the

health of the gut microbiome.⁴ The gut and brain are interconnected through the gut-brain axis, and a healthy gut microbiome has been associated with improved mental health, including a reduction in anxiety and depression.⁴ Prebiotics are fermentable soluble fibers such as resistant starches, inulin, and pectin.⁴ Vegan sources of resistant starches include cooked and cooled potatoes, oats, rice, legumes, and green bananas. Inulin can be found in asparagus, burdock root, chicory root, soybeans, onions, leeks, garlic, and dandelion greens. Pectin is present in fruits like apples, pears, plums, guava, peaches, strawberries, and oranges, as well as some vegetables like carrots, peas, green beans, and tomatoes.⁴ By promoting a healthy gut environment, a vegan diet rich in these prebiotic fibers can indirectly contribute to stress reduction.

Omega-3 fatty acids are essential oils that provide energy, support mental development, and decrease inflammation in the body.⁹ They combat stress by reducing surges of stress hormones and lessening the effects of depression.¹¹ While primarily found in fatty fish, vegan sources of omega-3 fatty acids include plant oils such as flaxseed oil and soybean oil, as well as nuts and seeds like flaxseeds, pistachios, and walnuts. Beans such as edamame, pinto, and kidney beans, leafy greens like spinach and kale, and algae also contain omega-3s.⁹ These fatty acids are vital for maintaining neuronal membrane fluidity and synaptic plasticity, and adequate intake from vegan sources can support brain health and resilience against stress.¹³

Complex carbohydrates, abundant in plant-based foods like whole grains, legumes, and vegetables, play a significant role in stress management.¹¹ They help increase the production of serotonin, a neurotransmitter associated with feelings of well-being, and also contribute to stabilizing blood pressure and blood sugar levels.¹¹ Furthermore, complex carbohydrates provide a slow and steady release of glucose into the bloodstream, ensuring a consistent energy supply, which is crucial for managing stress effectively.¹¹ Vegan sources include whole wheat flour, quinoa, lentils, beans, barley, as well as fruits like strawberries, apples, and pears, and vegetables such as cucumbers, asparagus, and tomatoes.¹¹

Quercetin, a phytochemical found exclusively in plant foods, has demonstrated potential in reducing anxiety and depressive symptoms.⁸ It acts as a natural antidepressant by inhibiting the activity of monoamine oxidase (MAO), an enzyme responsible for breaking down mood-regulating neurotransmitters such as serotonin, dopamine, and norepinephrine.⁸ This inhibition leads to higher levels of these neurotransmitters in the brain, which can alleviate signs and symptoms of anxiety and despair.¹⁵ Foods with high levels of quercetin include apples, kale, berries, grapes,

onion, and green tea.⁸

Tryptophan, an essential amino acid, is utilized by the brain to produce serotonin, a neurotransmitter largely responsible for feelings of happiness and well-being.⁸ Plant-based sources of tryptophan include leafy greens, sunflower seeds, watercress, soybeans, pumpkin seeds, mushrooms, broccoli, and peas.⁸ Adequate intake of tryptophan from these vegan sources can support the synthesis of serotonin, thereby contributing to improved mood and enhanced resilience to stress.

The following table summarizes key stress-reducing nutrients found in vegan foods, their primary sources, and their mechanisms of action:

Table 1: Stress-Reducing Nutrients in Vegan Foods

Nutrient	Primary Vegan Food Sources	Mechanisms of Stress Reduction
Magnesium	Swiss chard, almonds, cashews, pumpkin seeds, legumes, whole grains, tofu, kale, spinach, collard greens, oats, avocados, bananas, dark chocolate	Regulates stress hormones, reduces headaches and fatigue, relieves mood changes, improves sleep, relaxes muscles.
Antioxidants	Berries, sweet potatoes, dark leafy greens, tomatoes, almonds, walnuts, oranges, extra virgin olive oil	Reduce inflammation caused by stress.
L-Theanine	Green tea (especially matcha and oolong)	Improves mood and cognition, reduces stress and anxiety symptoms, increases dopamine levels.
Omega-3 Fatty Acids	Flaxseed oil, soybean oil, flaxseeds, pistachios, walnuts, edamame, pinto beans, kidney beans, spinach, kale, algae	Decrease inflammation, reduce surges of stress hormones, combat depression, support neuronal health.
Complex Carbohydrates	Whole wheat flour, quinoa, lentils, beans, barley, strawberries, apples, pears,	Increase serotonin production, stabilize blood pressure and blood sugar

	cucumbers, asparagus, tomatoes	levels, provide sustained energy.
Quercetin	Apples, kale, berries, grapes, onion, green tea	Inhibits monoamine oxidase (MAO), increasing levels of mood-regulating neurotransmitters like serotonin and dopamine.
Tryptophan	Leafy greens, sunflower seeds, watercress, soybeans, pumpkin seeds, mushrooms, broccoli, peas	Precursor to serotonin, a neurotransmitter associated with feelings of happiness and well-being.
Prebiotic Fibers	Cooked and cooled potatoes, oats, rice, legumes, green bananas, asparagus, burdock root, chicory root, soybeans, onions, leeks, garlic, dandelion greens, fruits (apples, pears, etc.), carrots, peas, green beans, tomatoes	Support a healthy gut microbiome, which is linked to improved mental health and reduced anxiety and depression through the gut-brain axis.

III. Vegan Foods to Limit for Stress Management: Potential Stressors

While a vegan diet can be beneficial for stress management, certain vegan foods or dietary patterns may potentially increase stress or anxiety levels.⁴

A high intake of refined sugars, often prevalent in processed vegan snacks and desserts, can lead to rapid fluctuations in blood sugar levels.⁴ These spikes and subsequent crashes in blood glucose can result in energy slumps, irritability, and an overall increase in feelings of stress.⁴ Furthermore, the consumption of refined sugars can stimulate the release of stress hormones such as cortisol and adrenaline, further exacerbating the body's stress response.¹⁷ Therefore, while veganism itself is not inherently linked to high sugar intake, individuals following a vegan lifestyle should be mindful of their consumption of refined sugars to avoid potential negative impacts on stress levels.

Processed vegan foods, including meat substitutes, sugary snacks, and refined carbohydrates, may also contribute to increased stress or anxiety.⁴ These foods can be high in sodium, unhealthy fats, and various additives that may promote inflammation and negatively affect mood.⁴ Some research even suggests a link

between the consumption of processed meat substitutes and a higher risk of depression and inflammation in vegetarians, which includes vegans.²² Additionally, a diet heavily reliant on processed vegan alternatives may lack the essential nutrients found in whole, unprocessed plant foods, potentially leading to nutritional imbalances that can impact mental well-being.¹⁶ Therefore, it is advisable for vegans to prioritize a diet rich in whole plant foods and limit their intake of processed vegan products to optimize stress management.

Excessive caffeine intake, while coffee and tea are plant-based, can also be a significant stressor.⁴ While the L-theanine content in green tea may mitigate some of the negative effects of caffeine, high consumption of caffeine from coffee, energy drinks, and even some teas can lead to overstimulation of the nervous system, resulting in jitters, nervousness, and worsened anxiety.¹⁹ Caffeine is known to increase the levels of stress hormones like catecholamines and cortisol, further contributing to the body's stress response.¹⁹ Moreover, excessive caffeine intake can interfere with sleep patterns, which are crucial for stress management.²¹ While moderate consumption of green tea might be acceptable and even beneficial for some due to its L-theanine content, it is generally recommended to limit overall caffeine intake to manage stress effectively.

Finally, a poorly planned vegan diet that fails to adequately address potential nutrient gaps can inadvertently contribute to increased stress and anxiety.¹³ Deficiencies in essential nutrients such as Vitamin B12, Omega-3 fatty acids (specifically EPA and DHA), Iron, Zinc, and Vitamin D have been linked to negative impacts on mental health, including an increased risk of anxiety and depression.¹³ Vitamin B12 deficiency is a common concern for vegans as this nutrient is primarily found in animal products. Insufficient B12 can lead to symptoms like fatigue, difficulty concentrating, and depression.¹⁶ Similarly, inadequate intake of Omega-3 fatty acids, particularly EPA and DHA, which are less readily converted from plant-based ALA, can affect learning and memory.¹⁶ Insufficient protein intake in a vegan diet may also lead to deficiencies in amino acids that are crucial for the production of mood-regulating brain chemicals.¹⁶ Deficiencies in minerals like iron and zinc have been associated with symptoms such as low energy, mood fluctuations, and increased anxiety.¹⁶ Therefore, careful planning of a vegan diet, including attention to food combinations and the potential need for supplementation, is essential to prevent nutrient deficiencies that could negatively impact mood and increase susceptibility to stress and anxiety.

IV. Other Stress Relief Methods: Beyond Diet

Beyond dietary strategies, several other methods have been proven effective in

alleviating stress, including meditation and exercise.

Meditation is a practice that has been utilized for thousands of years to promote relaxation and enhance mental well-being.¹ It can provide a sense of calm, peace, and balance, benefiting both emotional and overall health.¹ Regular meditation can help individuals develop a new perspective on stressors, build stress management skills, increase self-awareness, focus on the present moment, reduce negative feelings, and improve patience.¹ The emotional and physical benefits of meditation include lowering resting heart rate and blood pressure, as well as improving sleep quality.¹ Scientific evidence supports the effectiveness of meditation in reducing stress, anxiety, and depression.² Mindfulness meditation, in particular, has been shown to increase stress resilience and promote effective coping mechanisms.³⁵ Various types of meditation practices exist, each with its unique approach to stress reduction.¹ Mindfulness meditation involves focusing on the present moment without judgment.¹ Guided meditation uses visualization techniques led by an instructor or recording.¹ Mantra meditation involves the repetition of a calming word or phrase.¹ Breath awareness meditation focuses on the rhythm of inhalation and exhalation.³⁴ Loving-kindness meditation cultivates feelings of compassion towards oneself and others.³⁴ Body scan meditation involves bringing awareness to different parts of the body.³⁴ Transcendental meditation utilizes specific mantras to induce deep relaxation.¹ Yoga integrates physical postures, controlled breathing, and meditation.¹ Walking meditation involves focusing on the sensation of movement while walking.¹ Progressive muscle relaxation entails tensing and then releasing different muscle groups in the body.³⁴ The variety of meditation techniques allows individuals to find a practice that suits their preferences and effectively aids in stress reduction.

Exercise, in almost any form, can act as a potent stress reliever.⁵ Physical activity can boost the production of endorphins, the brain's feel-good neurotransmitters, and provide a welcome distraction from daily worries.⁵ Regular exercise has been shown to reduce the negative effects of stress on the body, including lowering resting heart rate and blood pressure, and improving mood, self-confidence, and sleep quality.⁵ Even short periods of physical activity can be beneficial in managing stress.⁵ Various types of exercises have been found to impact stress levels and mental well-being positively.⁵ Aerobic exercises, such as brisk walking, jogging, cycling, swimming, and dancing, increase heart rate and breathing, which helps release endorphins and improve cardiovascular health.⁵ Yoga and Tai Chi combine physical movements with breathing techniques and meditation, promoting relaxation and reducing stress and anxiety.⁵ Strength training, using weights or resistance bands, can improve mood and reduce stress and anxiety levels.⁵ Mindful walking involves focusing on breathing and

surroundings while walking slowly.⁴⁵ Spending time in nature while walking or hiking combines the benefits of exercise with the calming effects of the natural environment.⁴⁵ High-intensity interval training (HIIT), involving short bursts of intense activity, has also shown promise in reducing anxiety symptoms.⁵ Engaging in regular physical activity through enjoyable activities is a fundamental aspect of effective stress management.

Beyond meditation and exercise, several other techniques have demonstrated effectiveness in providing stress relief.⁶⁰ Yoga, as mentioned earlier, is a powerful tool that combines physical postures, breathing exercises, and meditation to reduce stress, lower blood pressure, and improve overall well-being.⁵ Deep breathing exercises, such as box breathing and 4-7-8 breathing, can promote relaxation and combat stress by slowing heart rate and reducing blood pressure.³⁵ Spending time in nature has been linked to numerous benefits, including reduced stress, anxiety, and improved mood.⁴ Engaging in hobbies that bring joy and relaxation, such as baking, art, puzzles, gardening, and listening to music, can also be effective in reducing stress and improving mental well-being.³⁵ Other helpful techniques include laughter, connecting with friends and family, journaling, ensuring sufficient sleep, and maintaining a healthy lifestyle.³⁵ A comprehensive approach to stress management often involves integrating several of these techniques into daily life.

V. Strategies for Managing Unavoidable Stressful Situations

While adopting a healthy vegan diet and engaging in stress-reducing activities can significantly improve overall well-being, it is also important to develop strategies for managing stressful situations that are unavoidable.³⁴

Developing effective coping mechanisms is crucial for navigating unavoidable stress. This includes practicing self-care and self-compassion, connecting with supportive individuals, acknowledging the limits of one's control, engaging in regular physical activity, maintaining a healthy diet and hydration, minimizing substance use, pursuing creative outlets and hobbies, journaling to process emotions, finding relaxation techniques, establishing a daily structure, lowering expectations and seeking assistance when needed, taking responsibility and actively problem-solving, maintaining emotional composure or expressing feelings appropriately, challenging negative thought patterns, creating distance from stressors when possible, adopting a helpful perspective (such as religious or spiritual), practicing gratitude, learning to set healthy boundaries, working efficiently, cultivating a positive outlook, and accepting situations that cannot be changed.³⁵

Mindfulness techniques can be particularly helpful in managing stress in the moment. Deep breathing exercises, such as intentional breathing, stress breath techniques, extended exhales, belly breathing, box breathing, resonant breathing, yogic breathing, and the 3-3-3 rule, can quickly calm the mind and body.³⁵ Grounding exercises, which involve engaging all the senses, can help bring focus to the present moment.³⁵ Taking short breaks and changing the immediate environment can also provide temporary relief.⁴⁴ Other effective mindfulness techniques include mindful seeing and listening, meditative walking, body scan meditation, the S.T.O.P. practice (Stop, Take a breath, Observe, Proceed), and observing thoughts without judgment.³⁴

Adopting structured problem-solving approaches can also aid in managing unavoidable stress, especially when the source of stress is a specific issue that can be addressed. This involves identifying all aspects of the stressful event, including behaviors, thoughts, feelings, and physical responses; brainstorming a wide range of potential solutions without initial judgment; evaluating these options based on their likelihood of success, cost in time and energy, and impact on others; and finally, acting on the most viable option by outlining the necessary steps and taking action.⁸⁶ Breaking down large problems into smaller, more manageable parts and seeking advice from trusted individuals can also be helpful components of a problem-solving strategy.⁹⁴

VI. Conclusion

In summary, a well-planned vegan diet, rich in nutrients like magnesium, antioxidants, L-theanine, omega-3 fatty acids, complex carbohydrates, quercetin, and tryptophan, can play a significant role in mitigating stress. Conversely, limiting the intake of refined sugars, processed vegan foods, and excessive caffeine, while ensuring adequate nutrient intake through careful planning and potential supplementation, is essential for maximizing the stress-reducing potential of a vegan lifestyle. Beyond diet, practices such as meditation, with its various forms tailored to individual needs, and regular exercise, encompassing aerobic activities, yoga, and mindful movement, offer powerful tools for stress management. Furthermore, techniques like yoga, deep breathing exercises, spending time in nature, and engaging in enjoyable hobbies provide additional avenues for alleviating stress. Managing unavoidable stressful situations requires a combination of proactive coping mechanisms to build resilience, immediate mindfulness techniques to navigate challenging moments, and effective problem-solving approaches to address stressors where possible. Integrating vegan dietary choices with these diverse stress relief methods can lead to a comprehensive and personalized strategy for enhancing mental and physical well-being. It is important to recognize that stress management is an individualized process, and

finding the most effective combination of techniques may require experimentation and self-awareness. When stress becomes overwhelming or unmanageable, seeking guidance from healthcare professionals or mental health experts is strongly recommended.

VII. References

- 95 url:
<https://academic.oup.com/nutritionreviews/article-pdf/1/3/69/24095401/nutritionreviews1-0069.pdf>
- 96 url: <https://www.escoffieronline.com/how-to-blanch-vegetables/>
- 97 url: <https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-vegetables/>
- 98 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>
- 99 url: <https://nehinstitute2018.libs.uga.edu/how-to-blanch-vegetables>
- 100 url:
<https://www.homesciencejournal.com/archives/2023/vol9issue1/PartE/10-3-69-662.pdf>
- 98 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>
- 101 url: <https://www.bhg.com/recipes/how-to/cooking-basics/how-to-blanch-vegetables/>
- 102 url: <https://pmc.ncbi.nlm.nih.gov/articles/PMC11317740/>
- 97 url: <https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-vegetables/>
- 103 url: https://www.canr.msu.edu/resources/freezing_foods
- 104 url:
<https://agriculture.institute/food-processing-and-engineering-ii/blanching-techniques-equipment-fruits-vegetables/>
- 97 url: <https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-vegetables/>
- 99 url: <https://nehinstitute2018.libs.uga.edu/how-to-blanch-vegetables>
- 98 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>
- 105 url:
<https://www.wedontwaste.org/how-to-blanch-vegetables-and-keep-them-fresh-forever-ish/>
- 106 url:
<https://www.newspointapp.com/news/lifestyle/blanching-vs-steaming-which-is-the-healthier-cooking-method/articleshow/102126260>
- 107 url: <https://www.elenabesser.com/recipe/blanching>
- 99 url: <https://nehinstitute2018.libs.uga.edu/how-to-blanch-vegetables>
- 108 url: <https://foodwithfinesse.com/chroniclescpt/essential-guide-to-blanching/>
- 109 url: [https://en.wikipedia.org/wiki/Blanching_\(cooking\)](https://en.wikipedia.org/wiki/Blanching_(cooking))
- 110 url: <https://m.youtube.com/watch?v=RsEwcxz1Ss0&pp=ygUSI2tleWFya2l0Y2hlbmRpYXJ5>

96 url: <https://www.escoffieronline.com/how-to-blanch-vegetables/>
111 url: <https://extension.unh.edu/resource/freezing-vegetables>
98 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>
98 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>
98 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>
112 url: <https://www.healthycanning.com/blanching-times-drying-veg/>
101 url: <https://www.bhg.com/recipes/how-to/cooking-basics/how-to-blanch-vegetables/>
113 url: <https://springfeeling.com/blog/blanching-unlocking-colour-flavour-and-nutrition>
114 url: <https://m.youtube.com/watch?v=5AVRAdnQcLY>
98 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>
115 url: <https://extension.usu.edu/preserve-the-harvest/research/drying-pretreatment>
116 url:
<https://www.masterclass.com/articles/what-is-blanching-guide-to-blanching-vegetables>
105 url:
<https://www.wedontwaste.org/how-to-blanch-vegetables-and-keep-them-fresh-forever-ish/>
117 url: <https://hopkinsdiabetesinfo.org/how-to-keep-the-nutrients-in-your-veggies/>
98 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>
118 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage#:~:text=Boil%20the%20water%20in%20a,to%20boiling%20within%201%20minute.>
119 url:
<https://www.nationaljewish.org/education/health-information/healthy-eating/recipes/blanched-vegetables>
120 url:
<https://www.eatright.org/food/home-food-safety/safe-cooking-and-prep/blanch-before-you-freeze>
119 url:
<https://www.nationaljewish.org/education/health-information/healthy-eating/recipes/blanched-vegetables>
121 url: <https://www.theculinarypro.com/vegetable-cooking-steaming-blanching-boiling>
122 url: <https://www.clemson.edu/extension/food/canning/canning-tips/43why-blanch.html>
123 url: <https://www.healthycanning.com/blanching-times-for-freezing-veg>

122 url: <https://www.clemson.edu/extension/food/canning/canning-tips/43why-blanch.html>

124 url: <https://www.youtube.com/watch?v=iW29Peruj-O>

125 url: <https://www.bettycrocker.com/how-to/ingredients-and-preparation/blanching>

126 url:
<https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/freezing-vegetables-9-330/>

127 url: <https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-times/>

120 url:
<https://www.eatright.org/food/home-food-safety/safe-cooking-and-prep/blanch-before-you-freeze>

128 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage#:~:text=Fresh%20vegetables%20should%20be%20blanched,both%20food%20safety%20and%20quality.>

129 url: <https://www.healthline.com/nutrition/fresh-vs-frozen-fruit-and-vegetables>

122 url: <https://www.clemson.edu/extension/food/canning/canning-tips/43why-blanch.html>

130 url:
<https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-vegetables/#:~:text=To%20steam%2C%20use%20a%20pot,pot%20and%20keep%20heat%20high.>

97 url: <https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-vegetables/>

120 url:
<https://www.eatright.org/food/home-food-safety/safe-cooking-and-prep/blanch-before-you-freeze>

125 url: <https://www.bettycrocker.com/how-to/ingredients-and-preparation/blanching>

131 url: <https://www.youtube.com/watch?v=hG-RlaZn7uY>

97 url: <https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-vegetables/>

101 url: <https://www.bhg.com/recipes/how-to/cooking-basics/how-to-blanch-vegetables/>

132 url: <https://andreadekker.com/wp-content/uploads/2010/06/Vegetable-Freezing-Chart.pdf>

133 url:
<https://food-guide.canada.ca/en/cooking-skills/blanch-vegetables#:~:text=Cook%20in%20boiling%20water%20for,minutes%2C%20depending%20on%20the%20vegetable.&text=Remove%20from%20boiling%20water%20and,to%20stop%20the%20cooking%20process.&text=Drain%20and%20spread%20on%20a,Cover%20and%20place%20in%20freezer.>

134 url:
<https://www.nourishinggenerations.org/post/how-and-why-to-blanch#:~:text=If%20you%20cook%20vegetables%20gently,preserve%20the%20color%20and%20nutrients.>

135 url:
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage#:~:text=The%20quality%20of%20frozen%20and,the%20peak%20quality%20is%20preserved.>

136 url:
<https://zerowastehomestead.com/simple-guide-to-blanching-and-freezing-homegrown-vegetables/>

137 url: <https://awc.ccsai.ca/raw-vs-frozen-vegetables/>
138 url: <https://www.thespruceeats.com/blanching-vegetables-before-freezing-1327660>
122 url: <https://www.clemson.edu/extension/food/canning/canning-tips/43why-blanch.html>
4 url: <https://vegnews.com/stress-relieving-vegan-foods-what-makes-stress-worse>
8 url: <https://www.pcrm.org/good-nutrition/food-and-mood>
13 url: <https://www.mdpi.com/2072-6643/17/5/884>
6 url: <https://www.pcrm.org/news/health-nutrition/vegans-have-less-stress-and-anxiety>
7 url: <https://faunalytics.org/veganism-help-reduce-stress-anxiety/>
139 url:
<https://www.news-medical.net/news/20230602/Is-there-an-association-being-plant-based-diets-and-mental-health.aspx>
140 url: <https://www.mdpi.com/2072-6643/16/19/3386>
141 url: <https://www.medrxiv.org/content/10.1101/2020.09.28.20203026.full>
10 url: <https://drvegan.com/blogs/articles/tips-to-boost-your-energy>
11 url: <https://www.yourveganfamily.com/blog/plant-based-stress-reducers>
12 url:
<https://www.megawecare.com/good-health-by-yourself/stress/plant-based-foods-that-reduce-stress-and-anxiety>
9 url: <https://drvegan.com/blogs/articles/foods-and-vitamins-to-help-relieve-anxiety>
14 url:
<https://www.affordablecounselingservices.org/post/food-for-thought-plant-based-diets-and-mental-wellness>
15 url: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10665534/>
9 url: <https://drvegan.com/blogs/articles/foods-and-vitamins-to-help-relieve-anxiety>
8 url: <https://www.pcrm.org/good-nutrition/food-and-mood>
4 url: <https://vegnews.com/stress-relieving-vegan-foods-what-makes-stress-worse>
28 url: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10027313/>
17 url:
<https://www.serotonindealer.com/blogs/news/9-plant-based-foods-to-improve-mental-health>
142 url: <https://www.purelyplanted.com/post/how-plant-based-eating-affects-your-mood>
29 url: <https://pmc.ncbi.nlm.nih.gov/articles/PMC11174459/>
30 url: <https://www.webmd.com/diet/what-to-know-about-veganism-and-depression>
143 url: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10231825/>
18 url: <https://alyssafontaine.com/veganism-depression-anxiety/>
144 url: <https://www.healthline.com/nutrition/things-vegans-dont-eat>
145 url:
<https://www.katswellness.com/new-blog/2021/4/25/anxiety-amp-how-to-plant-based-diets-help-anxiety-symptoms>
19 url: <https://www.mamasezz.com/blogs/news/foods-to-reduce-anxiety>
24 url: <https://www.thymetogovegannutritionservices.com/coffee-on-plant-based-diet/>
146 url: <https://alyssafontaine.com/vegan-friendliness-coffee-plant-based-dietitians/>
25 url: <https://www.rosemarynutrition.co.uk/coffee-on-a-plant-based-diet/>
26 url: <https://www.youtube.com/watch?v=JZLAy9SOFOU>

27 url: <https://drvegan.com/blogs/articles/best-alternatives-to-caffeine>
20 url: <https://plantfuelfocus.com/how-to-stabilize-blood-sugar-on-a-vegan-diet/>
21 url: <https://drvegan.com/blogs/articles/how-adrenal-glands-affect-stress-and-endurance>
23 url:
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/how-to-maintain-a-balanced-diet-as-a-vegetarian-or-vegan>
10 url: <https://drvegan.com/blogs/articles/tips-to-boost-your-energy>
22 url:
<https://www.healthline.com/health-news/processed-meat-substitutes-higher-depression-risk-vegetarians>
16 url: <https://andreacannas.com/can-being-vegan-make-me-anxious/>
1 url:
<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>
147 url: <https://medschool.ucla.edu/blog-post/the-benefits-of-meditation-to-relieve-stress>
148 url:
<https://health.ucdavis.edu/blog/cultivating-health/10-health-benefits-of-meditation-and-how-to-focus-on-mindfulness-and-compassion/2022/12>
36 url:
<https://otsegocountyfair.com/the-benefits-of-mindfulness-meditation-for-stress-reduction/>
37 url: <https://my.clevelandclinic.org/health/articles/17906-meditation>
38 url: <https://www.calm.com/blog/how-to-meditate-for-anxiety>
39 url: <https://www.medicalnewstoday.com/articles/320392>
40 url: <https://www.verywellmind.com/types-of-meditation-to-find-your-calm-8553523>
41 url: <https://www.healthline.com/health/mental-health/types-of-meditation>
42 url:
<https://today.marquette.edu/2024/02/wellness-weekly-the-power-of-mindfulness-meditation/>
35 url: <https://www.mindful.org/how-to-manage-stress-with-mindfulness-and-meditation/>
31 url: <https://www.apa.org/monitor/2012/07-08/ce-corner>
43 url: <https://pmc.ncbi.nlm.nih.gov/articles/PMC3679190/>
2 url: <https://www.apa.org/topics/mindfulness/meditation>
32 url: <https://www.healthline.com/nutrition/12-benefits-of-meditation>
33 url: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4142584/>
3 url: <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>
34 url:
<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>
5 url:
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>
45 url:
<https://xylaservices.com/professionals/news/7-physical-activities-to-reduce-stress-and-7-to-avoid/>
46 url:

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/working-out-to-relieve-stress>

47 url: <https://www.healthline.com/health/heart-disease/exercise-stress-relief>

48 url: <https://counselingcentergroup.com/stress-management-techniques/>

58 url:

<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Anxiety/Anxiety---Information-Sheets/Anxiety-Information-Sheet---12---Anxiety-and-Exercise.pdf>

58 url:

<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Anxiety/Anxiety---Information-Sheets/Anxiety-Information-Sheet---12---Anxiety-and-Exercise.pdf>

59 url:

<https://www.health.com/condition/depression/these-are-the-best-exercises-for-anxiety-and-depression>

49 url: <https://talkingcircletherapy.com/7-best-exercises-for-anxiety-and-depression/>

51 url: <https://www.cdc.gov/physical-activity-basics/benefits/index.html>

52 url:

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/physical-activity-and-mental-health>

53 url:

<https://www.childrenscolorado.org/just-ask-childrens/articles/mental-health-benefits-exercise/>

54 url:

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

55 url: <https://odphp.health.gov/news/202112/physical-activity-good-mind-and-body>

50 url:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469#:~:text=Research%20has%20found%20that%20exercise,flight%20or%20fightht%20response.>

149 url: <https://www.apa.org/news/press/releases/stress/2013/exercise>

56 url:

<https://adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-stress>

57 url:

<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-look-after-your-mental-health-using-exercise>

69 url: <https://www.cdc.gov/mental-health/living-with/index.html>

70 url:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>

71 url:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

72 url: <https://www.colorado.edu/law/25-quick-ways-reduce-stress>

73 url:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/sleepless-nights-try-stress-relief-techniques>

60 url: <https://www.onepeloton.com/blog/yoga-for-stress-relief/>

61 url: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>

62 url: <https://www.healthline.com/nutrition/13-benefits-of-yoga>

63 url:

<https://www.psychologytoday.com/us/blog/less-stress-more-peace/202402/new-research-shows-yoga-reduces-stress-and-improves-well-being>

5 url:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>

74 url:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/>

75 url:

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/wellbeing/breathing-exercises>

76 url:

<https://www.mercycare.org/bhs/employee-assistance-program/eapforemployers/resources/4-deep-breathing-exercises-for-relaxation/>

77 url:

<https://healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/he.stress-management-doing-breathing-exercises.uz2255>

78 url: <https://www.calm.com/blog/breathing-exercises-for-anxiety>

64 url:

<https://hsph.harvard.edu/news/time-spent-in-nature-can-boost-physical-and-mental-well-being/>

65 url:

<https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>

66 url:

<https://www.mentalhealth.org.uk/our-work/research/nature-how-connecting-nature-benefits-our-mental-health>

67 url:

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety>

68 url:

<https://health.ucdavis.edu/blog/cultivating-health/3-ways-getting-outside-into-nature-helps-improve-your-health/2023/05>

79 url: <https://www.henryford.com/blog/2020/06/fun-calming-activities-relieve-stress>

80 url: <https://sfstress.com/11-hobbies-that-can-help-reduce-stress-and-anxiety/>

81 url: <https://www.verywellmind.com/top-stress-reliever-hobbies-3144592>

82 url: <https://kentuckycounselingcenter.com/15-stress-relieving-hobbies/>

83 url: <https://cameocollege.com/relaxing-hobbies-reduce-stress-and-calm-your-mind/>

69 url: <https://www.cdc.gov/mental-health/living-with/index.html>

71 url:
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

44 url: <https://health.cornell.edu/resources/health-topics/stress-management>

87 url:
<https://www.summahealth.org/flourish/entries/2020/04/seven-tips-to-manage-stress-during-challenging-times>

84 url: <https://www.helpguide.org/mental-health/stress/stress-management>

85 url: <https://www.uwlax.edu/college-tips/coping-skills-for-stress/>

88 url: <https://my.clevelandclinic.org/health/articles/6392-stress-coping-with-lifes-stressors>

89 url: <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=ta5463&lang=en-ca>

90 url:
<https://www.hawaiiapacifichealth.org/healthier-hawaii/live-healthy/8-mindfulness-exercises-that-also-reduce-stress/>

91 url:
<https://www.symetra.com/help-center/resources-and-articles/money-and-well-being/five-min-fulness-techniques-to-reduce-stress-quickly/>

92 url: <https://www.malvernbnh.com/blog/mindfulness-for-anxiety-relief/>

34 url:
<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>

35 url: <https://www.mindful.org/how-to-manage-stress-with-mindfulness-and-meditation/>

86 url: <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=ug1827>

93 url:
<https://www.cigna.com/knowledge-center/hw/problem-solving-to-manage-stress-ug1827>

94 url:
<https://www.mymhc.com/health-information/articles/p/problem-solving-techniques-for-stress-management/?section=Brainstorm%20ideas>

4 url: <https://vegnews.com/stress-relieving-vegan-foods-what-makes-stress-worse>

8 url: <https://www.pcrm.org/good-nutrition/food-and-mood>

11 url: <https://www.yourveganfamily.com/blog/plant-based-stress-reducers>

12 url:
<https://www.megawecare.com/good-health-by-yourself/stress/plant-based-foods-that-reduce-stress-and-anxiety>

22 url:
<https://www.healthline.com/health-news/processed-meat-substitutes-higher-depression-risk-vegetarians>

16 url: <https://andreacannas.com/can-being-vegan-make-me-anxious/>

19 url: <https://www.mamasezz.com/blogs/news/foods-to-reduce-anxiety>

30 url: <https://www.webmd.com/diet/what-to-know-about-veganism-and-depression>
 1 url: <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>
 147 url: <https://medschool.ucla.edu/blog-post/the-benefits-of-meditation-to-relieve-stress>
 38 url: <https://www.calm.com/blog/how-to-meditate-for-anxiety>
 40 url: <https://www.verywellmind.com/types-of-meditation-to-find-your-calm-8553523>
 5 url: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>
 45 url: <https://xylaservices.com/professionals/news/7-physical-activities-to-reduce-stress-and-7-to-avoid/>
 59 url: <https://www.health.com/condition/depression/these-are-the-best-exercises-for-anxiety-and-depression>
 52 url: <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/physical-activity-and-mental-health>
 69 url: <https://www.cdc.gov/mental-health/living-with/index.html>
 70 url: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>
 60 url: <https://www.onepeloton.com/blog/yoga-for-stress-relief/>
 74 url: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/>
 65 url: <https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>
 79 url: <https://www.henryford.com/blog/2020/06/fun-calming-activities-relieve-stress>
 69 url: <https://www.cdc.gov/mental-health/living-with/index.html>
 71 url: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>
 44 url: <https://health.cornell.edu/resources/health-topics/stress-management>
 84 url: <https://www.helpguide.org/mental-health/stress/stress-management>
 85 url: <https://www.uwlax.edu/college-tips/coping-skills-for-stress/>
 35 url: <https://www.mindful.org/how-to-manage-stress-with-mindfulness-and-meditation/>
 86 url: <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=ug1827>

Works cited

1. Meditation: Take a stress-reduction break wherever you are - Mayo ..., accessed

April 2, 2025,

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

2. Mindfulness meditation: A research-proven way to reduce stress, accessed April 2, 2025, <https://www.apa.org/topics/mindfulness/meditation>
3. Meditation and Mindfulness: Effectiveness and Safety | NCCIH, accessed April 2, 2025, <https://www.nccih.nih.gov/health/meditation-and-mindfulness-effectiveness-and-safety>
4. The 5 Best Foods for Relieving Stress (And What's Making It Worse) | VegNews, accessed April 2, 2025, <https://vegnews.com/stress-relieving-vegan-foods-what-makes-stress-worse>
5. Exercise and stress: Get moving to manage stress - Mayo Clinic, accessed April 2, 2025, <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>
6. Vegans Have Less Stress and Anxiety - Physicians Committee for Responsible Medicine, accessed April 2, 2025, <https://www.pcrm.org/news/health-nutrition/vegans-have-less-stress-and-anxiety>
7. Does Veganism Help Reduce Stress and Anxiety? - Faunalytics, accessed April 2, 2025, <https://faunalytics.org/veganism-help-reduce-stress-anxiety/>
8. Food and Mood: Eating Plants to Fight the Blues - Physicians Committee for Responsible Medicine, accessed April 2, 2025, <https://www.pcrm.org/good-nutrition/food-and-mood>
9. Foods and vitamins for stress - dr.vegan, accessed April 2, 2025, <https://drvegan.com/blogs/articles/foods-and-vitamins-to-help-relieve-anxiety>
10. Foods to help support energy and reduce stress - dr.vegan, accessed April 2, 2025, <https://drvegan.com/blogs/articles/tips-to-boost-your-energy>
11. Calm down: How to lower stress levels through a plant-based diet, accessed April 2, 2025, <https://www.yourveganfamily.com/blog/plant-based-stress-reducers>
12. Plant-Based Foods Help in Stress and Anxiety Relief - Mega We care, accessed April 2, 2025, <https://www.megawecare.com/good-health-by-yourself/stress/plant-based-foods-that-reduce-stress-and-anxiety>
13. Impact of Vegan and Vegetarian Diets on Neurological Health: A Critical Review - MDPI, accessed April 2, 2025, <https://www.mdpi.com/2072-6643/17/5/884>
14. Food for Thought: Plant Based Diets and Mental Wellness, accessed April 2, 2025, <https://www.affordablecounselingservices.org/post/food-for-thought-plant-based-diets-and-mental-wellness>
15. Vegan diet: nutritional components, implementation, and effects on adults' health - PMC, accessed April 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10665534/>
16. Can Being Vegan Make Me Anxious? - Andrea Cannas, accessed April 2, 2025, <https://andreacannas.com/can-being-vegan-make-me-anxious/>

17. 9 PLANT-BASED FOODS TO IMPROVE MENTAL HEALTH – SerotoninDealer, accessed April 2, 2025, <https://www.serotonindealer.com/blogs/news/9-plant-based-foods-to-improve-mental-health>
18. Veganism, Depression and Anxiety: Is there a risk - Alyssa Fontaine, accessed April 2, 2025, <https://alyssafontaine.com/veganism-depression-anxiety/>
19. 7 Foods to Reduce Anxiety Naturally (And 5 to Avoid) – MamaSezz, accessed April 2, 2025, <https://www.mamasezz.com/blogs/news/foods-to-reduce-anxiety>
20. How to stabilize blood sugar on a vegan diet | PFF Health & Nutrition Coaching, accessed April 2, 2025, <https://plantfuelfocus.com/how-to-stabilize-blood-sugar-on-a-vegan-diet/>
21. How Adrenal Glands Affect Stress & Endurance | Energy – DR.VEGAN, accessed April 2, 2025, <https://drvegan.com/blogs/articles/how-adrenal-glands-affect-stress-and-endurance>
22. Fake Meat May Raise Depression, Inflammation Risk in ... - Healthline, accessed April 2, 2025, <https://www.healthline.com/health-news/processed-meat-substitutes-higher-depression-risk-vegetarians>
23. How to Maintain a Balanced Diet as a Vegetarian or Vegan | Johns Hopkins Medicine, accessed April 2, 2025, <https://www.hopkinsmedicine.org/health/wellness-and-prevention/how-to-maintain-a-balanced-diet-as-a-vegetarian-or-vegan>
24. Can You Drink Coffee on a Plant-Based Diet? - Thyme to Go Vegan Nutrition Services, accessed April 2, 2025, <https://www.thymetogovegannutritionservices.com/coffee-on-plant-based-diet/>
25. Coffee on a Plant Based Diet - Rosemary Nutrition, accessed April 2, 2025, <https://www.rosemarynutrition.co.uk/coffee-on-a-plant-based-diet/>
26. 685: Does Caffeine Have a Place in a Whole Food, Plant-Based Diet? By Nelson Huber-Disla at... - YouTube, accessed April 2, 2025, <https://www.youtube.com/watch?v=JZLAY9SOFOU>
27. Best alternative to caffeine | Nutrition | DR.VEGAN, accessed April 2, 2025, <https://drvegan.com/blogs/articles/best-alternatives-to-caffeine>
28. The Impact of a Vegan Diet on Many Aspects of Health: The Overlooked Side of Veganism, accessed April 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10027313/>
29. Depression, Anxiety, Emotional Eating, and Body Mass Index among Self-Reported Vegetarians and Non-Vegetarians: A Cross-Sectional Study in Peruvian Adults, accessed April 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC11174459/>
30. Veganism and Depression: Are They Connected? - WebMD, accessed April 2, 2025, <https://www.webmd.com/diet/what-to-know-about-veganism-and-depression>
31. What are the benefits of mindfulness? - American Psychological Association, accessed April 2, 2025, <https://www.apa.org/monitor/2012/07-08/ce-corner>

32. 12 Science-Based Benefits of Meditation - Healthline, accessed April 2, 2025, <https://www.healthline.com/nutrition/12-benefits-of-meditation>
33. Meditation Programs for Psychological Stress and Well-being: A Systematic Review and Meta-analysis, accessed April 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC4142584/>
34. Mindfulness exercises - Mayo Clinic, accessed April 2, 2025, <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>
35. How to Manage Stress with Mindfulness and Meditation - Mindful, accessed April 2, 2025, <https://www.mindful.org/how-to-manage-stress-with-mindfulness-and-meditation/>
36. The Benefits of Mindfulness Meditation for Stress Reduction - Otsego County Fair, accessed April 2, 2025, <https://otsegocountyfair.com/the-benefits-of-mindfulness-meditation-for-stress-reduction/>
37. Meditation: What It Is, Benefits & Types - Cleveland Clinic, accessed April 2, 2025, <https://my.clevelandclinic.org/health/articles/17906-meditation>
38. How to use meditation for anxiety: 12 tips & techniques — Calm Blog, accessed April 2, 2025, <https://www.calm.com/blog/how-to-meditate-for-anxiety>
39. Eight types of meditation: What type is best for you? - MedicalNewsToday, accessed April 2, 2025, <https://www.medicalnewstoday.com/articles/320392>
40. 8 Types of Meditation to Find Your Calm - Verywell Mind, accessed April 2, 2025, <https://www.verywellmind.com/types-of-meditation-to-find-your-calm-8553523>
41. 9 Types of Meditation: Which One Is Right for You? - Healthline, accessed April 2, 2025, <https://www.healthline.com/health/mental-health/types-of-meditation>
42. Wellness Weekly: the power of mindfulness meditation | Marquette Today, accessed April 2, 2025, <https://today.marquette.edu/2024/02/wellness-weekly-the-power-of-mindfulness-meditation/>
43. Effects of Mindfulness on Psychological Health: A Review of Empirical Studies - PMC, accessed April 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC3679190/>
44. Manage Stress to Flourish | Cornell Health, accessed April 2, 2025, <https://health.cornell.edu/resources/health-topics/stress-management>
45. 7 physical activities to reduce stress (and 7 to avoid!) | Xyla Services, accessed April 2, 2025, <https://xylaservices.com/professionals/news/7-physical-activities-to-reduce-stress-and-7-to-avoid/>
46. Working Out to Relieve Stress | American Heart Association, accessed April 2, 2025, <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/working-out-to-relieve-stress>
47. How to Use Exercise as a Stress Reliever - Healthline, accessed April 2, 2025, <https://www.healthline.com/health/heart-disease/exercise-stress-relief>
48. Learn Stress Management Techniques for Better Well-Being - The Counseling

- Center Group, accessed April 2, 2025,
<https://counselingcentergroup.com/stress-management-techniques/>
49. 7 Best Exercises for Anxiety & Depression - Talking Circles Therapy, accessed April 2, 2025,
<https://talkingcirclestherapy.com/7-best-exercises-for-anxiety-and-depression/>
 50. www.mayoclinic.org, accessed April 2, 2025,
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469#:~:text=Research%20has%20found%20that%20exercise.flight%2Dor%2Dfight%20response.>
 51. Benefits of Physical Activity - CDC, accessed April 2, 2025,
<https://www.cdc.gov/physical-activity-basics/benefits/index.html>
 52. Physical activity and mental health | Mental Health Foundation, accessed April 2, 2025,
<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/physical-activity-and-mental-health>
 53. The Benefits of Physical Activity and Exercise on Mental Health - Children's Hospital Colorado, accessed April 2, 2025,
<https://www.childrenscolorado.org/just-ask-childrens/articles/mental-health-benefits-exercise/>
 54. Depression and anxiety: Exercise eases symptoms - Mayo Clinic, accessed April 2, 2025,
<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>
 55. Physical Activity Is Good for the Mind and the Body - News & Events | odphp.health.gov, accessed April 2, 2025,
<https://odphp.health.gov/news/202112/physical-activity-good-mind-and-body>
 56. Physical Activity Reduces Stress | Anxiety and Depression Association of America, ADAA, accessed April 2, 2025,
<https://adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st>
 57. How to look after your mental health using exercise, accessed April 2, 2025,
<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-look-after-your-mental-health-using-exercise>
 58. www.cci.health.wa.gov.au, accessed April 2, 2025,
<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Anxiety/Anxiety---Information-Sheets/Anxiety-Information-Sheet---12---Anxiety-and-Exercise.pdf>
 59. 5 Best Exercises for Anxiety - Health, accessed April 2, 2025,
<https://www.health.com/condition/depression/these-are-the-best-exercises-for-anxiety-and-depression>
 60. 10 Poses to Calm Your Mind and Body | Peloton, accessed April 2, 2025,
<https://www.onepeloton.com/blog/yoga-for-stress-relief/>
 61. 9 Benefits of Yoga | Johns Hopkins Medicine, accessed April 2, 2025,
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>

62. 12 Science-Based Benefits of Yoga - Healthline, accessed April 2, 2025,
<https://www.healthline.com/nutrition/13-benefits-of-yoga>
63. New Research Shows Yoga Reduces Stress and Improves Well-Being | Psychology Today, accessed April 2, 2025,
<https://www.psychologytoday.com/us/blog/less-stress-more-peace/202402/new-research-shows-yoga-reduces-stress-and-improves-well-being>
64. Time spent in nature can boost physical and mental well-being, accessed April 2, 2025,
<https://hsph.harvard.edu/news/time-spent-in-nature-can-boost-physical-and-mental-well-being/>
65. Ecopsychology: How Immersion in Nature Benefits Your Health ..., accessed April 2, 2025,
<https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>
66. Nature: How connecting with nature benefits our mental health, accessed April 2, 2025,
<https://www.mentalhealth.org.uk/our-work/research/nature-how-connecting-nature-benefits-our-mental-health>
67. Spend Time in Nature to Reduce Stress and Anxiety | American Heart Association, accessed April 2, 2025,
<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety>
68. 3 ways getting outside into nature helps improve your health - UC Davis Health, accessed April 2, 2025,
<https://health.ucdavis.edu/blog/cultivating-health/3-ways-getting-outside-into-nature-helps-improve-your-health/2023/05>
69. Managing Stress | Mental Health | CDC, accessed April 2, 2025,
<https://www.cdc.gov/mental-health/living-with/index.html>
70. Stress relievers: Tips to tame stress - Mayo Clinic, accessed April 2, 2025,
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>
71. 10 stress busters - NHS, accessed April 2, 2025,
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>
72. 25 Quick Ways to Reduce Stress | Colorado Law, accessed April 2, 2025,
<https://www.colorado.edu/law/25-quick-ways-reduce-stress>
73. Sleepless Nights? Try Stress Relief Techniques | Johns Hopkins Medicine, accessed April 2, 2025,
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/sleepless-nights-try-stress-relief-techniques>
74. Breathing exercises for stress - NHS, accessed April 2, 2025,
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/>
75. 3 breathing exercises to relieve stress - British Heart Foundation, accessed April 2, 2025,

- <https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/breathing-exercises>
76. 4 Deep Breathing Exercises for Relaxation - Mercy Medical Center, accessed April 2, 2025,
<https://www.mercycare.org/bhs/employee-assistance-program/eapforemployers/resources/4-deep-breathing-exercises-for-relaxation/>
 77. Stress Management: Doing Breathing Exercises - Kaiser Permanente, accessed April 2, 2025,
<https://healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/health-encyclopedia/stress-management-doing-breathing-exercises.uz2255>
 78. 7 deep breathing exercises to help you calm anxiety, accessed April 2, 2025,
<https://www.calm.com/blog/breathing-exercises-for-anxiety>
 79. Fun And Calming Activities To Relieve Stress | Henry Ford Health ..., accessed April 2, 2025,
<https://www.henryford.com/blog/2020/06/fun-calming-activities-relieve-stress>
 80. 11 Hobbies That Can Help Reduce Stress and Anxiety, accessed April 2, 2025,
<https://sfstress.com/11-hobbies-that-can-help-reduce-stress-and-anxiety/>
 81. Top 10 Stress-Relieving Hobbies - Verywell Mind, accessed April 2, 2025,
<https://www.verywellmind.com/top-stress-reliever-hobbies-3144592>
 82. 15 Stress-Relieving Hobbies You Should Try Now - Kentucky Counseling Center, accessed April 2, 2025,
<https://kentuckycounselingcenter.com/15-stress-relieving-hobbies/>
 83. 20 Relaxing Hobbies That Can Help Reduce Stress and Calm Your Mind, accessed April 2, 2025,
<https://cameocollege.com/relaxing-hobbies-reduce-stress-and-calm-your-mind/>
 84. Stress Management: Techniques to Deal with Stress - HelpGuide.org, accessed April 2, 2025,
<https://www.helpguide.org/mental-health/stress/stress-management>
 85. Coping skills for stress - College Tips | UW-La Crosse, accessed April 2, 2025,
<https://www.uwlax.edu/college-tips/coping-skills-for-stress/>
 86. Problem-Solving to Manage Stress, accessed April 2, 2025,
<https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=ug1827>
 87. Seven tips to manage stress during challenging times - Summa Health, accessed April 2, 2025,
<https://www.summahealth.org/flourish/entries/2020/04/seven-tips-to-manage-stress-during-challenging-times>
 88. Stress: Coping With Life's Stressors - Cleveland Clinic, accessed April 2, 2025,
<https://my.clevelandclinic.org/health/articles/6392-stress-coping-with-lifes-stressors>
 89. Common Coping Responses for Stress - MyHealth Alberta, accessed April 2, 2025,
<https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=ta5463&lang=en-ca>
 90. 8 Mindfulness Exercises That Also Reduce Stress - Hawaii Pacific Health, accessed April 2, 2025,

- <https://www.hawaiipacifichealth.org/healthier-hawaii/live-healthy/8-mindfulness-exercises-that-also-reduce-stress/>
91. Five mindfulness techniques to reduce stress quickly - Individuals and Families - Symetra, accessed April 2, 2025,
<https://www.symetra.com/help-center/resources-and-articles/money-and-well-being/five-mindfulness-techniques-to-reduce-stress-quickly/>
 92. Using Mindfulness for Anxiety Relief: 4 Mindfulness Exercises | Malvern Behavioral Health, accessed April 2, 2025,
<https://www.malvernbh.com/blog/mindfulness-for-anxiety-relief/>
 93. Problem-Solving to Manage Stress - Cigna Healthcare, accessed April 2, 2025,
<https://www.cigna.com/knowledge-center/hw/problem-solving-to-manage-stress-ug1827>
 94. Problem-solving techniques for stress management - Mosaic Life Care, accessed April 2, 2025,
<https://www.mymlc.com/health-information/articles/p/problem-solving-techniques-for-stress-management/?section=Brainstorm%20ideas>
 95. THE EFFECT OF BLANCHING UPON VEGETABLE NUTRIENTS, accessed April 1, 2025,
<https://academic.oup.com/nutritionreviews/article-pdf/1/3/69/24095401/nutritionreviews1-0069.pdf>
 96. How To Blanch Vegetables - Escoffier Online, accessed April 1, 2025,
<https://www.escoffieronline.com/how-to-blanch-vegetables/>
 97. Blanching Vegetables - National Center for Home Food Preservation, accessed April 1, 2025,
<https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-vegetables/>
 98. How to blanch vegetables before preserving | UMN Extension, accessed April 1, 2025,
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage>
 99. How To Blanch Vegetables - Neh Institute Hub, accessed April 1, 2025,
<https://nehinstitute2018.libs.uga.edu/how-to-blanch-vegetables>
 100. Effect of domestic blanching techniques on nutrient retention in dried green peas - International Journal of Home Science, accessed April 1, 2025,
<https://www.homesciencejournal.com/archives/2023/vol9issue1/PartE/10-3-69-662.pdf>
 101. How to Blanch Vegetables to Add to All Kinds of Recipes, accessed April 1, 2025,
<https://www.bhg.com/recipes/how-to/cooking-basics/how-to-blanch-vegetables/>
 102. Effect of blanching time-temperature on potassium and vitamin retention/loss in kale and spinach - PubMed Central, accessed April 1, 2025,
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11317740/>
 103. Blanching and Freezing Foods - Michigan Fresh - MSU College of Agriculture and Natural Resources, accessed April 1, 2025,

- https://www.canr.msu.edu/resources/freezing_foods
104. Blanching Techniques and Equipment for Fruits and Vegetables - Agriculture Institute, accessed April 1, 2025,
<https://agriculture.institute/food-processing-and-engineering-ii/blanching-techniques-equipment-fruits-vegetables/>
 105. How to Blanche Vegetables (and keep them fresh forever-ish) - We ..., accessed April 1, 2025,
<https://www.wedontwaste.org/how-to-blanche-vegetables-and-keep-them-fresh-forever-ish/>
 106. Blanching vs. Steaming: Which Is The Healthier Cooking Method? - NewsPoint, accessed April 1, 2025,
<https://www.newspointapp.com/news/lifestyle/blanching-vs-steaming-which-is-the-healthier-cooking-method/articleshow/102126260>
 107. Cooking Methods: Blanching - ELENA BESSER, accessed April 1, 2025,
<https://www.elenabesser.com/recipe/blanching>
 108. The Essential Guide To Blanching Vegetables: Unlocking Vibrant Colors And Perfect Texture | Food With Finesse, accessed April 1, 2025,
<https://foodwithfinesse.com/chroniclescpt/essential-guide-to-blanching/>
 109. Blanching (cooking) - Wikipedia, accessed April 1, 2025,
[https://en.wikipedia.org/wiki/Blanching_\(cooking\)](https://en.wikipedia.org/wiki/Blanching_(cooking))
 110. HOW TO MAKE STEAMED VEGETABLES USING THE BLANCHING METHOD - YouTube, accessed April 1, 2025,
<https://m.youtube.com/watch?v=RsEwcxz1Ss0&pp=ygUSI2tleWFya2lOY2hlbmRpYXJ5>
 111. Freezing Vegetables [fact sheet] - UNH Extension, accessed April 1, 2025,
<https://extension.unh.edu/resource/freezing-vegetables>
 112. Blanching times for drying veg - Healthy Canning, accessed April 1, 2025,
<https://www.healthycanning.com/blanching-times-drying-veg/>
 113. Blanching: Unlocking Colour, Flavour and Nutrition - Spring meal kits, accessed April 1, 2025,
<https://springfeeling.com/blog/blanching-unlocking-colour-flavour-and-nutrition>
 114. How To Blanch & Steam Vegetables | Basic Cooking Methods | Rajshri Food - YouTube, accessed April 1, 2025, <https://m.youtube.com/watch?v=5AVRAdnQcLY>
 115. Home Drying Foods | USU, accessed April 1, 2025,
<https://extension.usu.edu/preserve-the-harvest/research/drying-pretreatment>
 116. What Is Blanching? Guide to Blanching Vegetables - 2025 - MasterClass, accessed April 1, 2025,
<https://www.masterclass.com/articles/what-is-blanching-guide-to-blanching-vegetables>
 117. How to Keep the Nutrients in Your Veggies - The Johns Hopkins Patient Guide to Diabetes, accessed April 1, 2025,
<https://hopkinsdiabetesinfo.org/how-to-keep-the-nutrients-in-your-veggies/>
 118. extension.umn.edu, accessed April 1, 2025,
<https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directions-and-times-home-freezer-storage#:~:text=Boil%20the%20water%20in%20a>

[to%20boiling%20within%201%20minute.](#)

119. Blanched Vegetables - National Jewish Health, accessed April 1, 2025, <https://www.nationaljewish.org/education/health-information/healthy-eating/recipes/blanched-vegetables>
120. Blanch Before You Freeze - Academy of Nutrition and Dietetics, accessed April 1, 2025, <https://www.eatright.org/food/home-food-safety/safe-cooking-and-prep/blanch-before-you-freeze>
121. Vegetable Cooking - Steaming, Blanching, Boiling - The Culinary Pro, accessed April 1, 2025, <https://www.theculinarypro.com/vegetable-cooking-steaming-blanching-boiling>
122. Why blanch? | College of Agriculture, Forestry and Life Sciences, accessed April 1, 2025, <https://www.clemson.edu/extension/food/canning/canning-tips/43why-blanch.html>
123. Blanching times for freezing vegetables - Healthy Canning, accessed April 1, 2025, <https://www.healthycanning.com/blanching-times-for-freezing-veg>
124. HOW TO BLANCH VEGETABLES - YouTube, accessed April 1, 2025, <https://www.youtube.com/watch?v=iW29Peruj-0>
125. How to Blanch Vegetables - BettyCrocker.com, accessed April 1, 2025, <https://www.bettycrocker.com/how-to/ingredients-and-preparation/blanching>
126. Freezing Vegetables - 9.330 - CSU Extension - Colorado State University, accessed April 1, 2025, <https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/freezing-vegetables-9-330/>
127. Blanching Times - National Center for Home Food Preservation - UGA, accessed April 1, 2025, <https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-times/>
128. extension.umn.edu, accessed April 1, 2025, <https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directons-and-times-home-freezer-storage#:~:text=Fresh%20vegetables%20should%20be%20blanched,both%20food%20safety%20and%20quality.>
129. Fresh vs Frozen Fruit and Vegetables — Which Are Healthier? - Healthline, accessed April 1, 2025, <https://www.healthline.com/nutrition/fresh-vs-frozen-fruit-and-vegetables>
130. nchfp.uga.edu, accessed April 1, 2025, <https://nchfp.uga.edu/how/freeze/freeze-general-information/blanching-vegetables/#:~:text=To%20steam%2C%20use%20a%20pot,pot%20and%20keep%20heat%20high.>
131. How to Blanch Vegetables with Martha Stewart - YouTube, accessed April 1, 2025, <https://www.youtube.com/watch?v=hG-RlaZn7uY>
132. Vegetable Freezing Chart | Andrea Dekker, accessed April 1, 2025, <https://andreadekker.com/wp-content/uploads/2010/06/Vegetable-Freezing-Chart.pdf>
133. food-guide.canada.ca, accessed April 1, 2025,

- <https://food-guide.canada.ca/en/cooking-skills/blanch-vegetables#:~:text=Cook%20in%20boiling%20water%20for,minutes%2C%20depending%20on%20the%20vegetable.&text=Remove%20from%20boiling%20water%20and,to%20stop%20the%20cooking%20process.&text=Drain%20and%20spread%20on%20a,Cover%20and%20place%20in%20freezer.>
134. www.nourishinggenerations.org, accessed April 1, 2025, <https://www.nourishinggenerations.org/post/how-and-why-to-blanch#:~:text=If%20you%20cook%20vegetables%20gently,preserve%20the%20color%20and%20nutrients.>
135. extension.umn.edu, accessed April 1, 2025, <https://extension.umn.edu/preserving-and-preparing/vegetable-blanching-directi ons-and-times-home-freezer-storage#:~:text=The%20quality%20of%20frozen%20and.the%20peak%20quality%20is%20preserved.>
136. Simple Guide to Blanching and Freezing Homegrown Vegetables - Zero Waste Homestead, accessed April 1, 2025, <https://zerowastehomestead.com/simple-guide-to-blanching-and-freezing-hom egrown-vegetables/>
137. Raw vs Frozen Vegetables | Centennial College Athletic and Wellness Centre, accessed April 1, 2025, <https://awc.ccsai.ca/raw-vs-frozen-vegetables/>
138. How to Blanch Vegetables Before Freezing - The Spruce Eats, accessed April 1, 2025, <https://www.thespruceeats.com/blanching-vegetables-before-freezing-1327660>
139. Is there an association being plant-based diets and mental health? - News-Medical, accessed April 2, 2025, <https://www.news-medical.net/news/20230602/Is-there-an-association-being-pl ant-based-diets-and-mental-health.aspx>
140. The Relationship between Plant-Based Diet Indices and Sleep Health in Older Adults: The Mediating Role of Depressive Symptoms and Anxiety - MDPI, accessed April 2, 2025, <https://www.mdpi.com/2072-6643/16/19/3386>
141. Plant power? A systematic review of the effects of plant-based diets on people with mental illness | medRxiv, accessed April 2, 2025, <https://www.medrxiv.org/content/10.1101/2020.09.28.20203026.full>
142. How Plant-Based Eating Affects Your Mood, accessed April 2, 2025, <https://www.purelyplanted.com/post/how-plant-based-eating-affects-your-moo d>
143. The relationship between a plant-based diet and mental health: Evidence from a cross-sectional multicentric community trial (LIPOKAP study), accessed April 2, 2025, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10231825/>
144. 37 Foods and Ingredients to Avoid on a Vegan Diet - Healthline, accessed April 2, 2025, <https://www.healthline.com/nutrition/things-vegans-dont-eat>
145. Anxiety and Plant-Based Foods | Katszen Wellness | Holistic Healing with Massage, Thai Yoga Bodywork in Uptown, Minneapolis, accessed April 2, 2025, <https://www.katswellness.com/new-blog/2021/4/25/anxiety-amp-how-to-plant-b ased-diets-help-anxiety-symptoms>
146. The Vegan-Friendliness of Coffee: Plant-Based Dietitians' Insights - Alyssa

- Fontaine, accessed April 2, 2025,
<https://alyssafontaine.com/vegan-friendliness-coffee-plant-based-dietitians/>
147. Meditation to Relieve Academic Stress | UCLA Med School, accessed April 2, 2025,
<https://medschool.ucla.edu/blog-post/the-benefits-of-meditation-to-relieve-stress>
148. 10 health benefits of meditation and how to focus on mindfulness - UC Davis Health, accessed April 2, 2025,
<https://health.ucdavis.edu/blog/cultivating-health/10-health-benefits-of-meditation-and-how-to-focus-on-mindfulness-and-compassion/2022/12>
149. Exercise: A healthy stress reliever - American Psychological Association, accessed April 2, 2025,
<https://www.apa.org/news/press/releases/stress/2013/exercise>