

## Stress, anxiety and burnout

### STRESS

**3 in 5** Australians experienced at least one personal stressor in the last 12 months<sup>1</sup>

### ANXIETY

**3.4 million** Australians reported experiencing anxiety over a 12-month period<sup>2</sup>

### BURNOUT

**1 in 2** Australian employees admit to feeling burnt out<sup>3</sup>

### RESILIENCE

**91%** of Australians are below the protective range of resilience<sup>4</sup>

### Getting back to baseline: How the body adapts to stress

The General Adaptation Syndrome (GAS) model of stress explains how individuals try to adapt to stress over time. It consists of three phases:

**Alarm Phase:** The body's short-term response to stress. The body produces adrenaline and cortisol to help manage the stress.

**Resistance Phase:** The stressor persists, and the body continues to produce cortisol to try to maintain its resistance to stress.

**Exhaustion Phase:** After long-term exposure to stress, the body's resources become depleted and the effects of prolonged cortisol secretion become apparent.



#### DID YOU KNOW?

Long term stress dysregulates the immune response resulting in low-grade chronic inflammation, impaired ability to fight illness and autoimmune disorders.

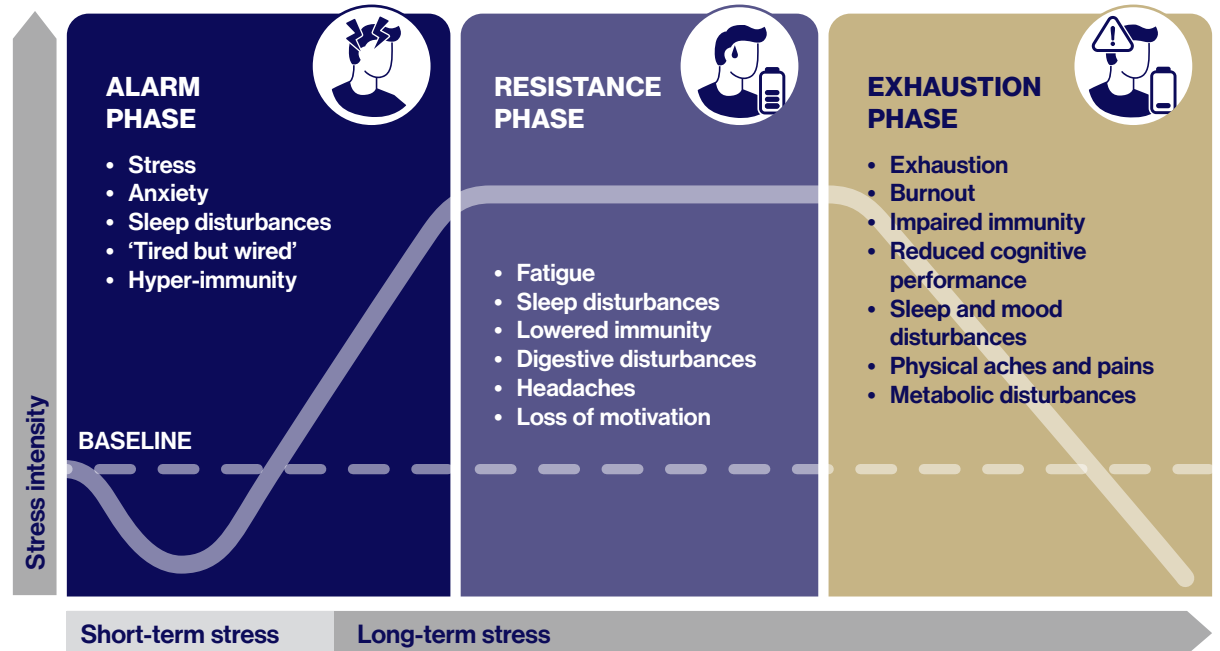


Figure 1. The phases of stress

# Key therapeutics for getting back to baseline and building resilience

|   | PHASE                             | Reduce stress and/or anxiety |                    | Support immunity, sleep and/or cognitive function |   |  | Increases energy levels and/or supports mitochondrial function   |
|---|-----------------------------------|------------------------------|--------------------|---|---|--|--|
|   |                                   | Stress                       | Anxiety            | Impaired immunity                                 | Poor sleep quality  | Brain fog  | Fatigue  |
| <b>Withania (KSM-66® Ashwagandha)</b>       | Resistance<br>Exhaustion          | 250- 600 mg/day              | 250 – 600 mg/day   |   | 300 mg twice daily  | 300 mg twice daily   |  |
| <b>Siberian ginseng (root extract)</b>      | Resistance<br>Exhaustion          | 300 mg - 4 g/day             |                    |   |   |  | 500 mg four times/day  |
| <b>Relora® (Magnolia and Phellodendron)</b> | Alarm<br>Resistance               | 250 mg twice daily           | 250 mg twice daily |   |   |  |  |
| <b>Astragalus (root extract)</b>            | Resistance<br>Exhaustion          |                              |                    | 1g/day  |   |  |  |
| <b>Saffron (affron® extract)</b>            | Resistance<br>Exhaustion          |                              | 14 mg twice daily  |   | 14 mg twice daily<br>or 14-28 mg<br>1 hour before bedtime |  |  |
| <b>L-theanine</b>                           | Alarm<br>Resistance<br>Exhaustion | 200 - 400 mg/day             | 200 - 400 mg/day   |   | 200 mg/day  | 100 - 200 mg/day   |  |
| <b>B vitamins</b>                           | Alarm<br>Resistance<br>Exhaustion | ≥2x the Australian RDI*      |                    |   |   | Consider a B Complex supplement as associated with inadequate intake of B vitamins | Consider a B Complex supplement as associated with inadequate intake of B vitamins                         |
| <b>Magnesium</b>                            | Alarm<br>Resistance<br>Exhaustion | 250-400 mg/day               | 250-400 mg/day     |   | 500 mg/day  |  |  |
| <b>Coenzyme Q10/ Ubiquinol</b>              | Alarm<br>Resistance<br>Exhaustion |                              |                    |   |   |  | <b>Fatigue:</b> 60-500 mg/day<br><b>Mitochondrial support:</b> 150 mg/day<br>(Ubiquinol: 100 - 150 mg/day) |

Doses in the table refer to adults doses.

\* For nutrient reference ranges see: <https://www.nhmrc.gov.au/about-us/publications/nutrient-reference-values-australia-and-new-zealand-including-recommended-dietary-intakes>

To learn more on key ingredients associated with immune health, visit:  
[www.bioceuticals.com.au/product/ingredient](http://www.bioceuticals.com.au/product/ingredient)

## HAVE QUESTIONS?

Contact our Naturopathic Advisory Service:  
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References available upon request  
[www.bioceuticals.com.au](http://www.bioceuticals.com.au)  
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