



Your Gut-Brain Connection™

Your brain and digestive system communicate in both directions, which is why stress can show up in your stomach and digestive discomfort can affect your mood.

Notice the connection with curiosity. The goal is not to blame stress for every symptom.

A Two-Way Conversation



Stress • Emotions • Sleep •
Nervous-system state



Motility • Sensitivity • Appetite •
Bowel habits

1 Stress May Speed Things Up

Some women notice urgency, loose stools, cramping or nausea during stressful periods.



2 Stress May Slow Things Down

Others notice constipation, fullness or slower digestion when they feel tense or depleted.



3 Sensation May Feel Stronger

A heightened nervous system can make normal digestive sensations feel more uncomfortable or harder to ignore.



4 Symptoms Can Affect Mood

Ongoing digestive discomfort may increase worry, disrupt sleep or make eating feel stressful.



Support Both Sides of the Conversation



Pause before eating
Take three slower breaths.



Sit down to eat
Give meals your attention when possible.



Slow the pace
Chew comfortably and notice fullness.



Move gently
Try a short walk after meals.



Track patterns
Include stress, sleep and bowel habits.



Gentle Reminder

Stress can influence digestion, but persistent symptoms still deserve appropriate medical evaluation.

Martine's Midlife Wellness Tip

You do not need to feel perfectly calm before every meal. Even one slower breath can create a gentler starting point.



Contact your healthcare provider for severe or persistent pain, blood or black stools, repeated vomiting, trouble swallowing, unexplained weight loss or a new lasting change.