



Stress Management Society
from distress to de-stress



LUCID

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**THE STRESS MANAGEMENT
SOCIETY**



For further information, please contact

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Supporting your routine this Stress Awareness Month

As part of our collaboration with The Stress Management Society, we're offering **15% off** the Lucid range for readers looking to build a more balanced daily routine.

Use code **NOSTRESS15** on orders over **£25**.

Every purchase using this code will also support The Stress Management Society, with 2% donated back to help fund ongoing work in stress awareness and mental wellbeing.

[Shop Now with 15% Off](#)



Stress, Neuroplasticity and the Power of a Better Wind-Down

Stress is not always loud. Sometimes it looks like a shorter fuse, a restless night, afternoon brain fog, or feeling wired when you should be winding down.

In a world that rewards constant stimulation, many of us have become good at pushing through pressure, but less practiced at actually recovering from it. That is one reason this year's Stress Awareness Month feels especially relevant. The campaign asks us to think not just about stress itself, but about change, and how small daily actions can shape how we feel, respond, and recover over time.

It also brings in the idea of neuroplasticity.

It sounds scientific, but the meaning is simple - your brain is shaped by repetition. The things you do often, from how you handle stress to how you support rest, can influence how balanced, clear, and resilient you feel over time.

What is neuroplasticity, exactly?

Neuroplasticity is the brain's ability to adapt. It is how the brain forms patterns and changes in response to repeated experience. In simple terms, it is one of the reasons habits matter so much.

That applies to supportive habits, like getting enough rest or building calmer routines.

But it also applies to less helpful patterns like constant overstimulation, poor boundaries, shallow recovery, and feeling permanently switched on. The encouraging part is that neuroplasticity does not revolve around sticking to old habits, but instead that change is possible in the first place.



How does stress affect the brain and body over time?

Stress itself is not the problem. It is a normal part of life. We need stress responses to meet deadlines, handle challenges, and navigate difficult moments. The issue is what happens when stress stops being occasional and starts becoming the background setting.

When that state lingers for too long, it becomes harder for the mind and body to come back down properly. You may notice it through poor sleep, a busy mind, lower patience, reduced focus, or the sense that your system never fully relaxes.

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Why winding down matters more than most people think?

The ability to wind down is one of the most overlooked parts of feeling well. If your body and mind never really get the signal that the day is over, it becomes harder to rest properly, reset fully, and show up well the next morning.

A better wind-down does not have to mean a perfect routine. It might mean dimming the lights earlier, stepping away from your phone, reading instead of scrolling, taking a few deeper breaths, or creating one small ritual that tells your system it is safe to soften.



Where Lucid's Mellow Elixir fits into a calmer evening ritual?

That is where supportive rituals can become powerful. When you are trying to create a softer landing at the end of the day, it helps to have something that marks the transition from doing to slowing down.

That is the role we see for our [Mellow Elixir](#).

Mellow is designed to sit in that exhale moment, the part of the day when you want to shift gears, ease the pace, and create a bit more calm around you. Not as a miracle answer, and not as a replacement for the basics, but as one simple part of an evening rhythm that feels more intentional.

What's inside Mellow - and why it matters?

Mellow brings together ingredients that naturally belong in a calmer evening conversation - Reishi, Passionflower, Lemon Balm, and L-Theanine.

Reishi has long been associated with balance and calm in the functional mushroom space. Passionflower is traditionally linked with relaxation and unwinding, while Lemon Balm is often associated with calm and more restful nights. L-Theanine is widely known for its calming profile and is often appreciated for helping support a more settled state.



Stress support is not just about slowing down, but also how you show up during the day?

Of course, balance is not built only at night. If evenings are for unwinding, then daytime is for creating steadier energy, clearer focus, and a rhythm that feels sustainable rather than frantic.

That is where the relationship between Lucid's two elixirs starts to make sense. If Mellow belongs to the softer side of the day, Move belongs to the sharper side, designed to support clarity, focus, and a more switched-on feeling when you need it most.

Why Move is the stronger neuroplasticity bridge?

If Mellow is the evening exhale, Move is the daytime counterpart.

Move is the product in the Lucid range that most naturally connects to the wider conversation around focus, cognition, and neuroplasticity, not because it promises anything extreme, but because it sits within the broader idea of supporting how we think, focus, and engage throughout the day.

Lion's Mane in particular has become one of the most talked-about ingredients in the brain-health space, which is why it creates such a natural bridge between Stress Awareness Month's neuroplasticity theme and Lucid's daytime support story.



What's inside Move - and why it matters?

Lucid's Move elixir brings together ingredients that naturally belong in a daytime conversation around energy, clarity, and cognitive support - Lion's Mane, Cordyceps, Guarana, Ginkgo Biloba, and vitamins B6 and B12.

Lion's Mane is widely associated with cognitive function, particularly in conversations around focus and mental adaptability. Cordyceps is often linked to energy and vitality. Guarana, a natural source of caffeine, contributes to alertness and focus.

Ginkgo Biloba has long been associated with cognitive function and mental clarity.

Vitamins B6 and B12 play a key role in normal psychological function and help reduce tiredness and fatigue.

5 small daily habits that support a calmer, clearer mind

1. If Create a clearer end to the day.
2. Give yourself a transition ritual.
3. Support your mental clarity earlier in the day.
4. Stop aiming for perfect stress management.
5. Build a daily rhythm, not random fixes.



A more balanced routine starts with small things?

Feeling more like yourself rarely comes from one dramatic breakthrough. More often, it comes from the little things you do consistently - how you begin the day, how you handle pressure, and how you create space to come back down again.

That is really what this year's Stress Awareness Month points toward. Change does not always begin with a full life overhaul. Sometimes it starts with a better boundary, a calmer evening, a steadier morning, or one small ritual that helps you feel a little more grounded.

The best products are not the ones that promise everything. They are the ones that fit naturally into everyday life and support the rhythm you are trying to build.

We provide a range of services across the UK and internationally. We are always happy to discuss how we can support you.

We look forward to supporting your wellbeing journey.

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We have supported many organisations, including:

