

WORKING ON WELLNESS

A weekly e-newsletter . . .

Full of fun exercise tips, nutrition and more!

brought to you by Health Solutions, www.Health.Solutions



MARCH IS NATIONAL NUTRITION MONTH®



National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

FOOD FOR YOUR MOOD

How what you eat affects your mental health

— Excerpt from www.aetna.com/

The connection between diet and emotions stems from the close relationship between your brain and your gastrointestinal tract, often called the “second brain.”

Here’s how it works: Your GI tract

is home to billions of bacteria that influence the production of neurotransmitters, chemical substances that constantly carry messages from the gut to the brain.

SEE FOOD MOOD, NEXT PAGE



A JOURNEY TO YOUR FAVORITE PLACE

Close your eyes and imagine yourself in your favorite place. It can be anyplace, anywhere you feel good and calm. When you get there, look around for a bit. Who are the people there? What do you see, smell, taste, hear, feel? What kind of details emerge? Live the place with your whole body. Your body won’t know that you really didn’t go there, and it will react as though you did. When you feel the effects of the place, your body will relax.



MARCH: WELLNESS/COMPASSION



Do you have any rituals or home remedies for feeling better when you get sick?

Do you believe you have a soul?
If so, where in your body does it live?



A list of things to celebrate this week:

MARCH

1

Women’s History Month



2

Read Across America

3

National Anthem Day

4

National Grammar Day

World Obesity Day

National Hug a G.I. Day

6

Employee Appreciation Day



National Day of Unplugging

National Dentists Day

National Dress Day

7

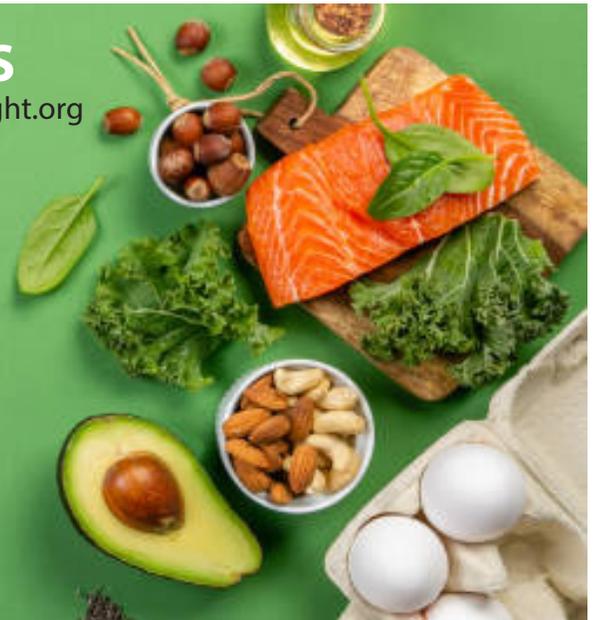
National Be Heard Day

NATIONAL NUTRITION MONTH TIPS

—via eatright.org

Week one: Eat a variety of nutritious foods every day

- ✓ Include healthful foods from all food groups
- ✓ Hydrate healthfully
- ✓ Learn how to read Nutrition Facts Panels
- ✓ Avoid distractions while eating
- ✓ Take time to enjoy your food



FOOD MOOD

continued from front

(Dopamine and serotonin are two common examples.)

Eating healthy food promotes the growth of “good” bacteria, which in turn positively affects neurotransmitter production. A steady diet of junk food, on the other hand, can cause inflammation that hampers production. When neurotransmitter production is in good shape, your brain receives these positive messages loud and clear, and your emotions reflect it. But when production goes awry, so might your mood.

Sugar, in particular, is considered a major culprit of inflammation, plus it feeds “bad” bacteria in the GI tract. Ironically, it can also cause a temporary spike in “feel good” neurotransmitters, like dopamine. That isn’t good for you either, the result is a fleeting sugar rush that is followed shortly thereafter by a crash that’s terrible for your mood. When you stick to a diet of healthy food, you’re setting yourself up for fewer mood fluctuations, an overall happier outlook and an

improved ability to focus. Studies have even found that healthy diets can help with symptoms of depression and anxiety. Unhealthy diets have been linked to an increased risk of dementia or stroke.

Being mindful of the healthy foods entering your body is also effective, especially when it comes

to combating cravings. And take note of how the nutritious snacks and meals make you feel afterward.

It may take days or week before you start to feel the mood-boosting effects of a better diet, depending on how many changes you implement. But, it can happen.

SELF-CARE MENU

-  take a few deep breaths 5 MINS
-  stretch your body 5 MINS
-  listen to your favourite song 5 MINS
-  meditate on your purpose 15 MINS
-  read a chapter of a book 15 MINS
-  journal out your thoughts 15 MINS
-  take a walk outside 30 MINS
-  get crafty 30 MINS
-  cook a new recipe 30 MINS