

Tips for Nourishment:

- *EAT REGULARLY. WHEN YOUR BLOOD SUGAR LEVELS DROP YOU CAN FEEL TIRED AND MOODY.*
- *STAY HYDRATED. EVEN MILD DEHYDRATION CAN AFFECT YOUR MOOD, ENERGY LEVEL, AND ABILITY TO CONCENTRATE.*
- *EAT THE RIGHT BALANCE OF FATS. YOUR BRAIN NEEDS HEALTHY FATS TO KEEP WORKING WELL. THEY'RE FOUND IN FOODS SUCH AS OLIVE OIL, RAPESEED OIL, NUTS, SEEDS, OILY FISH, AVOCADOS, MILK AND EGGS. AVOID TRANS FATS – OFTEN FOUND IN PROCESSED OR PACKAGED FOODS – AS THEY CAN BE BAD FOR YOUR MOOD AND YOUR HEART HEALTH.*
- *INCLUDE MORE WHOLE GRAINS, FRUITS AND VEGETABLES IN YOUR DIET. THEY CONTAIN THE VITAMINS AND MINERALS YOUR BRAIN AND BODY NEED TO STAY WELL.*
- *INCLUDE SOME PROTEIN WITH EVERY MEAL. IT CONTAINS AN AMINO ACID THAT YOUR BRAIN USES TO HELP REGULATE YOUR MOOD.*
- *LOOK AFTER YOUR GUT HEALTH. YOUR GUT CAN REFLECT HOW YOU'RE FEELING: IT CAN SPEED UP OR SLOW DOWN IF YOU'RE STRESSED. HEALTHY FOODS FOR YOUR GUT INCLUDE FRUIT, VEGETABLES, BEANS AND PROBIOTICS.*
- *BE AWARE OF HOW CAFFEINE CAN AFFECT YOUR MOOD. IT CAN CAUSE SLEEP PROBLEMS, ESPECIALLY IF YOU DRINK IT CLOSE TO BEDTIME, AND SOME PEOPLE FIND IT MAKES THEM IRRITABLE AND ANXIOUS TOO. CAFFEINE IS FOUND IN COFFEE, TEA, COLA, ENERGY DRINKS AND CHOCOLATE.*

Mindful Eating

Eating is so often reduced to biting, chewing and swallowing – but it is one of the most pleasurable experiences we can engage in as human beings. Eating mindfully goes beyond the necessity of nutrition, and transforms into a more subtle but deeply satisfying sensation, bringing full attention to our bodies, and producing feelings of being truly alive.

Try to make time to eat: move away from your desk, computers, laptops and phones.

Breathe before eating: by pausing to breathe before you eat, you allow yourself to slow down and the time to transition to the ritual of eating. Bring your attention inward by closing your eyes and take 8 to 10 slow breaths before you start your meal.

Awareness: bring your awareness to the physical sensations in your stomach. On a scale of 1 to 10, (from no physical sensation of hunger to very hungry), ask yourself “How hungry am I?” What physical sensations tell you that you are hungry or not hungry (emptiness, shakiness, no desire to eat, stomach growling, etc.)? Try not to think about when you last ate, or what time it is. Listen to your body, not your thoughts.

Tune in: now that you are in touch with how hungry you are, you can choose more mindfully what, when, and how much to eat. This simple practice can help you tune in to your needs.

Take your first three bites mindfully: experience the taste, flavours, smells, textures, and notice how much enjoyment you are receiving from a certain food. Make a mindful choice about what to eat based on what you really enjoy.