



# How Food Affects Your Mood

## Article of the Week #1

There are multiple reasons to love food! Food brings people together, it's fun to make, it allows you to explore new cultures, shows people you care and last but not least, it tastes good! But, did you know food could be affecting your mood? Many studies have linked depression to inflammation and a chemical imbalance of the neurotransmitters serotonin, dopamine and norepinephrine.

You're probably wondering, "how does my stomach affect my brain?" More than 95 percent of all your serotonin (a natural mood stabilizer) is produced and stored in the gut lining, therefore your gut microbiota influences your brain chemistry!

Learn which foods are associated with inflammation in the body and tips to improve your mood through food. Read the full article.

**Scan the QR code to read the article.**





# Exercise Has Positive Effects on Mental Health

## Article of the Week #2

Studies show regular exercise can help improve mental health. It can help manage the symptoms of depression, as well as anxiety and low self-esteem. Regular exercise can also help in overcoming addictions and controlling weight.

Unlike some treatment plans, exercise does not have to be a strict regimen. Any type of exercise is beneficial for mental and physical health, so take part in activities you enjoy. Go for a swim, take a dance class, practice yoga, run or go for a long walk. As long as you are moving, your mind and body are feeling the effects.

### Research from The Cooper Institute shows:

- Exercise can be effective in treating and preventing mild to moderate depression.
- The effectiveness of treating and preventing mild to moderate depression increases the more you exercise.

Read the full article to learn more.

Scan the QR code to read the article.





# The Power of Sleep

## Article of the Week #3

Along with exercise and good nutrition, sleep health is a pillar of health and well-being. Sleep affects everything about us. There is no type of tissue, system or operation in the body—from the brain, heart and lungs to metabolism, immune function and mood—that isn't enhanced by sleep.

It's essential to make sleep hygiene an important part of our daily routine to help restore our body and mind.

### Consequences of Too Little Sleep

1. Increased risk for chronic medical conditions
2. Weakened immune system
3. Memory issues
4. Weight gain

For the complete list of the "10 big consequences of too little sleep" and ways to improve your sleep, read the full article.

Scan the QR code to read the article.





# Cleaning Out the Clutter

## Article of the Week #4

We live in a society of overabundance, and as a result, most Americans have too much stuff. But it's not just the physical clutter that has become a problem. Americans also have mental clutter. We can't say "no" to buying more things and we can't say "no" to adding more items to our to-do list.

Both mental and physical clutter can affect your happiness and your health. Having too much on your plate can increase stress levels, lead to anxiety and exhaustion. We have become so busy doing so much that we don't take time to stop and enjoy the moment.

### Three Tips to Eliminate Mental and Physical Clutter

1. Ask why. What is the purpose of something you own or something you do?
2. Take 10 minutes to reflect on the good that took place that day.
3. Step away from electronics. At least an hour before you go to bed, power down all your electronics, including the TV.

Are you ready to declutter your home and your life? Scan the QR code to read the full article.

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the article.

