



Wellness Newsletter

Brought to you by Millikan Wellness Center


Nutrition and Mental Health

Think about it. Your brain is always "on." It takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works hard 24/7, even while you're asleep. This means your brain requires a constant supply of fuel. That "fuel" comes from the foods you eat — and what's in that fuel makes all the difference. Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood.



<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

Upcoming Events

- Winter Formal Fair 
 - TBA 
- Self Care-Yoga
 - Tuesday; 1/24 at Lunch
- Wellness Workshop
 - Tuesday; 1/31 at Lunch

Need Support?



Contact Information:
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Impact on Mental Health

Studies have found that people who eat a lot of nutrient-dense foods report less depression and greater levels of happiness and mental well-being.



<https://www.nytimes.com/2021/05/06/well/eat/mental-health-food.html>

Let's discuss!

WHAT IS YOUR FAVORITE SNACK?

WHAT IS YOUR FAVORITE DRINK?

WHAT IS YOUR FAVORITE MEAL?



Brain Foods

Your brain and nervous system depend on nutrition to build new proteins, cells and tissues. In order to function effectively, your body requires a variety of carbohydrates, proteins and minerals.



Complex carbohydrates: such as brown rice and starchy vegetables can give you energy. Quinoa, millet, beets and sweet potatoes have more nutritional value and will keep you satisfied longer than the simple carbohydrates found in sugar and candy.



Lean proteins: also lend energy that allows your body to think and react quickly. Good sources of protein include chicken, meat, fish, eggs, soybeans, nuts and seeds.



Fatty Acids: are crucial for the proper function of your brain and nervous system. You can find them in fish, meat, eggs, nuts and flaxseeds.

<https://www.sutterhealth.org/health/nutrition/eating-well-for-mental-health>



Mindful Eating Practice

1. Once you sit down, take a minute to pause before you dig in.
2. Think about where the food came from, where it grew, and who helped it get to your plate.
3. Observe the colors, details, and aroma of what you're about to eat.
4. Chew each bite slowly, bringing your attention to the taste and texture of what you're eating.
5. Give thanks, verbally or internally, for the pleasure and nutrients you are receiving.

Create a nutritionally balanced list of foods that can boost your mood!



Mental Health Benefits of Staying Hydrated

LOWERS RISK OF ANXIETY + DEPRESSION

Individuals who drink a sufficient amount of water daily are more likely to be mentally healthy and happy.

IMPROVES EMOTIONAL HEALTH

Hydrated individuals who continually drink an appropriate amount of water are more calm and satisfied.

INCREASES ENERGY + FOCUS

Healthy water intake often decreases mental confusion and provides clarity.



<https://www.bewelloc.org/about-be-well-oc/>