

# Thrive 365 #4

## Did you know?

What you eat is as important for your mental health as it is for your physical health. Dr Andrew McCulloch, a former Chief Executive at The Mental Health Foundation, said that "nutrition should become a mainstream, everyday component of mental health care".

## What can you try?

### 1. Eat Regularly

It's important to eat regularly because low blood sugar can result in loss of concentration, tiredness and low mood/depression. Foods that release energy slowly (pasta, rice, oats, wholegrain bread and cereals, nuts and seeds) keep blood sugar levels stable and so can help with maintaining a stable mood.

### 2. Beat the Stress Cycle

Sustained stress leads to fatigue and depression, leading you to crave fatty and sugary foods that create highs and lows in blood sugar levels. Big dips in blood sugar levels cause you to crave more high fat/sugar foods! It's a vicious cycle and weight gain can lead to more stress, adding to the cycle. To avoid this, eat little and often if you're going through a stressful time or if stress is affecting your appetite.

### 3. Know What You Need

**B VITAMINS** - help you to regain energy after stressful time (found in bananas, leafy greens, nuts, seeds)

**VITAMIN C** - the largest store of the body's Vitamin C is in the adrenal glands, so it can be 'burned up' by stress (found in oranges, tomatoes, leafy greens, kiwi, broccoli)

**MAGNESIUM** - relaxes muscles and reduces anxiety (found in brazil nuts, hazelnuts, peanuts, leafy greens, oats, brown rice, beans – and can also be absorbed through skin, so run a lovely Epsom salt bath!)

**OILY FISH** - omega 3 chains found in oily fish are important for healthy brain functioning (found in mackerel, sardines, salmon)

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*

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