

Healthy Mind, Body and Food and how it translates to Healthy Mood: Work/Life balance in the foodservice industry

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Western Diet vs. Mediterranean Diet

Western or 'cafeteria' diets:

- High in sugar, fat and sodium
- Comforting, but addictive and cyclical in self medicating
- Feel good at the moment, but have long term adverse affects

Mediterranean or derivatives:

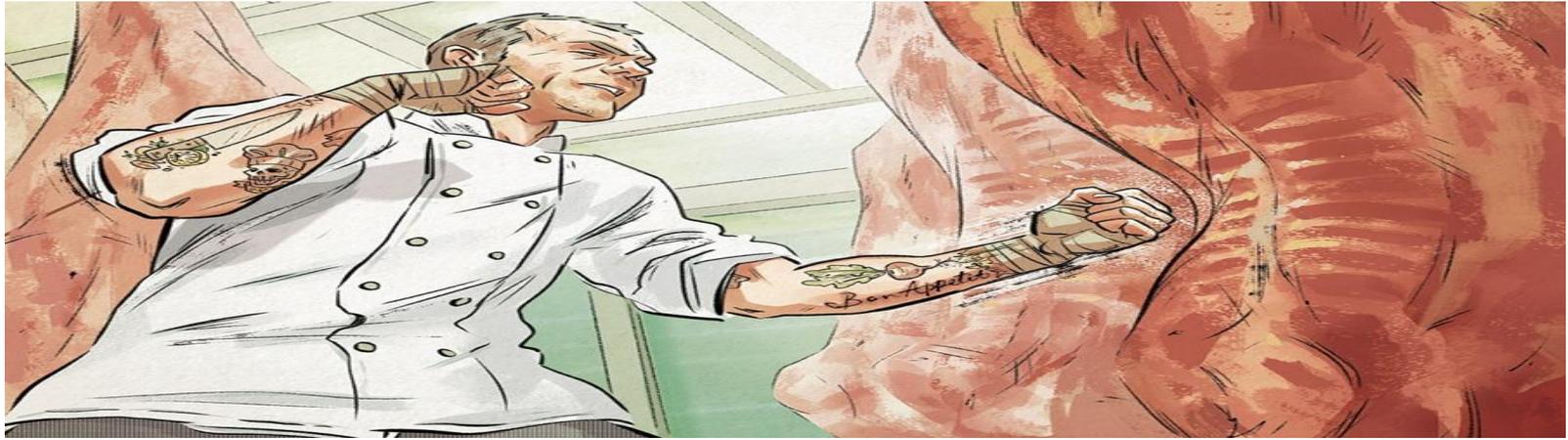
- High in fish, olive oil, whole grains, legumes and nuts
- Better digestion
- Better overall brain and physical health

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8 Foods worth rotating in your diet for better mood

- Turmeric
- Berries
- Fish and Fish oils
- Lentils, garbanzo beans and legumes
- Leafy greens and cruciferous vegetables
- Walnuts and hazelnuts
- Dark chocolate
- Fermented or foods high in probiotics

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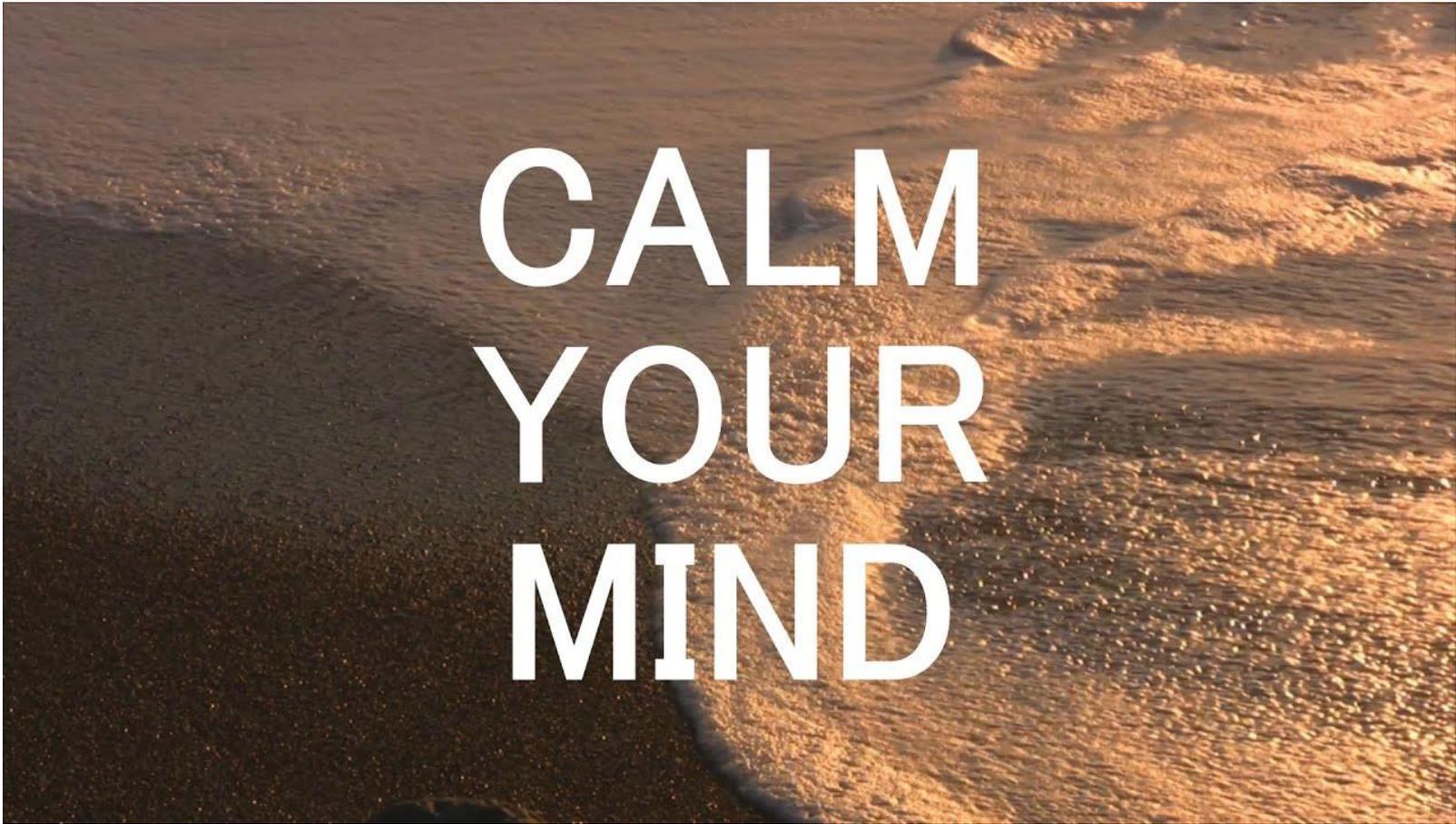
Getting regular physical activity is one of the best things you can do for your health. It lowers the risk of heart disease, diabetes, stroke, high blood pressure, osteoporosis, and certain cancers, and it can also help **control stress, improve sleep, boost mood**, keep weight in check, and reduce the risk of falling and improve cognitive function in older adults-**Harvard School of public Health**

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Benefits of good physical health

- Social benefits
- Reduction in anxiety and depression
- Prevention of illness
- Physical health
- Alertness and awareness

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CALM YOUR MIND

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Signs of mental health concerns

- Unhappiness
- Separation
- Frustration
- Lack of motivation
- Anger
- Defeat
- Changes in appetite
- Sleep disorder
- Disengagement

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How can we tackle our concerns and maintain a healthy mind

- Healthy diet
- Physical activity/health
- A solid sleep routine
- Manage alcohol
- Have an outlet (routine, hobbies)
- Talk it out
- Quiet your mind (pre and post work)
- Prioritize
- Set goals (short and long term)

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Thank you

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<https://www.cdc.gov>

<https://trystressmanagement.com/>

<https://www.psychologytoday.com>

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<http://www.mentalhealthamerica.net>

<https://www.hsph.harvard.edu/>

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