



TIPS FOR A HEALTHY MENTAL LIFE

Maintaining a creative, functioning mind involves paying attention to the role that food and overall physical health serves in our mental and emotional life. It's been my experience that when a person engages in a lifestyle that includes better nutrition, appropriate supplementations, exercise, improved sleep habits and cognitive behavior "practice," we see a durable change in functioning, attitude, well-being, and productivity. Just remember: *Nothing changes if nothing changes.*

—Ted Petrocci

GET SOME SLEEP

Strive to get 6 to 8 hours per night, with a bedtime before midnight.

Remove the TV from your bedroom (yes, always).

Shut off ALL electronics one hour before bedtime. Pick up a book instead.

EAT WELL

Three meals a day with snacks in between major meals. Protein at each meal is essential to maintain stable blood sugar. You absolutely are what you eat.

Maintain a Mediterranean diet. (Found primarily in the perimeter of the grocery store):

☐ Protein: 60 grams/day for women, 80 for men (or 3/4 your body weight in grams)

Fish (especially this), turkey, chicken, pork, eggs

☐ Whole grains/legumes: oats, quinoa, spelt, flax, chickpeas, beans, etc

☐ Vegetables ☐ Leafy Greens ☐ Dark fruits and berries ☐ An apple a day ☐ Yogurt

☐ Sweet Potatoes ☐ Tree Nuts (not peanuts) ☐ Avacados ☐ 50+oz of water per day

☐ Dark chocolate (60%+) ☐ An *occasional* glass of red wine might be good for you

Vitamins/supplements help where our foods fall short:

☐ Omega-3 fish oil. 2-4 grams/day (anti-inflammatory, improves reflexes and brain function)

☐ Multi-vitamin ☐ D3 (Esp in winter) ☐ B-Complex (stress management/mental energy)

☐ Magnesium (helps nerve, muscle, circulatory, and sleep)

Reduce/eliminate the following (found primarily in the interior aisles of the grocery store):

☐ Refined sugars ☐ Flour products ☐ Most white foods (rice, potatoes, pasta) ☐ Sodas

☐ Processed, canned or pre-packaged foods And also: ☐ Alcohol ☐ Fast and junk food

EXERCISE IS ADULT PLAY

If the *output* doesn't exceed the *input* it *stays put*. No, there's no getting around this one.

Ensure your routine includes a minimum of 3x per week for a minimum of an hour each time:

☐ Cardio to raise heart rate (run, walk fast, bike, kayak, team sports, swim, etc)

☐ Strength training (weights and/or resistance) ☐ Yoga

READ THOUGHTFULLY

☐ *The Art of Living* by Epictetus and Sharon Lebell

☐ *Zen Mind Beginners Mind* by Shunryu Suzuki

☐ *Younger Next Year* by Crowley & Lodge

☐ *Anatomy of an Epidemic* by Robert Whitaker

☐ *Quiet: The Power of Introverts in a World That Can't Stop Talking* by Susan Cain