



Tips For Staying Above The Madness of Mental Health (especially during this Postal Survey)

- 1) **Disconnect From Your News Feed.** It's very easy to get swept up and lost with all of the negative words and images so when you get a chance to disconnect from social media platforms, DO IT. Set a time... even if you are like me and absolutely addicted to the phone screen, staying away from your screen for an hour at a time will do your head wonders.



- 2) **BREATHE.** Sounds simple, we all do it.. lol... but try "diaphragmatic breathing" or "belly breathing. And there really is merit in it... good deep belly breathing is effective for helping to stabilise mood, control anger and manage anxiety.



3) **Add a 30 second sprint to your workout.**

This doubles your endorphins and increases levels of noradrenaline, boosting your mood for up to 90 minutes after exercise.



4) **You are what you eat....** If you are feeling down in the dumps its really easy to go for the comfort foods. This 'low time' in particular however is exactly when you need to get your food back in order... Always fresh and colourful foods puts everyone in a good mood! Plus you need all of those micro and macro nutrients to make your head work properly..

**VEGETABLES** BENEFITS PER COLOR

**GREEN**  
THEY CONTAIN LUTEIN, AN ANTIOXIDANT THAT REINFORCES IMPROVED VISION. THEY HAVE POTASSIUM, VITAMIN C, VITAMIN K, AND FOLIC ACID.

**ORANGE**  
RICH IN BETA-CAROTENE & VITAMIN C THEY HELP PROMOTE EXCELLENT VISION, HEALTHY SKIN AND SUPPORT A STRONG IMMUNE SYSTEM.

**RED**  
ARE RICH IN PHYTOCHEMICALS LIKE LYCOPENE AND ANTHOCYANINS, THAT IMPROVE HEART HEALTH AND DIMINISH THE RISK OF CANCER.

**PURPLE**  
RICH IN ANTIOXIDANTS AND PHYTO-CHEMICALS ARE ANTI-AGING, REDUCE THE RISK OF CANCER AND SUPPORT MENTAL CLARITY

**WHITE**  
THEY ARE RICH IN PHYTOCHEMICALS & POTASSIUM. AND HELP REDUCE CHOLESTEROL LEVELS, LOWER BLOOD PRESSURE AND PREVENT DIABETES