

# 6 Standard Measures for a Healthy Mind

plus the scientific research behind these what makes these the standard for health

\*only to be used when your in a place to reflect, never to judge yourself or others

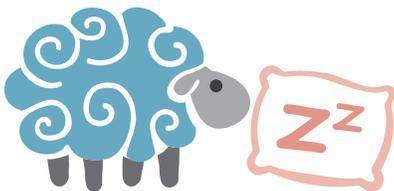


## Get Outside

10 minutes a day (averaged) is necessary for vitamin D production in the body. Vitamin D activates receptors on neurons in regions implicated in the regulation of behaviour, stimulates neurotrophin release and protects the brain by buffering antioxidant and anti-inflammatory defences against vascular injury. Supplements can be used, but have recently been shown to have little effectiveness compared to getting outside.

## Exercise

Exercising increases dopamine levels and helps build those receptors in the brain. At least 150 minutes of moderate aerobic activity (equivalent to brisk walk) do or 75 minutes (equivalent to running - break a sweat) of vigorous aerobic activity a week, or some combination of the two are recommended to help regulate cortisol levels



## Get Enough Sleep

Poor sleep hygiene is like smoking: you're healthy until you're not. It's 7-8 hours (average) daily or you are increasing your risk of mental decline in old age (Alzheimer's Disease). Sleep works to clear the plaque that builds up from everyday use on your neural receptors at night.



## Eat Well

Forget what you've heard about in fad diets; Micro and Macro nutrients both play roles in managing stress. You should shoot for 1,600 - 3,000 calories a day depending on activity, age, and gender and those calories should be 45-65% from carbs, 20-35% from fats and 10-35% from protein. If you can, you should get most of your vitamins and minerals from fruits and vegetables, supplemented with whole grains and lean meats.

## Stay Hydrated

People need to drink between half an ounce and an ounce of water for each pound you weigh, every day. Staying hydrated helps you feel less tired, and balances electrolytes, which regulate serotonin and cortisol levels in your brain.



## limit alcohol & caffeine

Both dehydrate you and hide stress symptoms instead of helping you deal with them Small amounts of caffeine can be helpful, but too much can raise blood pressure and anxiety. No amount of alcohol is beneficial to health, not even red wine. More than 4 a day or 14 drinks a week for men or 3 a day or 8 a week for women is considered high risk drinking.