

# THE PAPERFLOWER PSYCHIATRY GUIDE TO EXERCISE AND DIET



## Think Mediterranean

The Mediterranean diet is full of healthy fats and is associated with lower rates of depression. So don't skimp on the olive oil and healthy fats!



## Get some endorphins!

Exercise doesn't have to mean going to the gym. It can be a youtube video, yoga, walking your dog.. but moving your body helps make happy brain chemicals!

## The benefits

Exercise is associated with improvements in self-esteem, improvements in focus/ADHD, memory, anxiety, depression, and bipolar just to name a few things! It also helps improve overall energy levels AND helps you have a better sleep quality at night.

## Foods that benefit the brain



Load up on salmon, nuts, seeds, beans, lentils, dark leafy greens, avocados, whole grains & fruits+veggies,

## Nourish your body

Remember that your body needs fuel to survive. Your brain needs fuel to help you not be an anxious, depressed wreck. If you struggle with your relationship with food, talk to your therapist.



## Cook!



Yes, fast food can be delicious..but taking time to cook and prepare the food (maybe even with your family or friends) can help you slow down, reconnect and even provide a creative outlet. Plus you can control what goes in it!