



Turbo Boost Your State of Mind!

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FAMILY HEALTH CENTER

MANAGED BY





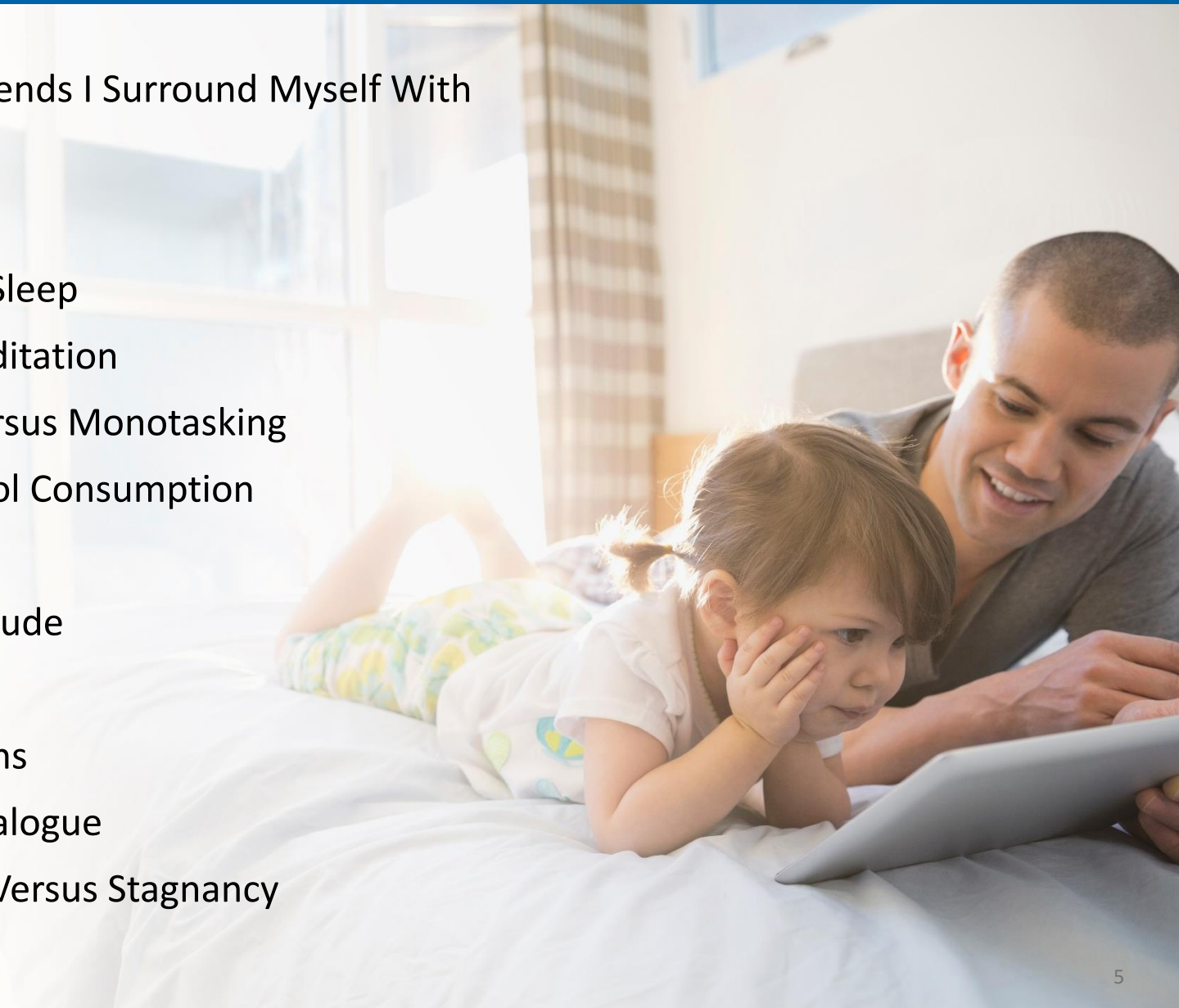
The GOOD mood:

- we are optimistic and want to do things.
- we want to connect with other people, have fun, and take advantage of our daily experiences.
- we have a greater capacity for resilience to face possible obstacles. Therefore, we tend to minimize setbacks by downplaying them, due to the optimism that our good mood generates.

The BAD mood:

- we are pessimistic
- we feel apathetic.
- we may be cold and lack any interest in anything that requires minimum effort.
- we see setbacks as annoying and insurmountable difficulties.
- we prefer that others leave us alone and not bother us.

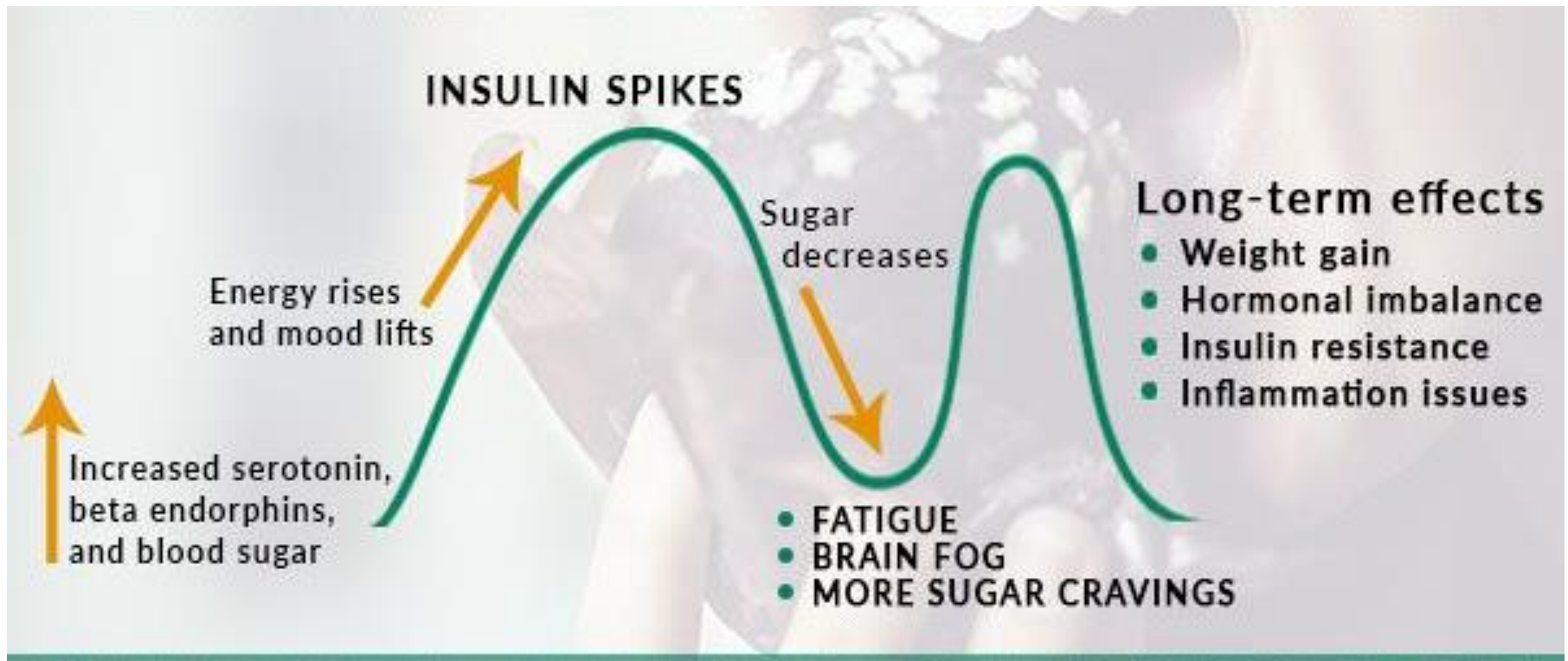
1. The Types of Friends I Surround Myself With
2. The Food I Eat
3. Exercise
4. Getting Proper Sleep
5. Quiet Time/Meditation
6. Multitasking Versus Monotasking
7. Excessive Alcohol Consumption
8. Negative Media
9. Practicing Gratitude
10. Visualization
11. My Expectations
12. My Internal Dialogue
13. Improvement Versus Stagnancy

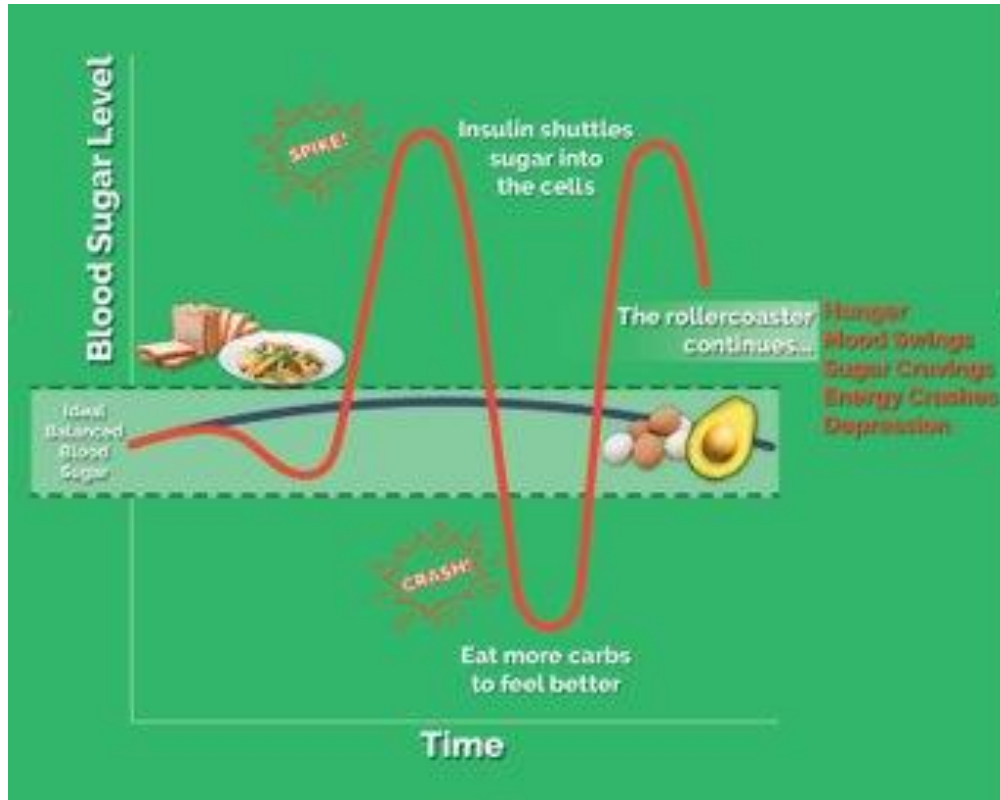


Symptoms associated with this:

- * weight gain
- * fatigue

- * irritability
- * hormonal imbalance
- * immune issues





The buddy system- If all of these or a combination of them are eaten all together, your body will respond in a way to keep your engine humming along

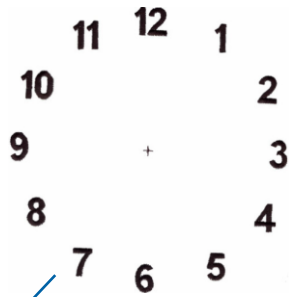
Lean Protein: probiotic yogurt, high omega 3 fish

Carbs: (healthy whole grains, Fruits/veggies): quinoa, berries, turmeric, oats

Healthy Fats: Flax, chia, walnuts, pecans, seeds, pistachios

Fiber: abundant in high nutrient fruits, vegetables, whole grains, and healthy fats
(found naturally in foods vs ultra processed foods)

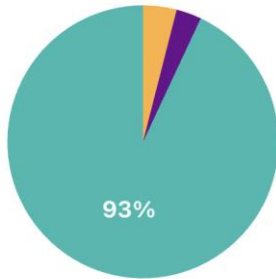
A day of balanced eating



Sensible snack combo



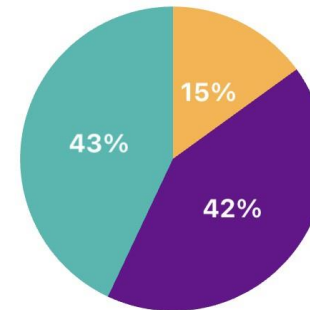
Nutrition: 120 cal
 0.4 gm fat
 31 gm carb
 3.5 gm fiber
 1.5 gm protein



	Total	Goal
Carbohydrates (31g)	93%	50%
Fat (0g)	3%	30%
Protein (1g)	4%	20%



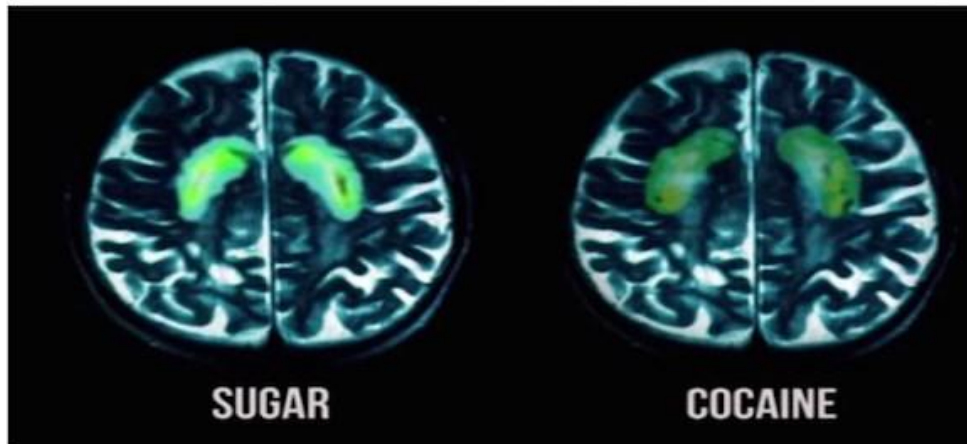
Nutrition: 155 cal
 8gm fat
 18 gm carb
 5gm fiber
 6gm protein



	Total	Goal
Carbohydrates (18g)	43%	50%
Fat (8g)	42%	30%
Protein (6g)	15%	20%

- Cravings
 - Kick in when we are **stressed** or *anxious*
 - Originate in the hippocampus-the **same place** that drug addictions originate
 - Can be learned behaviors
 - Ex. You go to the movies, you crave popcorn
- Carbohydrates
 - Boost our serotonin levels, creating a calming effect
- Exercise can grow your brain (and decrease stress!)

The PET brain scan below shows a person reacts in the same way to sugar as they do to cocaine which causes addiction. Wow, surprising similarities, right?



via <http://www.mic.com/>

	% calories from fat	% calories from carbs
Chocolate chip cookie	50%	46%
Macaroni and cheese	46%	37%
Milk chocolate candy bar	51%	46%
Dove chocolate ice cream bar	57%	42%
Fast-food french fries	44%	50%
Potato chips	56%	40%



***Take the path of
least resistance***

(fast food, convenience food, etc.)

OR

Plan accordingly

(choose healthier versions of common convenience foods, learn about the nutrients you are putting in your body)

Avoiding responsibilities: financial, intellectual, emotional, physical

dining out with fast food

Convenience food

Eating snacks instead of a balanced meal

Under-nourishing blood sugar imbalances

Not exercising and blaming it on time

Keeping the same lifestyle without adding change

expecting weight loss without adding movement

expecting weight loss or body changes eating the same foods

yo-yo dieting

staying in sleep deprivation

consuming too much caffeine or alcohol routinely



Taking on responsibilities wholeheartedly

Trying new recipes

Tracking your foods and calories

making foods from (semi), frozen, canned (low sodium)

Be resourceful asking for your store employees to help

Using local food prep places, ordering food kits, meal simple section, Costco prepared items, etc.

mixing additional healthy ingredients to make meals balanced

Using the food label to determine what is in the food and how it may impact your health.

Learning about nutrition, food combinations, meal timing, fad diets and diet culture

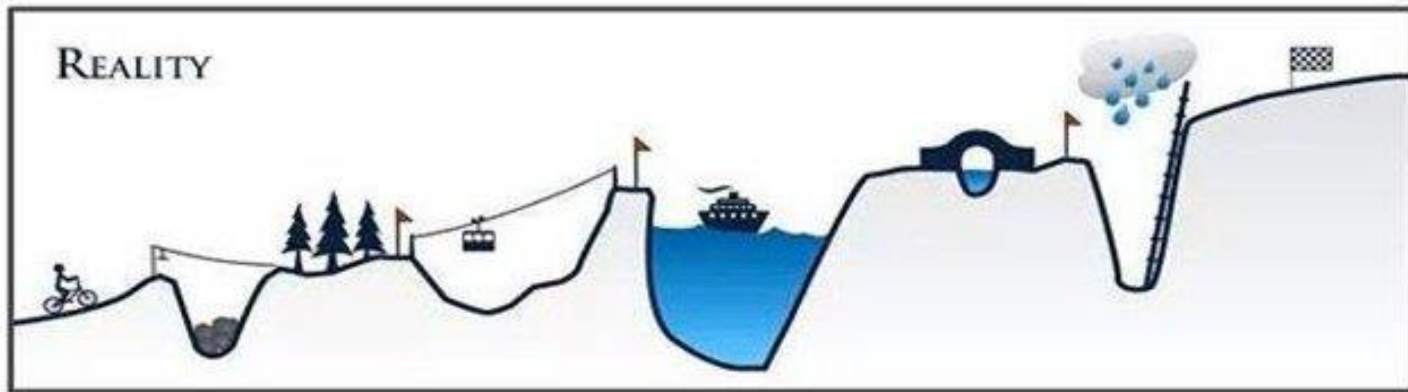
Exercise/movement that stimulates stress management, sleep quality and sound nutrition choices.



YOUR 10-WEEK HEALTHY HABIT PLAN:

- 1. Choose a goal.** (For example, eat a more plant-based diet.)
- 2. Decide what action will lead to that goal.** (Every Sunday and Thursday, you'll buy fresh produce.)
- 3. Plan when and where you'll do it.** (Twice a week, chop and store veggies.)
- 4. Do the action.**
- 5. By the end of this 10-week period,** you should find you're doing things automatically.
- 6. Your new habit should be formed.**

The long journey toward a goal





Move your body

Sleep on It

Discover your passion

Find peace of mind

Stimulate the senses

Head outdoors

Walk the right way

Surround yourself with positive friends

Eat healthy

Be a well-wisher



[The Craving Brain | Tufts Now](#)

[Can you grow your hippocampus? Yes. Here's how, and why it matters - SharpBrains](#)

[The Facts About Food Cravings \(webmd.com\)](#)

[Oxytocin enhances cognitive control of food craving in women \(nih.gov\)](#)

[Brain foods: the effects of nutrients on brain function \(nih.gov\)](#)

[The hippocampus and the regulation of human food intake - PubMed \(nih.gov\)](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2805706/>

<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

¹ Sun FW, Stepanovic MR, Andreano J, Barrett LF, Touroutoglou A, Dickerson BC. Youthful Brains in Older Adults: Preserved Neuroanatomy in the Default Mode and Salience Networks Contributes to Youthful Memory in Superaging. *J Neurosci*. 2016 Sep 14;36(37):9659-68.

² Jacka FN, Cherbuin N, Anstey KJ, Sachdev P, Butterworth P. Western diet is associated with a smaller hippocampus: a longitudinal investigation. *BMC Med*. 2015; 13(1): 215.