



AUGUST

How Sleep & Your Diet Affect Your Mental Health

Take Control of Your Mental Health in 2020

Your diet and sleep habits drastically affect functionality, emotions, and long-term physical and mental health. Without adequate sleep or a nutritional diet, you put yourself at risk of developing chronic diseases. With that said, it is paramount to give your body the necessary fuel and rest it needs.

TIPS FOR MAINTAINING A HEALTHY DIET

To boost your mental health, focus on eating plenty of fruits and vegetables along with foods rich in omega-3 fatty acids. To improve confidence and feel better overall, place an emphasis on including whole grains, lean protein, and low-fat products in your diet. Nutritional eating on a consistent basis has been found to help individuals not only feel better and think more clearly, but to also live longer.

1. *Budget before you go shopping* — This way you know what you need and are not spending unnecessarily.
2. *Be aware of calorie intake* — You do not have to count every calorie you consume daily but stay aware of intake to ensure balance.
3. *Get active* — 50 percent is diet, the other 50 percent is staying active and maintaining a healthy weight.
4. *Fruits and vegetables are your friend* — Be creative and find healthy new recipes that incorporate fruits and vegetables to make your health journey more enjoyable.

BENEFITS OF GETTING ENOUGH SLEEP

Sleep is essential for maintaining a healthy, productive, and low-stress lifestyle. Adequate sleep enables the body to rest, repair, and recharge for the next day. According to the Centers for Disease Control and Prevention (CDC), adults ages 18 and older should get **seven hours** or more of sleep per night to experience the following benefits:

- **Improved Mental Health** — Getting enough sleep can help alleviate feeling of fatigue that may contribute to stress, depression, and anxiety. Symptoms of fatigue can include drowsiness, loss of energy and even mood swings.
- **Increased Productivity & Work Performance** — Giving your body ample time to go through all the sleep stages is necessary for energy, muscle repair, improved memory, and the release of important hormones that play a major role in everyday body functionality.
- **Decreased Weight Gain** — According to the National Sleep Foundation, not allowing your body enough time for rest can lead to an increased appetite, which may cause spikes in hunger that lead to weight gain.

Your medical carrier may offer programs to help improve your mental and physical health. Our Employee Service Representative, or ESR, Team is equipped with detailed information surrounding your carrier and medical coverage, so they can address any questions you may have. You can contact the team at **844-231-8414** or esr@creativebenefitsinc.com.