

Good Food, **Good Mood**

A Wellness Guide to Superfood Mood Balancers

Taking care of yourself and your emotional well-being is just as important as taking care of your body.

Nutrition is an important part of your everyday wellness plan and while foods alone can't reduce your risk of depression, there are certain nutrients that play a key role in boosting our mood.



The Science Behind Good Mood Foods

Studies have shown that specific vitamins and minerals are linked to improving feelings of calm and overall well-being! These include:



Folate



B Vitamins



Magnesium



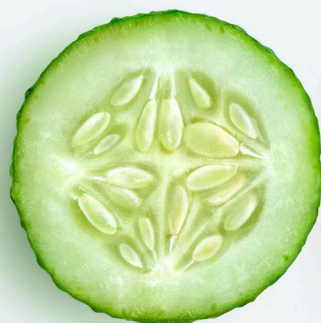
Vitamin D



Tryptophan

Fermented foods and foods high in probiotics are also linked to mood-boosting properties.

A lower carbohydrate approach consists of nutrient-rich carbohydrates including vegetables, nuts, seeds, legumes, berries and other fruits, and whole grains — all of which can improve your overall physical health and may lead to an improved mood. That's good for your mind, body and soul!



Not All Heroes Wear Capes, But “Superfoods” Deserve Them

Super•foods

[/soōper foōd /] noun

1. Powerhouse foods containing exceptional nutrients

Did You Know? Some Superfoods contain secret weapon nutrients that can help uplift your spirits! What's more, eating foods dense in these nutrients can improve your overall physical health, potentially increasing self-confidence and contributing to a better mood. We like to call these power-packed ingredients Super (Mood) Foods.



Feeling low? Folate has your back.

Foods like asparagus and spinach are rich in the natural mood-booster.

For a sweeter swap, strawberries are a great way to get more folate into your diet.



Gain a sense of calm with magnesium.

Set aside space for relaxation each day with a magnesium-rich snack of avocado, nuts or dark chocolate.



Rebalance with fermented foods.

“Go with your gut” by including fermented foods like kimchi in your diet.

These probiotic-heavy bacteria rebalance gut health, producing neurotransmitters that can help heal your body and mind.

Even Comfort Foods Can Have Healthy Alternatives

After a stressful day, who doesn't want to cuddle up with a cozy dish of pasta or indulge in a sugar-filled dessert?

But wait!

Before you do, take a minute to think through how it will make you feel. Comfort food can be healthy – and we have some smart swaps that are high in flavor and filled with ingredients that help boost your mood:



Craving a juicy cheeseburger?

Skip the bread and toast a portobello for a friendlier bun option.



Need to satisfy your sweet tooth?

Skip the chocolate bar and reach for a handful of sweet berries or a chocolate avocado mousse.



Keep Sunday brunch gratifying.

Whip up a batch of pumpkin pancakes with canned pumpkin and cottage cheese instead of the boxed mix.



Reaching for cheese and crackers?

Trade the high carb crackers for sea salted cucumber slices with cream cheese and enjoy!

There's More to "Me Time" than Binge Streaming

Self-care is a crucial part of mood management, and what you put in your body is just as important as the activities you choose. From fueling up to calming down — and everything in between — identifying your Self-Care Style is the first step toward a happier, healthier you. Ready to get started? Take our quiz to see what style you are!

1. Your boss suddenly gives you a crazy deadline, what do you do?

- a.** Jump on a 15-minute virtual workout to get energized for the long night ahead
- b.** Treat yourself to some amazing takeout and dive into the work rejuvenated
- c.** Rally the team with an inspirational pep talk and crush the deadline
- d.** Place a group coffee order to help the team power through together
- e.** Find an inspiring podcast or playlist, put your head down and get the work done

2. A way you love to treat yourself is...

- a.** Taking a long hike through a beautiful park
- b.** Trying something new in the kitchen
- c.** Buying yourself a gorgeous bouquet of flowers
- d.** Pampering yourself with a spa day
- e.** Soaking in a bubble bath with a glass of wine





3. What is your secret, guilty pleasure?

- a. Listening to K-pop on endless repeat
- b. Sleeping in way too late
- c. Burying yourself in a celebrity gossip mag
- d. Finding the perfect, unique gift for someone
- e. Pilfering those glorious little soaps and lotions from my hotel rooms

4. The greenery in your home is...

- a. **Plastic:** I'm way too busy doing other things to water plants
- b. **A jungle:** Indoor plants provide fresh oxygen that keeps me vitalized
- c. **Decorative:** I love the look fresh flowers provide
- d. **Minimal:** But fresh flowers and plants make brilliant presents
- e. **Low maintenance:** I surround myself with succulents and ferns that are easy care for

5. What would your ideal romantic date include?

- a. Falling "accidentally" into your lover's arms while rock climbing
- b. Candle-lit dinner and a movie
- c. A fun night in playing board games
- d. Cheering on your favorite sports team with your significant other
- e. Swedish massages for two

6. Your friends all see you as...

- a. **The Ringleader:** Always planning the next get together
- b. **The Confidant:** Trusted for your opinions on everything from outfits to relationships
- c. **The Trend Setter:** You inspire with your sense of style and charisma
- d. **The Listener:** Ready with a shoulder to lean on any time
- e. **The Peacekeeper:** Adept at balancing everyone's personalities and preferences

Your Self-Care Style is...

MOSTLY As
Energize



Stop giving your energy and start getting some! Your self-care style focuses on invigorating your body and mind.

MOSTLY Bs
Nourish



Your self-care style centers on restoring your mood with wholesome meals and enriching your day with engaging hobbies.

MOSTLY Cs
Connect



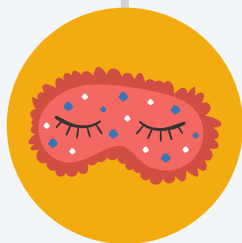
Let your mind run wild with productive “Me Time.” From journaling to cooking, your self-care style is all about the mind-body connection.

MOSTLY Ds
Give



Giving to others can be just as fulfilling as giving to yourself. Your self-care focuses on nurturing those around you.

MOSTLY Es
Calm



You’re all about tapping into your inner Zen for true relaxation. For your self-care style, get ready to calm down and recharge.