Mindset Tips for Gut & Mental Wellness

- Practice Mindful Eating: Slow down and pay attention to the flavors, textures, and smells of your food. This helps the digestive process and supports gut health by reducing stress.  
- Positive Self-Talk: Engage in positive affirmations that support your gut health journey. “I nourish my body with foods that support my wellness.”  
- Stay Present: Stress can affect your digestion. Take time throughout your day to breathe deeply, practice mindfulness, and stay present in the moment.  
- Gratitude Journaling: Writing down three things you’re grateful for daily can shift your mindset, lowering stress and promoting better digestion.