



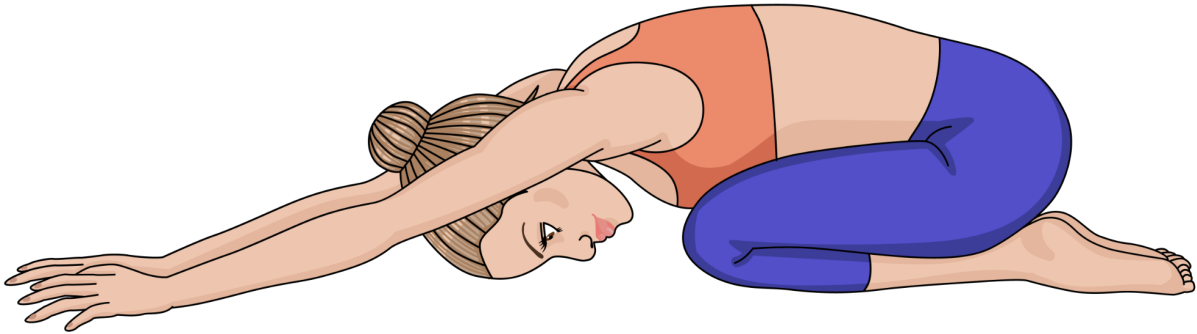
The Foods for you will be:-

- The foods that are rich in omega-3 fatty acids such as.
 1. Salmon
 2. Chicken
 3. Dark Green leafy vegetables
 4. Avocados
 5. Spinach and many more.

The Yoga for you will be:

- **Balasana (Baby Pose):**

Do it on regular basis, be in this position for 25-30 seconds. Take few seconds of break and again repeat 3-4 times.



- **Viparita Karani (Legs Up The Wall Pose):**

Initially, sit about 3 inches from an empty wall. Hold the position for 10 minutes or as long as you can and then slowly pull your leg back to the starting position.



Mental hack