

# 10 SECRETS FOR BETTER MENTAL HEALTH

## 10 EFT

Tapping is a very easy way to work through mental and physical struggles. You can tap through anything you can think of as you use your fingertips to tap on various acupressure points to lower cortisol and release negative emotions. Because it's free and so easy to do, EFT is a great tool to try.



## 9 Check for Genetic Mutations

DNA testing can reveal if you have any gene mutations and indicate medication compatibility. Our DNA has become corrupted with time, and knowing your mutations can help you learn how to handle them. Some mutations (MTHFR, COMT, MAO, etc.) directly affect mental well-being.



## 8 Connect with Your Communities

Social media allows us how to stay connected to everything, without actually connecting. Through it, we often compare ourselves to an unrealistic view of others, which affects us negatively. Engaging in-person with your family, friends, and neighbors can revitalize your positive social connections.



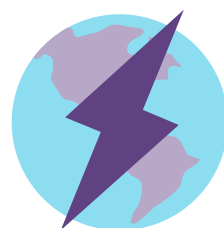
## 7 Therapy

Whether it's with a therapist, a coach, a friend, or a family member, the act of talking through your struggles with someone else allows your mind to better process your emotions and thoughts. With guided help, you can also gain valuable mindset skills and healthy coping strategies.



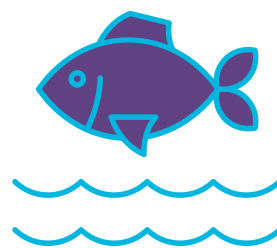
## 6 Get Outdoors

Mother Nature has a way of healing that humans have never been able to mimic. Being outside in nature (especially bare foot) even for 10 minutes a day, electrically reconnects you to the earth. It keeps your mind and body grounded and promotes healing.



## 5 Eat a Mediterranean diet

Research shows a Mediterranean diet best supports your mental wellness. A diet rich in fish, nuts, legumes, and vegetables will reduce inflammation in the body and allow your gut and mind to function better.



## 4 Exercise

Because the mind and body are connected, even minimal exercise will support your mental health. Get out and take a walk. Do some yoga. Just find something you enjoy, that allows you to move your body every day.



## 3 Breathing & Mindfulness

Practicing breathing and mindfulness techniques can be very effective in helping to calm down anxious feelings. One exercise is to breathe in for 4 seconds, hold for 7 seconds, then breathe out for 8 seconds. Doing this multiple times in a row, can help return you to a calm and relaxed state.



## 2 Sleep

Getting a full 8 hours of sleep is crucial for your mental health. Good sleep habits will give you more restorative sleep. Turn off all screens at least 1 hour before bed. Keep your room as dark as possible, and go to sleep at the same time every night.



## 1 Support Your Gut Microbiome

Science is showing us that our gut is a major factor in our mental resiliency and health. It's where most of our "feel good" neurotransmitters are produced. Keeping bad bacteria at bay can seem difficult, but not if you have the right supplementation. The following probiotic strains have shown to improve stress, anxiety and depression:

- Lactobacillus rhamnosus R0011 - Stress
- Bifidobacterium longum R0175 - Anxiety
- Lactobacillus helveticus R0052 - Depression



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