



Boost Your Mood with Good Habits

Get your endorphins flowing with mood-boosting techniques that can carry you through your next deadline. From your snack choices to being more active – a little can go a long way. Check out these suggestions to perk you up:

Eat Well. Although your mood is a psychological thing, it can be impacted by the things you put in your mouth. When you're feeling lethargic or stressed, help counter-act these symptoms by providing your body with some mood-boosting foods:

- **Whole grains** build protein and contribute to proper brain function. Instead of grabbing a candy bar from the vending machine for a spike of energy, go for the granola bar for a long term benefit.
- **Omega-3's** are great for battling stress when your body is craving something greasy or fatty to help calm you down. Almonds or peanuts are a healthy fat available in most cafeterias or vending machines. Better yet, experiment with different ingredients and bring your own trail-mix from home.
- **Natural sugar** from fruits and juices are preferable to sugar-loaded snacks like chips and candy. Keeping a steady blood sugar level is key to maintaining your mood and energy level. If you're in a hurry, choose pretzels over chips, or fruit snacks over candy.

Move More. Staying active is important to keep your endorphins flowing and your mind clear. If you're not able to find the time for an extended workout, do short bursts of exercises or go for frequent walks throughout the day. Try these other ideas:

- **Jumping Jacks** or calisthenics (exercises using your own body weight as resistance) for five minutes in the morning will give your metabolism a jump start and get you ready to seize the day.
- **Climb stairs** on your lunch break or between meetings. Raising your heart rate is good for you, and will keep you on your toes both physically and mentally.
- **Go outside** and take in the natural sunshine. Ten minutes of natural sun a day will give your body the Vitamin D it needs, not to mention a healthy dose of Vitamin C and nice fresh air!

Smile Bigger. There are a lot of little things you can do to give yourself the best shot at being positive and staying in a better mood.

- **Look at the positive** angle of a situation as much as possible. Staying optimistic will help you power through a stressful time, and come out on top, even if you don't see it right away.
- **Get enough rest** so that you can be your best the next day. By adding a few extra Zzz's, not only are you doing yourself a favor, the people around you will appreciate it too.
- **Take a break** when you need one. Walking away from a project and revisiting it, or just taking a real lunch break to walk away from your desk can give you the opportunity to reassess your work-load and reprioritize.

.....

Eating With A Purpose

- **Don't Skip Breakfast.** Start the day off with quality fuel to keep you chugging along throughout the day. A bowl of whole grain cereal, fruit, yogurt, or oatmeal are great options to get your body moving.
- **Avoid Excessive Sugar.** Although a sugar-high might give you energy for a hot minute, you'll be lack luster within an hour. Grab a handful of trail mix or fresh cut vegetables when you need to curb your appetite.
- **Talk to a Dietitian.** Abbott's Registered Dietitian can help you decide which foods will best fit your needs and please your taste buds. Learn more about the services of Abbott's Registered Dietitian and get started.

.....