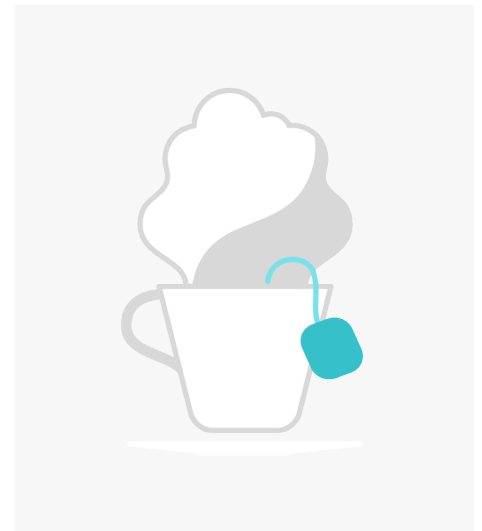
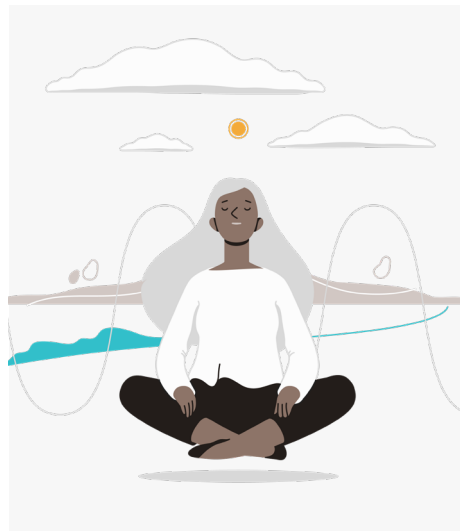
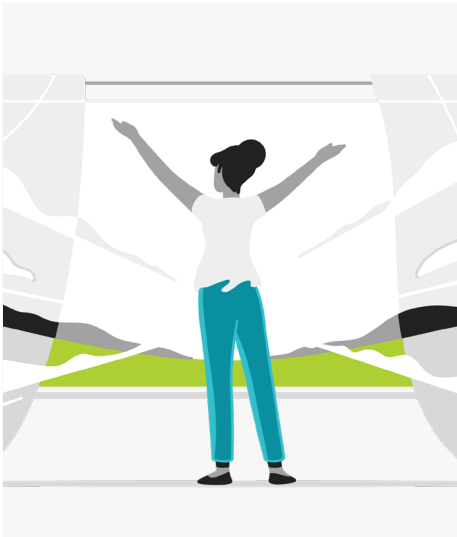


Boost Your Mental Health for Healthier Eating Habits



A healthy diet is one way to improve mental health. When you stick to a nutritional diet, you're setting yourself up for fewer mood fluctuations, an overall happier outlook, and an improved ability to focus. Here are some tips from Total Brain to help keep your mental health in check and train your brain to control eating habits.



1 Focus on the journey. Developing a growth mindset and living a healthy lifestyle involves focusing on the process of getting to your goals rather than focusing solely on results. **Try a Total Brain exercise like Positive Affirmations** and write in your own healthy eating affirmations to repeat each day.

2 Reduce in-the-moment stress. If you find yourself in a stressful situation, skip the junk food and go for a walk, read a book, or **try an exercise like Resonant Breathing.** Focusing on yourself and your breath can take your mind off racing thoughts to reduce in-the-moment cravings.

3 Reflect on what you eat. When you're in a hurry or multitasking while you eat, you won't likely think about the food you're putting in your mouth. **Try listening to the On Eating Mindfully meditation** and learn to appreciate how your food got to your plate and understand the emotions you feel once you start eating.

Remember, it takes on average 1,000 times to make a healthy new habit stick! Try adding one of the recommended Total Brain Tools into your daily routine for at least 30-days to **kick-start your smart immunity through mental health.**

To earn brain points for training on these exercises, make sure you are logged into your AECOM/Total Brain account here:

<https://auth.totalbrain.com/enter/aecom>