

Review your gut-mental health relationship

Everything you consume offers the opportunity to support your mental health. For several decades, researchers have been exploring the brain-gut relationship, and they've discovered several connections. In short, the foods and drinks you consume can boost your brain function, promote healthy digestion and improve your overall emotional and mental state. Likewise, they can have the opposite effect.

Use this worksheet to see how what you eat could be impacting how you feel.

Answer the following questions:

Mentally, I feel _____

Emotionally, I feel _____

Physically, my body feels _____

My gut feels _____

Last night, I slept _____

Next, write down what you've consumed in the past 24 hours:

Now, tick all that apply to what you've eaten or drunk in the past 24 hours:

Nutrient-rich fuels for your brain and gut health:

- | | |
|--|--|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Poultry |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Unsaturated fats like those found in oily salmon, mackerel, sardines, avocados, seeds, nuts, olive oil and rapeseed oil |
| <input type="checkbox"/> Whole grains, such as bread, brown rice and quinoa | <input type="checkbox"/> Probiotics, such as those found in yoghurt, sauerkraut, tempeh and kimchi |
| <input type="checkbox"/> Legumes, such as lentils, chickpeas, soybeans, and kidney, black or pinto beans | <input type="checkbox"/> Water |
| <input type="checkbox"/> Fish and seafood | |

Nutrient-poor foods:

- Processed foods, especially those high in saturated fat, salt and sugar, such as prepackaged instant and tinned soups, meats, sausages, snacks and breakfast cereals
- Alcohol
- Refined sugars (from cane, beets, coconut, palm and corn), such as those used in prepackaged drinks, baked goods and other processed foods and beverages

Based on these results, I:

Saw a connection between what I have eaten and how I feel. Explain: _____

Should consider eating more _____ to fuel my brain and promote my gut health.

Should consider eating less _____ to help boost my overall health and wellness.

Repeat this exercise from time to time – a ‘gut check’ on your mind, body and mental health connections.

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