

# Nutrition News

WE ARE WHAT WE EAT



“**Being mentally healthy isn't about avoiding problems or trying to achieve a *perfect* or *normal* life. It's about living well and having the tools to cope with difficult situations and life's many challenges.**”

- Canadian Mental Health Association

## In This Issue

### Get the Facts

Mental Illnesses in the Workplace

### Best of the Blogs

How Diet can Shape Your Mental Health

Dealing with Stress through Mindful Eating

### Putting it into Practice

Mental Fitness Tips

Healthy Habits to Cope with Stress

### Monthly Tip

The First Week of May is Mental Health Week

## Featured Healthy Recipe:

### Honey Grilled Salmon and Asparagus

*From Cookspiration*

A high intake of healthy food, including, fruits, vegetables, fish, and whole grains are thought to lower your risk of depression. Pair this honey grilled salmon and asparagus with a whole grain such as brown rice, quinoa, or sweet potato, and you have a balanced meal.

[\*Find the recipe here.\*](#)

May 2017

Volume 3, Issue 5

# Mental Illnesses in the Workplace

*From the Canadian Mental Health Association*

Mental illnesses are health problems that affect the way we think about ourselves, relate to others, and interact with the world around us. They affect our thoughts, feelings, abilities, and behaviours. Having a mental illness, or having a coworker with a mental illness, can have a big impact on your work environment. Here are some great resources on mental health in the workplace, whether you need assistance or you are looking to help out a coworker.

[You can read more here.](#)

## How Diet can Shape Your Mental Health

*By Leslie Beck, RD*

Scientists have recently begun to examine the link between what you put in your body and your mental health. Preliminary results show that a diet rich in fruits and vegetables, fish, and whole grains can reduce your risk of certain mental health disorders.

[You can read more here.](#)

## Dealing with Stress through Mindful Eating

*By Lauren Renlund, MPH, RD and Nelani Balasupramaniam*

Stress can have a huge negative impact on our bodies, particularly our digestive health. Registered Dietitian Lauren Renlund and Dietetics student Nelani Balasupramaniam explain how a simple practice like mindful eating can help reduce stress.

[You can read more here.](#)

## Mental Fitness Tips

*From the Canadian Mental Health Association*

It's important to periodically check in with yourself and assess your mental health. What stress and anxiety are you facing and is this having a negative impact on your day to day routine? Here are some tips to help you dedicate a short period of time each day to focusing on you.

[You can read more here.](#)

## Healthy Habits to Cope with Stress

*From EatRight Ontario*

Part of good mental health is coping with stress. While some stress can be good for providing motivation, too much can have a large negative impact. Some turn to food to help cope, however this often causes more guilt and stress down the road. EatRight Ontario has some great tips for how to cope with stress without food.

[You can read more here.](#)



## Monthly Tip:

According to the Canadian Mental Health Association (CMHA), approximately 1 in 5 Canadians will personally experience mental illness at some point in their life. In fact, mental illness has been found to affect all Canadians, whether personally, or through a family member, friend, or colleague.

Mental illness is caused by a complex interplay of genetic, biological, personality, and environmental factors. However, research has just begun to examine the relationship between mental health and food. While the research is new, there has been a positive association found between a healthy diet and reduced risk of depression and anxiety.

Looking to improve your diet and mental fitness?

- Eat a well-balanced diet that includes a high intake of fruits, vegetables, fish, and whole grains.
- Get active. Physical activity can be a great stress reliever and can release feel-good endorphins.
- Carve out some me-time during the week. Have a bath, read a book, whatever you like to take a break for yourself.

The CMHA has some fantastic resources regarding mental health. Whether you need help yourself or are looking for ways to help out a friend. Be sure to check them out here: <http://www.cmha.ca>

Brought to you by:



Capital Benefit

[www.capitalbenefit.ca](http://www.capitalbenefit.ca)