

of the Week...

Better Diet = Better Mental Outlook

Australian studies from 2011 (9/21/11 PLoS One) found that diet quality can either positively or negatively impact mental health. A healthy diet included 2 or more servings of fruit and 4 or more of vegetables daily. They also recommend avoiding processed foods including chips, chocolate, sweets and ice cream.

Go Outside

As the public becomes more and more aware of the devastating "other" effects of psychiatric and anti-depressive drugs, the search for more natural and safer alternatives has become apparent...finally.

The July, 2010 issue of the Harvard Health Letter listed 5 good reasons to just "Go Outside" and they are:

1. Vitamin D levels rise and increased D has been associated with aiding and combating depression, heart disease and more.
2. Obviously...you would get moving and get more exercise. Physical activity improves mood & increases relaxation.
3. More light improves one's mood.

4. Outdoor activity may improve concentration.

5. You may even heal faster.

According to the University of Michigan News Service in July, 2013..." Veterans participating in extended outdoor group recreation show signs of improved mental health, suggesting a link between the activities and long-term psychological well-being."

The researchers reported that those who took part in the wilderness recreation experience reported they felt a greater than 10 percent improvement in several measures of their own psychological well-being, a 9 percent increase in social functioning, and about an 8 percent gain in positive life outlook.

Sometimes it's good to just Go Outside!!

The Bottom Line...The Bottom Line...The Bottom Line...

The positive benefits of outdoor activities and good nutrition for improved mental health also helps to highlight the drug and confinement based position held by many psychiatrists as being completely out of touch with current research realities. The reports in this HealthTip spotlight the critical importance of spending active time in nature for good mental health. Again, as is the theme of the HealthTip...perhaps positive lifestyle changes may nurture mental health.

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