

# TRANSFORM YOUR MENTAL HEALTH AND COGNITIVE FUNCTION

## THE ULTIMATE GUIDE TO IMPROVE YOUR LIFESTYLE AND OPTIMIZE YOUR MENTAL AND COGNITIVE HEALTH!



### UNDERSTANDING MENTAL HEALTH AND COGNITIVE FUNCTION:

- Brain health is crucial and is most affected by sleep, physical activity, nutrition, and mental stimulation.
- It is important to take care of your mental and brain health the same way you would take care of your physical health.
- Start by eating more of a low-fat plant-based diet, getting quality sleep, moving more, and activating your mind.

### LIVE BETTER - TAKE RESPONSIBILITY FOR YOUR HEALTH:

- Aim for sleeping 7-9 hours per night.
- Drink at least 8 cups of water per day.
- Think positively by practicing gratitude, spending time with positive people, and setting mini goals each day.
- Manage your emotions by doing relaxation exercises and addressing basic needs such as napping, drinking water, and showering.
- Strengthen your social health and avoid individuals who devalue you.
- Live your purpose by looking within and learning how you can use your gifts and strengths.
- Move more and incorporate enjoyable physical activity and exercise into your lifestyle.
- Activate your mind by trying new hobbies, being creative, getting out of your comfort zone, and being open-minded.
- Eat well by focusing on filling your plate with a variety of unprocessed colorful fruits, vegetables, whole grains, and legumes.
- Eat the rainbow by eating 8-10 servings of colorful unprocessed fruits and vegetables daily.
- Make your fat intake count by avoiding trans-fat, saturated fat, and cholesterol and get your fat from plants, nuts and seeds.
- Watch your metals by avoiding high-mercury fish and eating plenty of green leafy vegetables, whole grains, and healthy fats. Additionally, be mindful not to overconsume copper, iron and zinc.
- Avoid arachidonic acid that is typically found in poultry, eggs, fish, processed foods, and oils.
- Avoid caffeine.
- Manage your stress response and respond appropriately. Important and controllable: act. Important and uncontrollable: accept and positively cope.
- Avoid drugs and alcohol by finding alternative ways to cope.
- Prevent or reverse chronic disease by eating plenty of fruits, vegetables, and seeds while exercising regularly.

### LEAD BY EXAMPLE - KNOW THE WAY, GO THE WAY, SHOW THE WAY:

- Create consistent daily habits and routines to continue making improvements during your journey
- Build a healthy and positive environment to maintain your achievements
- Make being healthy a permanent aspect of your lifestyle and others will see and follow.

### ACT NOW – SUCCESS HAPPENS DAILY, NOT IN A DAY:

- Join our complimentary school: <https://liveandlead.teachable.com/>
- Learn more about the topic through our free course: <https://liveandlead.teachable.com/p/understandmhcf>
- Commit to your health and register for our standard mental health course: <https://liveandlead.teachable.com/p/transform>
- Transform your health through our 12-week Group Coaching: <https://liveandlead.teachable.com/p/live-lead-coaching>

### MY PLAN TO LIVE BETTER & LEAD BY EXAMPLE...

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