

Clear Health March Update

March is here, and it's Nutrition Month. This month everyone is encouraged to learn about making informed food choices and developing healthy eating and physical activity habits. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Did you know that what you eat also influences your mood? Many people prefer diets that are low in carbohydrates, however, this can be detrimental to your mood. These diets can increase feelings of tension, stress, and anxiety. Whereas diets high in carbohydrates (the good ones) tend to have an uplifting effect on your mood. Good nutrition also boosts your immune system, provides more energy, and improves your overall wellbeing. Below I have included a link on healthy eating at work and why it matters, so schedule in a break, grab an apple and give it a quick read

[Healthy eating at work - Canada's Food Guide](#)

Here is our “Wellness Wednesday” tip of the week !



Schedule breaks.
We can't take care of
our to-do list without
taking care of ourselves.

The graphic features a yellow calendar grid with days of the week (S, M, T, W, T, F, S) and numbers 8 through 5. A blue pen is shown writing on the grid, specifically on the 11th and 12th.

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Canadian Mental
Health Association
Mental health for all