Psychology Month

your *habits*,   how you *feel*

www.dpcdsb.org/psychology

DPCDSB Psychology Department

Change your dietary habits- change how you feel

Nutritional Psychiatry is a new field examining the effects of diet on the brain; to read more about it, click:
http://www.theglobeandmail.com/life/can-your-diet-shape-your-mental-health/article24647105/

Diets rich in vitamins, minerals and anti-oxidants

Diets high in processed foods and low in nutrition

- Brain cell nourishment
- Less stress on the brain
- Lower rates of anxiety and depression

- Brain inflammation
- Impaired brain function
- Higher rates of mental health problems

Change your exercise habits - change how you feel

Physical activity is good for your brain!

- Watch Dr. Mike Evans, Toronto physician and professor, present on increasing your productivity and happiness with exercise

- https://www.youtube.com/watch?v=SG7n2QiaMB8

- Even as little as 10 minutes counts!

- Take a stretch break at your desk or with students in the classroom: http://advancedhealth.ca/clients/516/images/computer.desk_stretches.jpg

Change your environmental habits- change how you feel

Natural environments (e.g. parks, gardens, wilderness areas, and urban green spaces) improve our psychological well-being

- Researchers at Stanford University found that a walk in a natural environment as opposed to an urban environment decreased anxiety, rumination, and negative affect, and improved working memory performance and positive affect http://news.stanford.edu/2015/06/30/hiking-mental-health-063015/

- Psychologist Stephen Kaplan's Attention Restoration Theory suggests that nature restores us after prolonged work periods:

Our Brains at Work (directed attention):
- Requires active concentration and prolonged effort to avoid distraction
- Causes mental fatigue, and over time, increased irritability, and stress

Recover from mental fatigue with natural settings which:
- Capture our attention and maintain our interest effortlessly
- Provide an opportunity for reflection and a feeling of being 'away'