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NATURAL MOOD BOOSTERS

Stretch your legs.

Exercise reduces the level of stress hormones in the body. It also releases endorphins that leave you feeling calmer and happier. Moving around releases the excess stress that has made you extra tense. Try a light walk around your neighborhood or find a fun workout video to follow. Even simple stretches help- just move!



Eat foods full of probiotics.

Probiotics are the good bacteria that help your body fight off bad bacteria.

- yogurt
- pickles
- sauerkraut
- kombucha
- buttermilk



Eat Foods full of B Vitamins

These leafy greens help with energy levels, and since we don't store them well, we have to eat them!

- spinach
- avocado
- broccoli

Consume caffeine in moderation.

The USDA says 400 mg of caffeine a day is safe, but more than that can come with some serious side effects like insomnia, stress, anxiety, and nervousness.

Caffeine is a natural nervous system stimulant so, the correct dose of caffeine can increase alertness and energy.



Now we have shorter, colder days.

WE ALL NEED A MOOD BOOST

With the chance of getting stuck inside from snow or illness, avoid the winter blues

Sleep!

The amount of sleep you get is crucial to your well-being. We are recommended 8-10 hours of sleep. This will decrease irritability and stress levels.

