



# Healthy Mind Factsheet

# Feel-good Factor

Do **YOU** want the 'Feel-good Factor'?

## *How to improve your feel-good factor...*

**Keep on Moving** - leads to increased levels of Endorphins and Serotonin.

**Meditation** - stimulates the release of Endorphins and switches off Stress Hormones.

**Get Nutty** - Brazil nuts are high in Amino Acid Selenium and contain Tyrosine which help boost Serotonin and Dopamine levels.

**Get Outdoors** - lack of Vitamin D has been suggested to be linked with your mood, so why not take a lunch time walk.

**B Vitamin Boosters** - help improve focus and mood.

**Have a Yolk** - eggs contain Vitamin B and D to help improve positive thinking.

**Interval Training** - why not try an exercise programme for 20 minutes a day doing intervals.

**Avocado** - boosts Serotonin and Dopamine.

**Cocoa** - the most original and natural form of chocolate and acts as a stimulant.

**Cardio** - steady state cardio helps to combat fatigue and gives you a natural high by the release of Endorphins.

**Conscious Deep Breathing** - interrupts the body's stress response and helps rebalance the nervous system.

**Omega 3** - helps with brain function.



### *Remember!*

Greencore is a nut free work place so please don't bring nuts to work.

# Feel-good Factor

Do **YOU** want the 'Feel-good Factor'?

## *The chemicals that make you HAPPY*



### **SEROTONIN**

#### **Mood Stabiliser**

More sensitive to diet than any other Neurotransmitter.



### **DOPAMINE**

#### **The 'Reward' Chemical**

Released during pleasurable situations.



### **OXYTOCIN**

#### **The 'Love' Hormone**

Released during sex, childbirth and lactation.



### **ENDORPHIN**

#### **Works as a Pain-Killer**

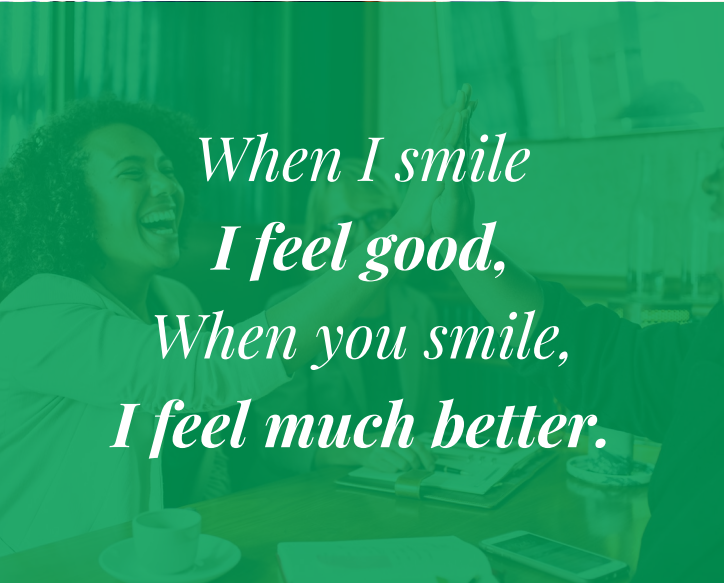
Released after exercise.

### **Serotonin affects your...**

- Is a neurotransmitter responsible for a variety of mind (mood) and body functions.
- Signals between nerve cells.
- Neurotransmitters affect almost all of the 40 million brain cells.
- Larger amount of Serotonin is manufactured in your intestines in the enteric nervous system, also called the 'gut brain'.
- In fact, 90% of your Serotonin supply is found in your Digestive Tract and Blood Platelets.
- Serotonin has a calming effect on your mind (the brain in your head) and your body (your gut or the Enteric Nervous System lining your Digestive Tract).

### **Serotonin affects your...**

Mood	Some social behaviours
Memory	Heart
Ability to learn	Muscles
Appetite	Endocrine System (hormones)
Arousal	
Aggression	
Impulse Control	
Sexual Desire	
Sleep	



*When I smile  
I feel good,  
When you smile,  
I feel much better.*

greencore  
group

