

A woman with long dark hair, wearing a brown leather jacket over a striped shirt and dark pants, stands in the center of a crowded city street. She has her hands pressed against her face, suggesting distress or emotional pain. The background is heavily blurred, showing other pedestrians in motion. The overall color palette is muted, with browns, greys, and blacks, accented by the woman's jacket and the white text boxes.

HEALTH FIRST QUICK GUIDE TO

MENTAL HEALTH

**NEW TO THE WORLD
OF NATURAL HEALTH?
TRYING TO LIVE A
HEALTHIER LIFE?**

**HEALTH
FIRST**

Then the Health First Network series of quick guides is for you! In this issue, we talk about an area of growing concern: mental health.

MENTAL HEALTH

TAKE TIME FOR SELF-CARE IN SUPPORT OF POSITIVE MENTAL HEALTH AND WELLNESS.



There are many things you can do to support your mental health – get adequate sleep, avoid caffeine and alcohol, add low-intensity exercise to your daily routine, or just simply allow yourself a break when experiencing a period of stress (as in now during this pandemic!). Of course, eating a well-balanced diet that is rich in nutrients can also have a direct effect on how you're feeling. Since this is sometimes easier said than done, there are numerous herbs, vitamins, and dietary supplements that can play a role in supporting the mind.



FOUNDATION OF MENTAL HEALTH: A CALM MIND

Research shows that mindful breathing can help lower blood pressure, boost immunity and bring about a state of calm. The next time the world feels like it's spinning around you, simply breathe in for a count of 4, hold for a count of 4 and exhale for a count of 4. A few rounds of this small act can set you up to better take on the day!

OMEGA 3: YOUR BRAIN BOOST

EPA and DHA are Omega 3 fatty acids that are vital for normal brain development and function. Helping with cell signaling and reducing inflammation, studies show that a minimum of 1,000mg of EPA combined with DHA are key to supporting healthy mood balance.



L-THEANINE: YOUR ALL-DAY STRESS SUPPORT

Periods of prolonged stress can have a negative impact on our mental health, so finding balance is key. L-theanine, an amino acid that is naturally occurring in tea, can help promote relaxation while keeping your mind sharp during times of stress. Its ability to help support longer, more restful sleep allows both your body and mind to recuperate and reset.



PROBIOTICS: A BALANCED MICROBIOME = A BALANCED MOOD

Research is mounting on the connection between our gut and brain health. Receptors exist in both that can have a positive or negative effect on our daily mood. Ensuring the good bacteria in our gut are alive and well can ensure we are emotionally balanced too.



GREENS: YOUR ENERGY BOOST ESSENTIAL

Exhaustion can overwhelm the body and mind. Reaching for another coffee or energy drink to cope may end up increasing feelings of anxiousness and irritability. Fortunately, antioxidant-rich green foods and supplements can help to alleviate exhaustion naturally while improving overall well-being.



LION'S MANE: YOUR COGNITION COMPANION

Mental acuity may become affected by the constant feeling that we're spiraling out of control! The pencil sharpener of medicinal mushrooms, lion's mane, is a great support when your brain is feeling like mush. Lion's mane may help to stimulate nerve growth factor (NGF), which can inhibit brain dysfunction.



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PRODUCT INGREDIENTS

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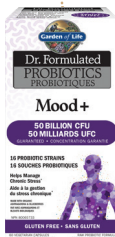
Sustainably harvested and tested for purity, each capsule provides a potent dose of essential omega 3 fatty acids

50 Billion clinically-studied probiotic strains combined with ashwagandha to support gut health, emotional well-being and relaxation

Organic, full spectrum and micronized for superior absorption, two capsules daily help support brain health

Combines a full serving of greens with taurine and 100mg of caffeine from kola nut that nourishes while it energizes

Chewable L-theanine tablets can help to calm the mind within 30-40 minutes of ingestion, without causing drowsiness



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