

Good morning and happy Monday team!

I hope you all had a great Thanksgiving holiday.

Last week, we talked about the importance of music and self-care. I hope you all created your music playlist to help your mood. This week, we will discuss the importance of nutrition and hydration with self-care.

I know it is not always fun to consider how the food we put in our bodies impacts how we feel, but taking control over what we eat can have a huge effect on our mood and overall well-being.

#### **Be mindful of nutrition and your happiness**

- Don't skip meals: Try prepping meals the day before or allowing a few extra minutes in the morning to eat breakfast and pack a lunch
- Keep a food journal: Write down what you eat and drink and make a note of how you feel before and after
- Drink more water: Increases our energy levels and brain function

#### **Reflect on this exercise**

1. When and how did you incorporate healthy eating and hydration habits into your schedule this week? Which options did you choose and why?
2. Did you notice any changes – subtle or major – in your mood this week?
3. How did having an awareness of your nutrition choices help shape your week both professionally and personally?
4. Do you plan to continue to make a focus on nutrition and hydration part of your routine? Why and how?

“To keep the body in good health is a duty, otherwise we will not be able to keep our mind strong and clear.”

- Buddha

Peace,  
Maggie

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