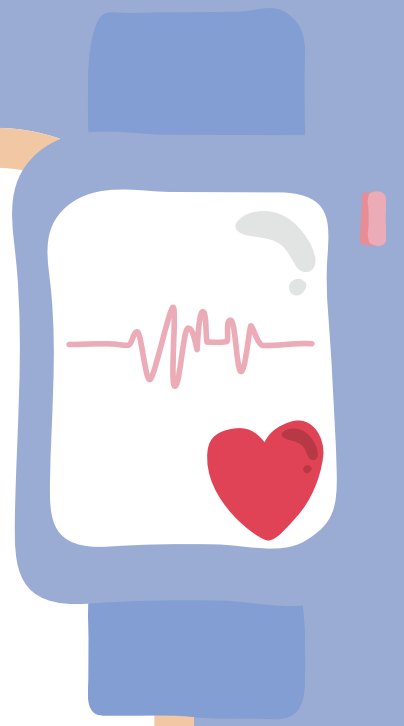


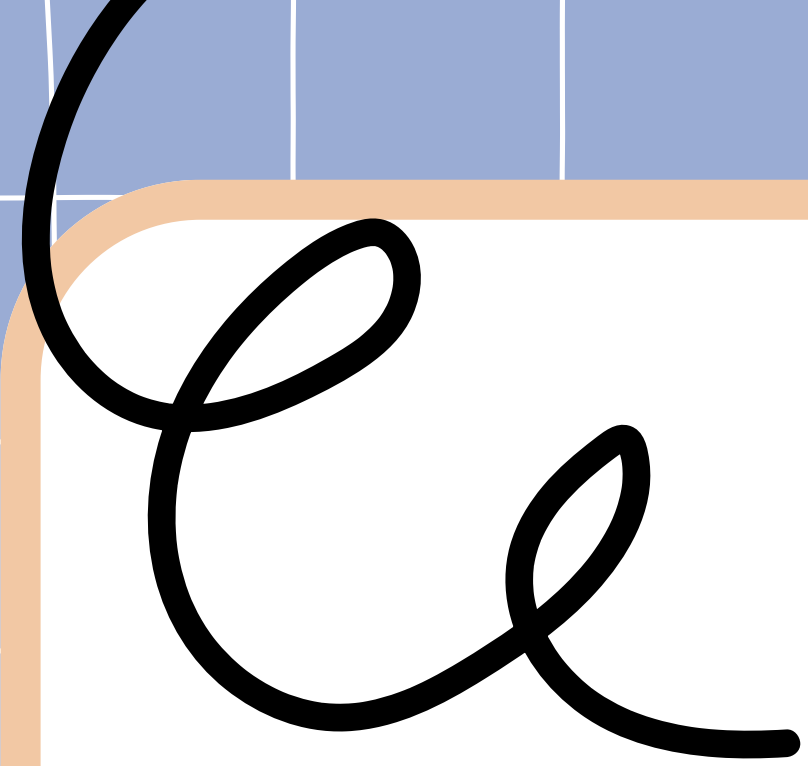


FUELING THE MIND: HOW NUTRITION AND ACTIVITY SUPPORT MENTAL WELLBEING

FACILITATED BY: ABBY FRUTCHEY



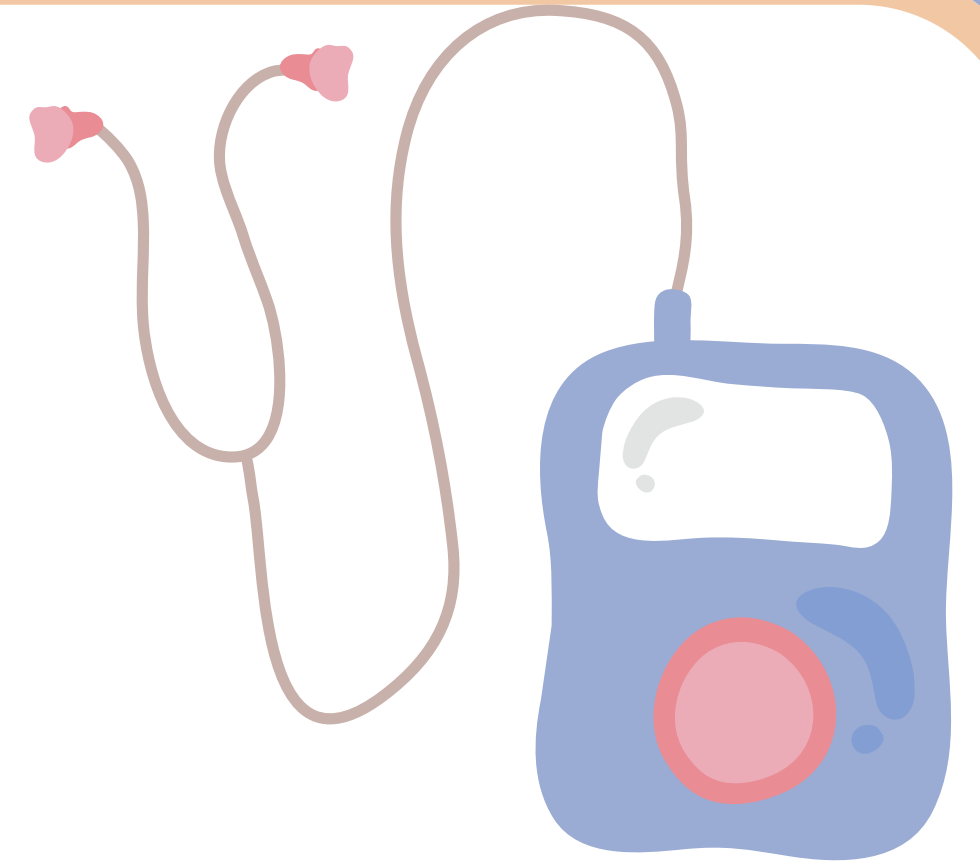
ABOUT ME



MOM
PROFESSIONAL
PERSON IN RECOVERY

WIFE
VOLUNTEER
GARDNER
FITNESS PAL

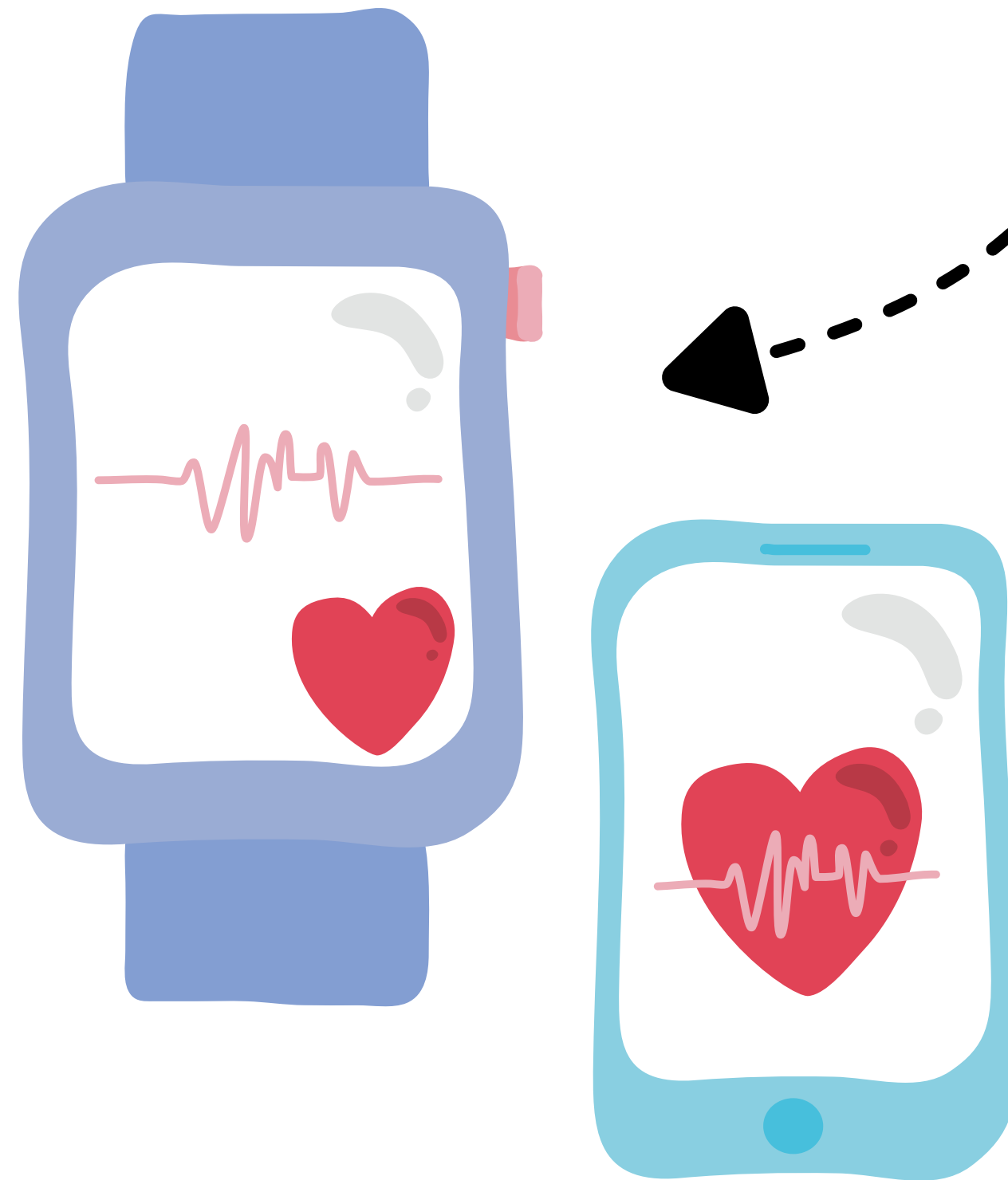
FOODIE



SOCIAL WORKER
TRAVELER
OVER THINKER

GOALS FOR TODAY

- Body–mind connection: mental wellbeing, nutrition, movement, and mood
- Practical strategies for healthy habits, daily routines, and behavior change
- Reflection, key takeaways, resources, and next steps



Start, Stop, Continue, Change Activity

Identify the things you want to *Start*, *Stop*, *Continue*, and *Change* in your routine as it pertains to supporting physical and mental wellness and answer the questions for each section to identify your role in making these changes.

Start What do you want to start doing?	Stop What do you want to stop doing to avoid current problems?	Continue What's still working that you want to continue to do?	Change What needs to change to bring the desired outcome?

Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting your needs and practicing self-care.

Feeling okay.

How can you make your day a tiny bit better?

Struggling.

Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

Feeling good!

How can you maintain the levels you're currently at?

Meh.

How can you love on your self today? Be extra kind to yourself.

I'm empty.

Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.



BlessingManifesting

What is an everyday habit, no matter how big or small that helps boost your energy and lift your mental wellbeing?

MENTAL WELLNESS



Mental wellness (or mental well-being) is a positive, active state of emotional, psychological, and social health in which a person feels balanced, resilient, and able to cope with daily challenges while experiencing purpose and satisfaction in life.





WHAT WE EAT, HOW MUCH WE MOVE, AND THE HABITS WE BUILD ALL SHAPE HOW WELL THE BRAIN WORKS AND HOW WE FEEL EMOTIONALLY.

NUTRITION & THE BRAIN

Our brain runs on what we fuel it.

LET'S PLAY A GAME



QUESTION #1

True or False: The brain uses about 20% of the body's energy

TRUE

QUESTION #2

Healthy _____ are important for
the brain.

FATS

QUESTION #3

True or false: Dehydration can make it harder to focus

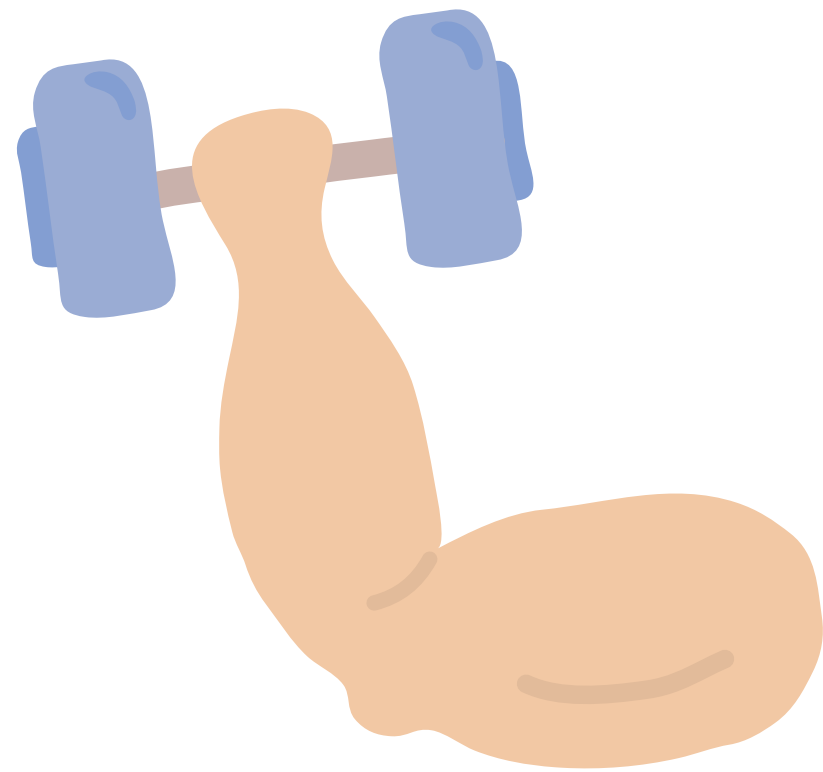
TRUE

QUESTION #4

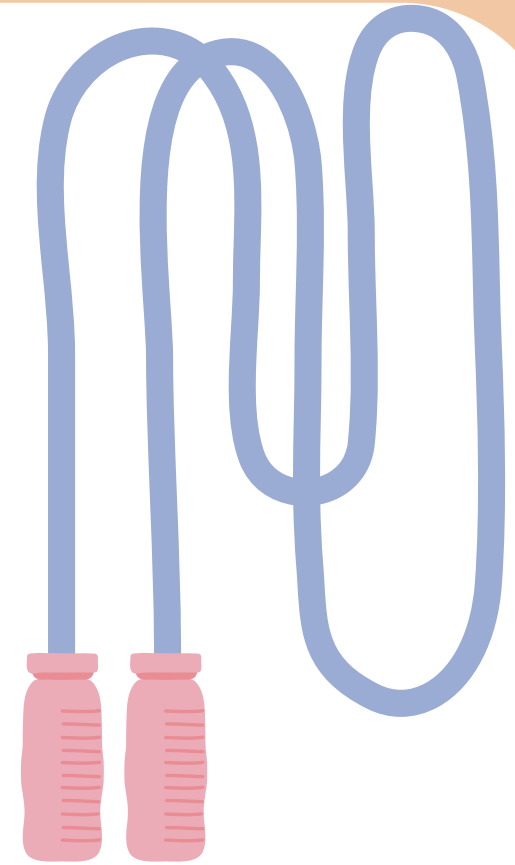
True or False: Stress can make people crave more sugary and salty comfort foods.

TRUE

THE JOY OF MOVEMENT



Exercise should feel like celebration, not punishment. Find activities that inspire joy, not obligation.



FUN FACTS

- **Exercise literally grows your brain**

Regular aerobic activity can increase the size of the hippocampus — the part of the brain involved in memory and learning. Scientists have found this especially with activities like walking, cycling, and swimming.

- **Your muscles act like a pharmacy**

When you exercise, your muscles release chemicals called myokines that help reduce inflammation, improve mood, and support brain health

- **A 10-minute walk can boost your mood**

You don't need a long workout to feel better. Even a brisk 10-minute walk can increase alertness and reduce stress.

- **Exercise creates “happy chemicals”**

Physical activity increases dopamine, serotonin, and endorphins — neurotransmitters linked to pleasure, motivation, and emotional balance.

- **Sitting too long affects the brain**

Extended sitting has been linked to lower energy, poorer circulation, and reduced focus — even in people who exercise regularly.

- **Dancing is especially powerful for the brain**

Dance combines rhythm, coordination, memory, and social interaction, making it one of the most brain-engaging forms of exercise.

A graphic consisting of five simple, teardrop-shaped lines radiating upwards from the top left of the word 'MINDFULNESS'.

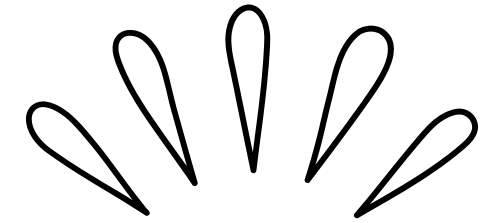
MINDFULNESS



Mindfulness is the practice of paying attention to the present moment with awareness, openness, and without harsh judgment.

Deep breathing
Journaling
Meditation
Nature grounding

LET'S PRACTICE

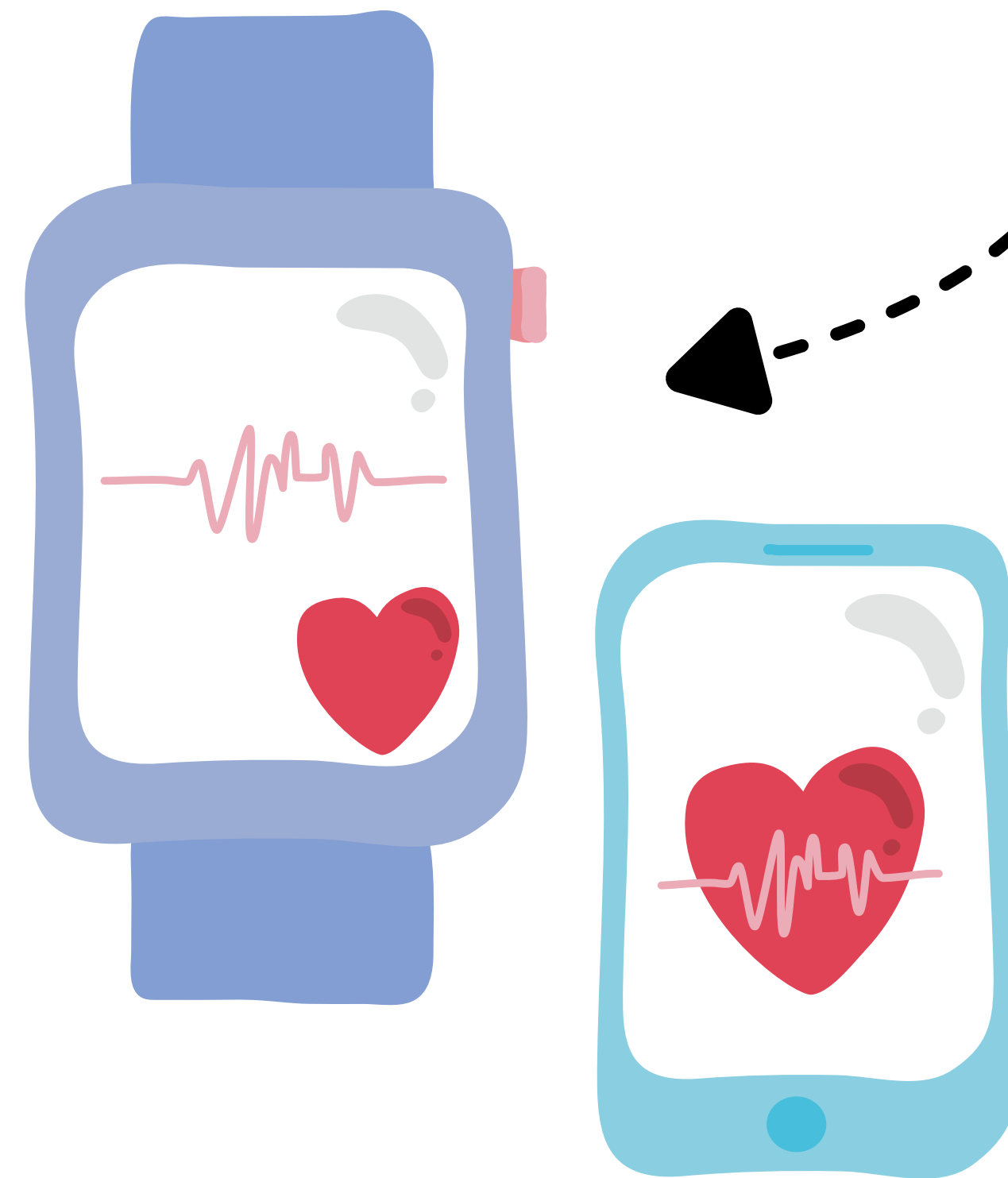


5 minute mindfulness activity



THE ROLE OF RELATIONSHIPS

- Relationships can help regulate stress
- Social connections support mental health
- Emotional safety changes the nervous system
- Relationships influence habits



Check Your Battery

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Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

What is one thing that drains your battery daily that you have control over?

Change can be hard

What do I know?

What do I need to know?

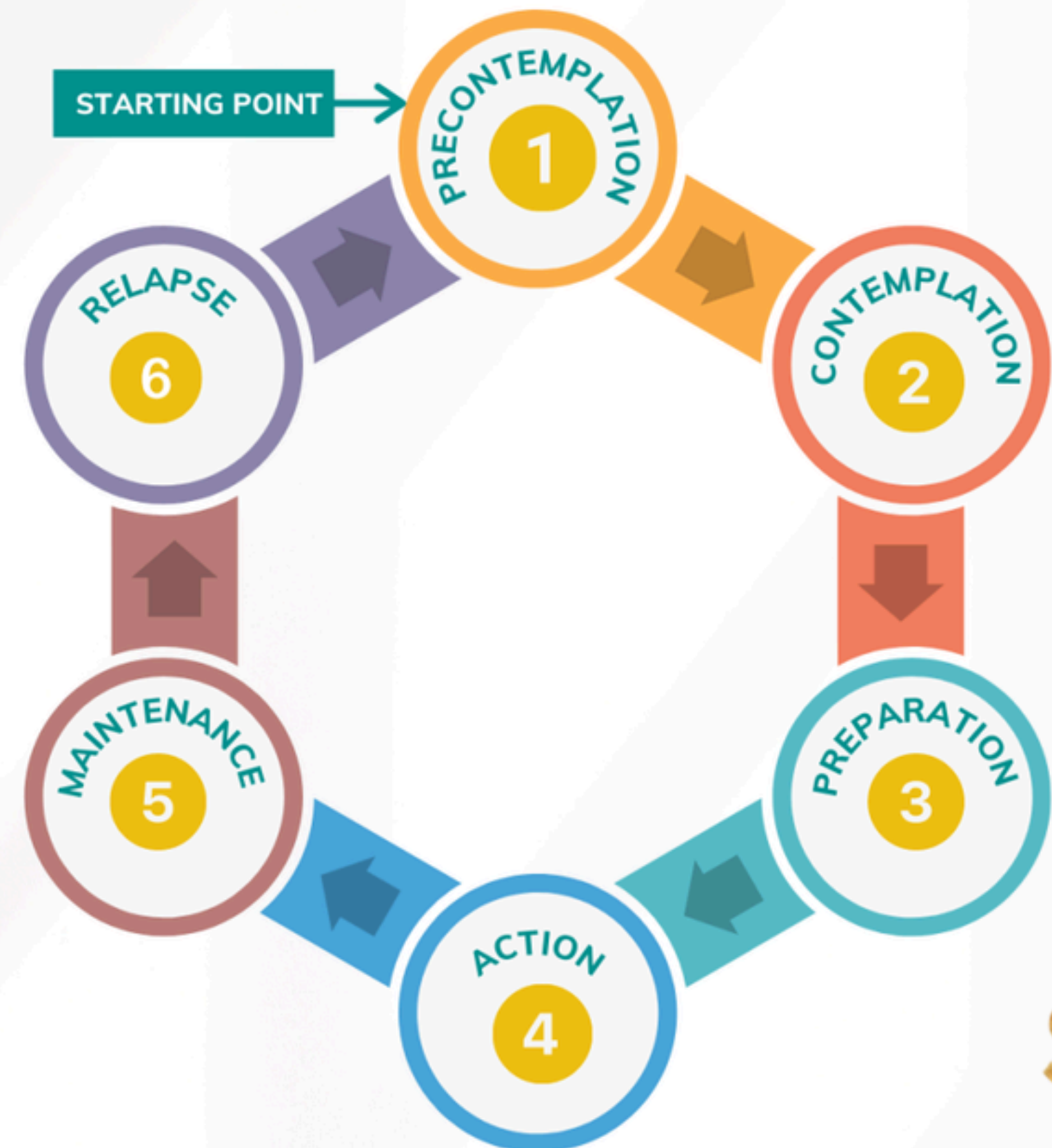
Who can be an ally?

What resource will help me be
successful?

How will I react if I take a step
back?

THE TRANSTHEORETICAL MODEL

The 6 Stages of Change



SUSTAINABLE GOALS



What works best for me,
is best for me!

YOUR DAILY COMMITMENT

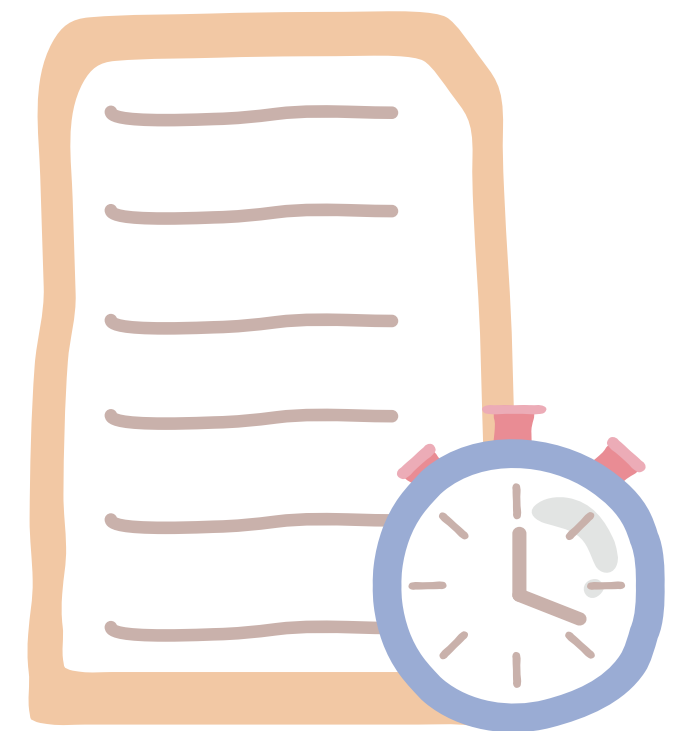
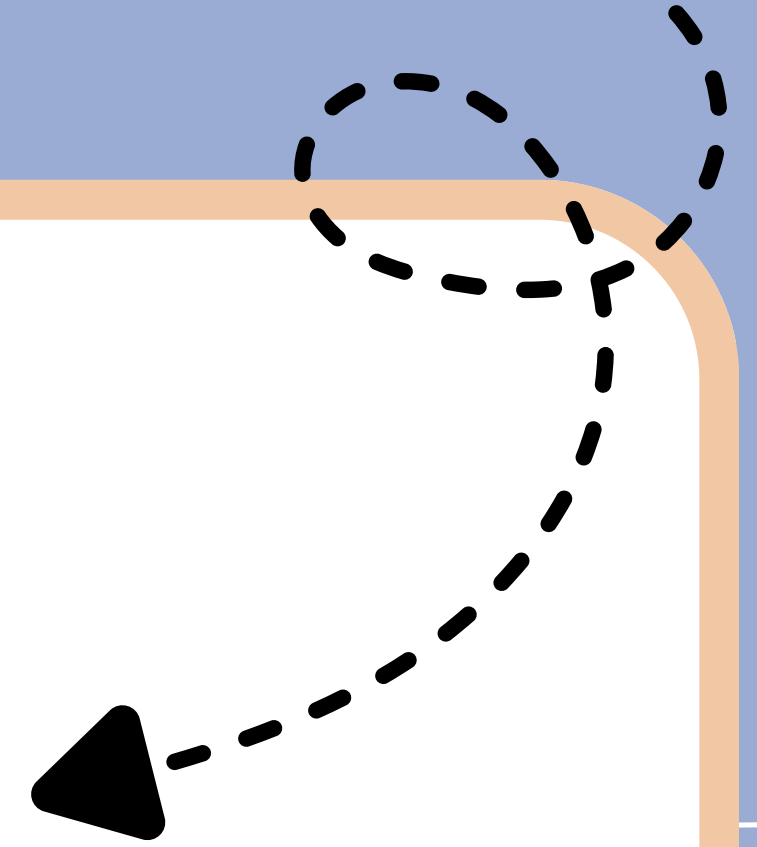
What is one thing you are going to commit to going forward?

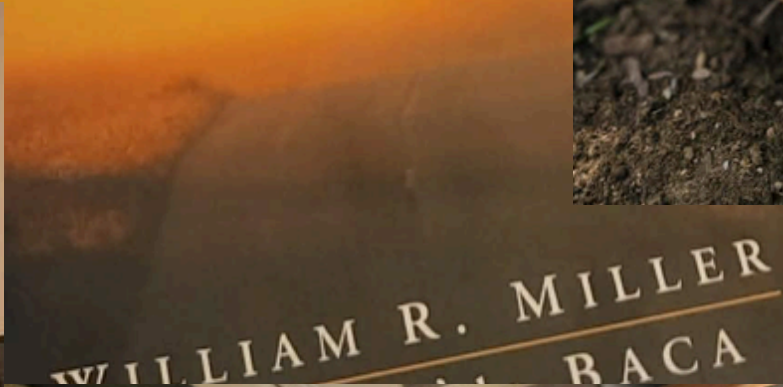
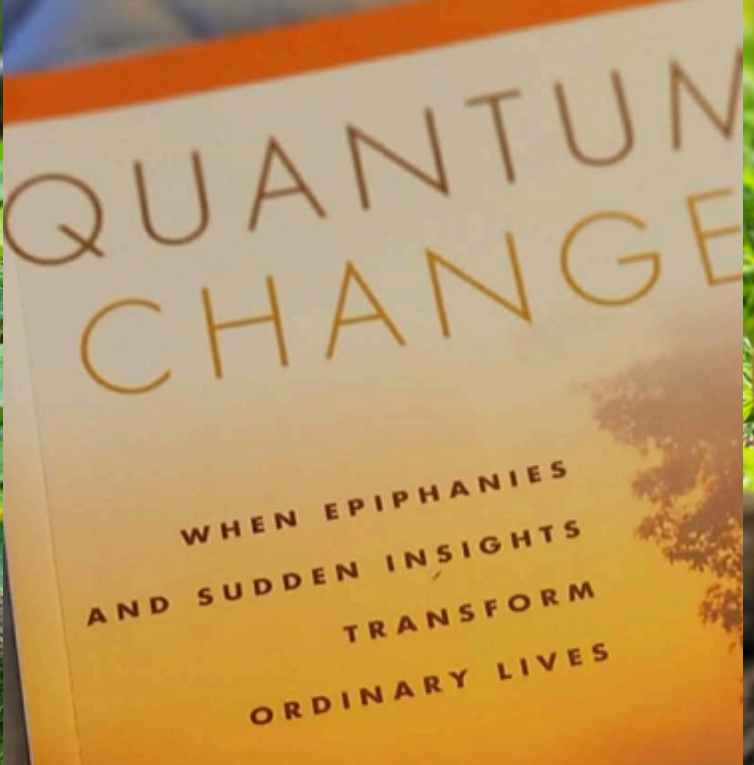
Make it measurable:

How often?

How much?

Who am I bringing in to cheer me on?





THANK YOU!
YOU ARE AMAZING AND YOU ARE
WORTH IT!!

