

Six tips for mindful consumption.

Developed in collaboration with Teva UK and based on an article by Claire Eastham for lifeeffects.teva

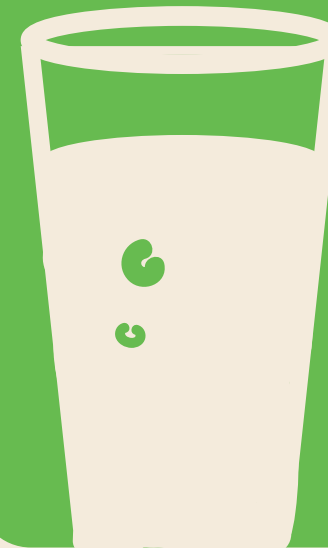


Try and eat foods that contain omega three, a fatty acid that supports brain function.

Consumption of omega three can help with symptoms of anxiety. Aim for foods such as oily fish, walnuts, spinach and chia seeds.

Keep an eye on your caffeine intake.

Try to avoid stimulants like caffeine which can trigger the production of cortisol (the stress hormone), particularly on an empty stomach!



Drink plenty of water.

It's surprising how many of us often forget to drink water. Water aids digestion, supports gut health and helps with waste elimination.

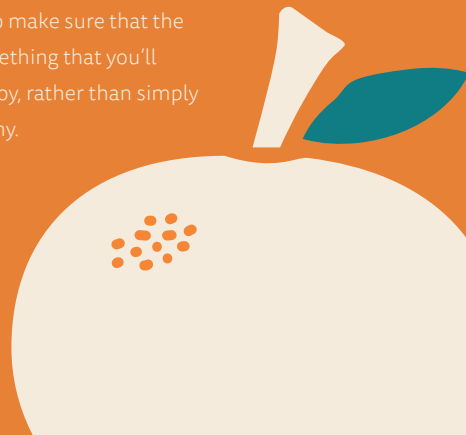


Be mindful of how much you drink.

Try and have at least three alcohol-free nights per week. If you struggle with moderation, then try miniature bottles rather than a full 750ml.

Have alternative healthier treats on hand.

The key is to make sure that the treat is something that you'll actually enjoy, rather than simply being healthy.



Limit your junk food consumption.

Pizza twice a week is fine. Pizza every night of the week is NOT fine! Think of your poor gut!

