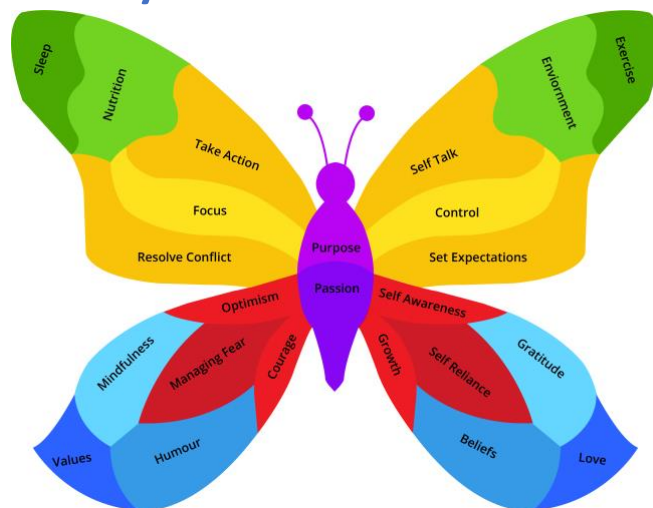


# Building a Resilient Mindset One Day at a Time

## Module One Physical Resilience



## Nutrition Workbook

What we've learned is that certain foods may not agree with us and impact both our mood and our physical wellbeing. The "Western Diet" has a lot of refined sugar, caffeine, alcohol, and processed foods. These types of foods are directly connected to mood disorders, sleep quality anxiety and even depression.

In turn, our ability to be productive, to work well, to live vital lives and to cope with adversity is lowered. More "traditional diets" are low in those foods, high in vegetable, fruit and non-processed grains. Depression levels in countries with these diets are 25% to 35% lower than countries with the western type diets.

**Exercise: The Food Experiment**

1. Do the quiz attached to this module.
2. What food type do you think might be impacting you negatively?

**Experiment:**

3. Forego this food for one week
4. Journal your week, noting how you felt from day one to day seven.
5. What conclusions can you draw and how will you deal with this food in future?

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6. Is there another food you would like to experiment with? Which one?

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It's often a good idea to eliminate a certain food from time to time and see the impact on your mood and energy levels. Certain types of grains, gluten and other foods can impact you without you necessarily being allergic to them.

If there is something causing you digestive distress, impacting sleep, causing anxiety consider getting tested for food allergy or intolerance.