



FLIP Newsletter

September 8, 2022



It's Time to Take Control of Your Mental Health!

As Summer comes to an end, some of our schedules may become busier! Focusing on maintaining your mental health during the upcoming Fall and Winter months is incredibly important to your overall health.

Why is mental health so important for my overall health?

- Mental health affects our mood and our choice-making skills- it plays a part in our daily lives!
- Mental health is connected to physical health and healing in many ways, such as depression contributing to heart disease
- Just like physical health, mental health is flexible and can change over time

Mental health is for all ages!

- Children, teens, and adults can all develop skills to improve/stabilize mental health
- Talking about feelings, supporting others, and sharing resources helps every generation

**Mental
health
matters**



What are some small things I can do as a first step to take care of myself?

- Make sure you're getting enough sleep! 7 to 8 hours is recommended for adults
- Spend quality time with others and focus on making genuine connections
- Be present in the moment (practice mindfulness)
- Make it a goal to be physically active a few times a week - click [here](#) for CDC recommendations for physical activity
- Eat nutritious foods to fuel your body and your mind
- Check out a new skill that you've always wanted to learn
- Tell someone you trust how you feel, especially if you feel sad, overwhelmed, or upset - click [here](#) for access to various mental health resources through the CDC

Need some guidance or have questions about what you can do to improve your mental health? Don't hesitate to reach out to us at familylifestyleprogram@gmail.com

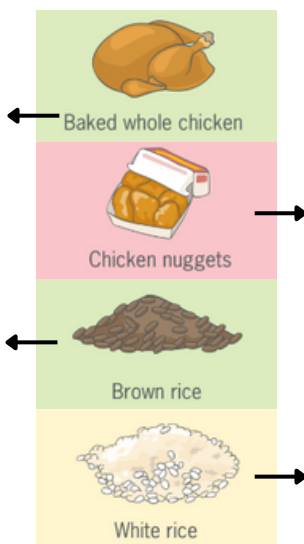
Make the Switch - Processed to Whole Foods!

What are Whole foods?

- Whole foods are ones that are closest to their natural state
- These are usually unrefined and contain 1 or few ingredients
- Do not have added sugars, starches, artificial flavorings or manufactured ingredients
- Choosing mostly whole foods will result in a more nutritious diet rich in minerals, vitamins, and fiber

Benefits of Eating More Whole Foods

- More nutrients per serving
- Higher fiber and lower sugar content
- Natural probiotics and prebiotics for gut health
- Can reduce risk of developing heart disease, diabetes, and obesity



What are Processed foods?

- Processed foods are ones that have been deliberately changed from their natural state
- Food can be minimally processed by washing or chopping, or it can be more heavily processed with artificial ingredients, preservatives, fake coloring, fake flavoring, and chemicals

Processed Foods to Look out for

- READ product labels!
- Limit foods that are:
 - High in sodium, added sugar, trans fats, and hard to pronounce chemicals
- Frozen dinners, frozen fish sticks, processed meat such as hot dogs, sausage, and bacon



It is better to choose food that has not been heavily processed

Recipes to try this month!

Homemade Granola

A healthy and customizable item full of fiber and whole grains. Great for a snack or can be a part of a delicious breakfast.



Easy Apple Crisp

This warm, sweet, comforting fall dessert combines seasonal apples and spices for a crunchy treat that goes great with ice cream!



Click [here](https://meklund7.wixsite.com/flip/) or visit <https://meklund7.wixsite.com/flip/> for the full recipes