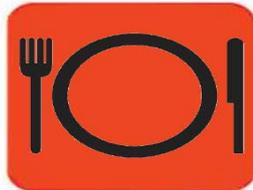




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HEALTHYlife



High-quality European Association for the Learning
and Teaching of a Healthy and Years-long life

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GUIDE OF NUTRITIONAL AND MENTAL BALANCE

This Latin dictum is well known just because of its importance. A healthy mind depends directly of hygiene. And it is certainly at least as important.

First of all, a proper diet cause high mental efficiency. Our brain consumes 20% of daily caloric intake. A brain-healthy diet is essential for the preservation of memory and intellect and to have a mindset as



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good



Studies show that fast food, for example, is addictive. It seems that fat and sugary snacks trigger the same pleasure centers in the brain as drugs – which may explain why many people can not give up hamburgers or sweets. There are also the foods that help your body and improve your intellectual abilities.

Circulation messages between brain cells influence the concentration. Brain cells need oxygen to generate nerve messages, you get oxygen in blood sugar. Ensuring adequate intake of calories and constantly throughout the



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day is therefore the first step to keeping concentration and attention. But excess not only lead to worsening health. St. John Chrysostom says in one of his books this:

„ We could say that meals rich are worse than poison. Because poisons killing them quickly and painlessly on those who take them, while rich meals give birth to a life worse than a thousand dead, because they slowly kills the man. And those suffering from other diseases are pitied by many but those who suffer from diseases caused much food and drink can not be pitied people, even if they would like. Since they own their causes sickness, goes to drift towards the abyss evil."

In other words, eat to live, not live to eat. This is not enough. The brain also needs omega-3 (which is found mainly in fatty fish, walnuts, pumpkin and flax seeds) that helps build and maintain myelin, which is a coating fat that insulates nerves and facilitates the transmission of very rapid impulses between nerve cells. Although studies on the effects of omega-3 are controversial, it seems that fish oil supplements boosts mental performance of children. not only our body needs a balanced diet, but our brain needs this.





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Secondly, our feelings, like all mental activities, involve a frenetic exchange of messages between brain cells. The information is transported between brain cells by chemicals called neurotransmitters, which play an important role in maintaining mood.

Psychologists have many opinions on the things you should do in order to a healthy lifestyle. There are numerous things that can be found in most people's mentality, but that should be avoided. American psychotherapist Amy Morin prepared for Forbes, a list of 13 such unhealthy habits for human mentality. Among them are:

Do not waste time complaining about your pity. Most people prefer to lament about going through difficult situations, it does not bear responsibility in terms of their mistakes or simply realizing that failures are not necessarily a consequence of their actions.

Do not envy the success of others. You should be happy for the success of others, not to envy them. Can you really take notice of what those people did to achieve success which might be applied in your own life.

Do not waste energy on things you can not control. A traffic jam is an irritant for many people, although it is



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something I can not control. The only thing you can control is their response in these situations.

Do not give up even if you had a failure. Throughout life, you will surely fail at one time or another. It is human, but we can learn from mistakes as long as we will not repeat, waiting different results.

Do not be afraid of loneliness. Although we need other people in order to feel really people, moments of loneliness should be treated properly. You think you can create plans, productivity increases substantially when you're on your own. and so on.

In conclusion, mental hygiene is as important as the body, but depends directly on it. Do not forget! Healthy mind in a healthy body!



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About health.....again!!!

In case you did not know, more than 80% of your health depends on the way you eat, doing sports or not, resting properly and your emotions and feelings. The remaining 20% is genetically transmitted or is related to the environment and the health system of the country you live in.

In other words, lifestyle is the sum of all the small choices you make every day that have a short or long-term impact on you. Here are the six principles of a healthy lifestyle:

1. Respect principles of optimal nutrition (adequate amounts varied and balanced).

- ✚ Eat whole foods, not processed.
- ✚ Introduce variety to your diet.
- ✚ Consume large amounts of vegetables.
- ✚ Practice conscious eating.

"It's about being more aware of how you eat than what you eat. Those who eat consciously are aware of their eating habits and how they eat. They are one step ahead of hunger. They eat when they're hungry and stop when they



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are tired. Eating consciously helps you eat more slowly, to savor and not to eat on autopilot. "says Dr Susan Albers, author of the book *Eating mindfully* and *Eat Q: Unlock the Power of Weight-Loss Emotional Intelligence*.

2. Practice any physical activity.

- ✚ To have a long life without disease, along with having a healthy diet you must also practice and adequate amount of sport. Specifically, any type of physical activity. Find some exercises or sports that attract you and practice them consistently. Try to engage in physical activities at least twice a week.
- ✚ Or go for 60 minutes of cardio three times a week: jogging, swimming, cycling or sprinting.

3. Offer your body enough time to rest (sitting, sleeping).

The truth of the matter is that if you do not sleep enough, you won't have a good energy level and be productive that day. It is important to wake up every morning at a set time and go to bed when you feel tired. If you follow this principle for several days, your body will adjust and you will feel full of energy every day.

4. Remove stress from your life

Stress not only makes you irritable all the time but it also affects your health and body. There are many ways of



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keeping stress under control, from yoga and meditation to practicing sports and sleeping. Find the most effective way to help you relax in order to stop thinking about problems and make the most of it.

5. Think positive to have a healthy lifestyle

In order to have a healthy lifestyle, avoid negative thoughts. Your thoughts create the reality you live in. Keep your mind in control and think positive. Positive thoughts lead to positive feelings and emotions that have a beneficial effect on the entire body. Motivate yourself with positive ideas. Read positive books and do something that makes you happy (find a hobby).

6. Be a moderate person

The last principle of a healthy lifestyle is moderation. Find balance in your life. You can do almost anything if you exercise moderation. A classic example is alcohol. You can have a glass or two of alcohol a day. Drinking more than recommended means that you already have a problem.

You decide if you really want to adopt a healthy lifestyle!

Source: <http://www.ghiduldesanatate.ro/01-sanatate/cele-6-principii-ale-unui-stil-de-viata-sanatos/>



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Physical activities to prevent addictive food behaviors

The lack of education regarding a healthy lifestyle coming from those around us, a hectic pace of life, stress and chaotic eating behaviours are just some of the factors that lead to obesity, cardiovascular problems or cancer.

Sport prevents cardiovascular diseases



These diseases can be prevented with daily exercise, eating healthy, avoiding fats, sodas, alcoholic beverages, coffee and cigarettes. Fruit and vegetables should not be missing from the diet, as well as grains, fish and lean meat (chicken and turkey). A healthy heart obtained through practicing constantly can prevent many health problems.

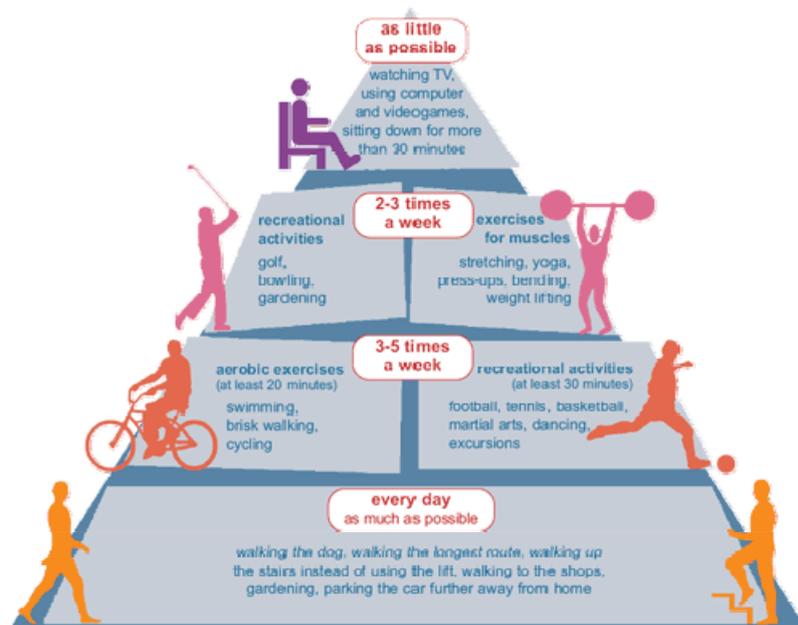
Use to go by car whenever you go out? Then, one day a week, instead of going by car, try to either walk or take public transportation. If you regularly use public transportation, you should get off two stops earlier and walk the rest of the way.



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Stroll through parks, gardens, streets and avenues in the city you love. It will not only be a physical exercise but it will also help relax the mind. Meet up with loved ones that you haven't seen in a long time. Instead of going to a restaurant or a cafe in which to chat, take them for a walk through the park.

One study, involving 539 young people with larger than average waist circumference and cholesterol levels above the normal range concluded that those who have changed their lifestyle by giving up smoking and practicing sport have visibly improved their health and fitness levels, remodeling their body and lowering the risk of heart disease.





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Stress management

Common coping strategies

- Smoking
- Drinking too much
- Bingeing on junk or comfort food
- Zoning out for hours in front of the TV or computer
- Withdrawing from friends, family, and activities
- Using pills or drugs to relax
- Sleeping too much
- Procrastinating
- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others (lashing out, angry outbursts, physical violence)

Signs and symptoms of stress overload

- Cognitive Symptoms
- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts



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- Constant worrying

Emotional Symptoms

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

Physical symptoms

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Loss of sex drive
- Frequent colds

External causes

- Major life changes
- Work or school
- Relationship difficulties
- Financial problems
- Being too busy
- Children and family



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Internal causes

- Chronic worry
- Pessimism
- Negative self-talk
- Unrealistic expectations
- Perfectionism
- Rigid thinking, lack of flexibility
- All-or-nothing attitude

Develop a "stress relief toolbox"

Come up with a list of healthy ways to relax and recharge. Try to implement one or more of these ideas each day, even if you're feeling good.

- Go for a walk
- Spend time in nature
- Call a good friend
- Play a competitive game of tennis or racquetball
- Write in your journal
- Take a long bath
- Light scented candles
- Savor a warm cup of coffee or tea
- Play with a pet
- Work in your garden



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- Get a massage
- Curl up with a good book
- Listen to music
- Watch a comedy



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Eating Program

Breakfast:

It is very important that every breakfast should have proteins and fibers. We can find these nutrients in vegetables, dairy products, eggs, cereals, nuts, fruits, tea and light meat.

The ideal healthy breakfast would be:

- one cup of tea
- 2 slices of bread
- one boiled egg
- a slice of cheese

Lunch:

It is healthy to eat filling foods. The perfect model for this meal consists of:

- one vegetable soup
- a rich in vitamins salad

or

- steak and gasket



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– after all, we can drink a cup of tea or a glass of water or natural juice. These drinks must be consumed 15 minutes after lunch.

Dinner:

Dinner should be taken 2 or 3 hours before going to bed. This meal should be a light one:

– one cup of yoghurt or one fruit salad

Since we are little, our parents make sure we have a healthy lifestyle. As time goes by, each one of us start taking care of our own bodies, being cautious about what we eat and how we eat. For functioning normally, we need to assure the human body with the necessary quantity of nutrients.

Food piramid:

1. Vegetables should be the principal source of food. It is preferable to eat the green ones and the orange ones.

2. Fruits are giving the body vitamins and the necessary amount of sugar.

It is important not to drink a lot of natural juice because a big quantity cand increase the blood sugar.

3. Diary products give calcium to the organism. It is indicated to drink 3 glasses of low fat milk every day.



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4. Meat, beans, peas, seeds and nuts assure the amount of proteins necessary to the body. It is very important to not eat fried meat.

5. Oils and fats should be consumed in very small quantities and it would be preferable to be vegetable fats.

Healthy menu

Breakfast:

– wholemeal bread with egg white omelette and one tomato

or

– cornflakes with low fat yoghurt, fresh fruits

Lunch:

– grilled chicken breast with baked potato and carrots

or

– turkey breast steak with steamed vegetables and boiled potatoes

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