



# NUTRITION

## MINERALS FOR MENTAL HEALTH

### VITAMIN D

Oily fish, sunshine



### MAGNESIUM

Dark chocolate, spinach, whole wheat, almonds, cashews, black beans



### B VITAMINS

Marmite, eggs, mushrooms, nuts, chicken, peas



### L-THEANINE

Black and green tea

### ZINC

Shellfish, red meat, eggs, pomegranate, lentils, pumpkin seeds



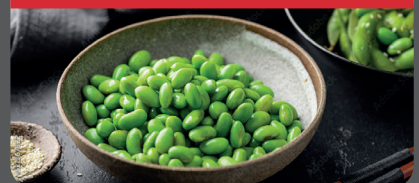
### IRON

Red meat, shellfish, spinach, kidney beans, edamame beans, chickpeas (humus), mushrooms, quinoa



### CALCIUM

Milk, cheese, salmon, kale, soybeans



# DON'T FORGET

TO LOG YOUR BEN SCORE



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## HEALTHY BREAKFAST IDEAS

### OVERNIGHT OATS

Put approximately 50g of porridge oats in a bowl, jar or container (it needs to have a lid) and then add 2 tbsp plain Greek yoghurt, 100ml milk of your choice, and 1 tsp cinnamon. Stir, cover and leave in the fridge overnight. In the morning eat it cold or heat it up and top with fruit or berries and 1 tsp nut butter.



### AVOCADO TOAST

Toast your bread. Poach 1 whole egg. Slice, dice or smash half an avocado, adding 1 tsp lemon juice and some black pepper. Spread your avocado on the toast and top with your egg.



### OMELETTE

Mix 2 whole eggs with 2 tsp grated Parmesan. Heat some butter or 1 tbsp olive oil in a pan and add the mixture. Cook until almost set and then add a large handful of baby spinach. Fold it over and continue to cook for a further minute, until it is cooked throughout and golden brown.



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## HEALTHY BREAKFAST IDEAS

### NUT BUTTER BAGEL

Lightly toast a bagel, and then spread with 1 tbsp nut butter or alternative. Add 1 sliced banana and sprinkle with cinnamon.



### BEANS ON TOAST

Toast your bread. Heat 1 cup of baked beans, butter the toast and tip on the beans. Sprinkle with grated cheese.

### MICROWAVE EGG MUFFIN

Melt 1 tsp butter in a cup in the microwave (20sec). Crack an egg, add it in with a pinch of grated cheese, salt and pepper, then whisk with a fork. Microwave on high for 60sec and then stuff into a bagel or muffin.



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# WELLBEING

**ADAPT**



**SOCIALISE**



**BE GRATEFUL**



**GIVE**



**BE KIND TO YOURSELF**



**GET OUTSIDE**



**HYDRATE**



**8-10 HOURS**



**GET ACTIVE**



**REAL WHOLE FOOD**



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# EXERCISE

## CLEAR YOUR MIND

Exercise reduces muscle tension and changes your focus which in turn helps to reduce feelings of stress and anxiety.

## SUPERCHARGE

Endorphins are released during bouts of activity. Enjoy reduced feelings of stress, increased feelings of pleasure, and an enhanced sense of well-being.



## HAPPINESS

Strength training and vigorous aerobic activity start a cascade of positive chemical reactions throughout the body, including the brain, and boost serotonin levels.

## 1 HOUR A DAY

If the combined benefits of daily activity could be put in a pill, it would be the greatest advancement in medical history.

## SLEEP

Physical activity increases sleep pressure. If you are physically active today, you will sleep better tonight.



## STRONGER TOGETHER

Sports, clubs, group workouts, training partners can help make it competitive, fun and sociable.

## SOLITUDE

Exercising alone, especially in nature, can act like a form of meditation and offer a powerful boost to mental health if it is something you enjoy.



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# SLEEP

## GET COMFORTABLE

Not too hard, not too soft, make sure your mattress is right for you. Ensure your pillow offers enough support for your head, neck and shoulders.

## BE COOL

For most people a room temperature of 18-19 degrees is just right for a perfect night's sleep.

## FIND YOUR RHYTHM

Try and go to bed and get up at around the same time every day. Your brain likes patterns, consistency, routine.

## DITCH THE TECH

The blue light from our devices can confuse our circadian rhythms and reduce melatonin production in the brain - our sleep inducing hormone. Turn it off an hour before bed.

## WRITE IT DOWN

Homework, exams, extracurricular activities, social media.. lots of things can make it hard to switch off at the end of the day. Journaling or making a 'to-do' list can help settle the mind.

## KICK THE HABIT

Caffeine is a stimulant that raises brain and nervous system activity, blocking our sleep receptors. It increases the circulation of chemicals such as cortisol and adrenaline in the body. Avoiding caffeine later in the day will allow your body to downshift naturally.

## DON'T HIT SNOOZE

There are no quality Zzzs to be had after you hit that snooze button. Set your alarm for the time you need to be up, and get up!



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