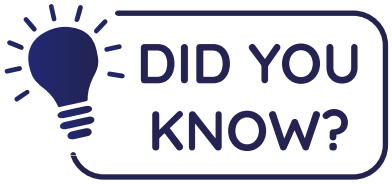
NAVIGATING LIFE TRANSITIONS PROGRAM

Week 3: Nutrition and Brain-Gut Health

Did you know your gut health can affect how you handle stress? Learn how nutrition plays a role in navigating change.



Over 90% of serotonin—the "feel-good" hormone—is produced in your gut. By nurturing your gut, you can support your mental well-being.

Reflective Exercise

Reflect on your current eating habits. How do you think they affect your mood and ability to manage stress?

Write down three changes you will make to better support your mental well-being.

1.

2.

3.

TODAY'S INSPIRATIONAL REFLECTION

Let food be thy medicine and medicine be thy food.

- Hippocrates

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