

New Year's Resolutions from a nutritional psychologist

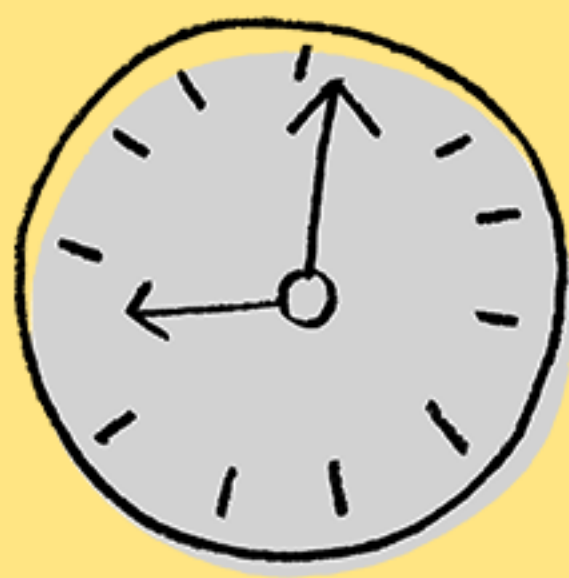


The most popular New Year's resolutions include eating a healthier diet and losing weight.

We asked our nutritional psychologist Aleksandra to write a little guide to healthy eating, which contains the same pieces of advice she would give to her clients. Here are her top recommendations and tips.

Health starts in the digestive system

After a marathon of holiday gatherings and end-of-year parties many of us feel uncomfortable in our own bodies. What we tend to forget is that the same unhealthy foods and drinks have a tremendous influence on our mental wellbeing. For example, eating foods high in trans fats is linked to decreasing serotonin levels and causing inflammation. That in turn could prevent the production of Omega-3 fatty acids, which improve brain function and mental health.



Less is more

How to eat less without being hungry? The key is in planning regular meals. Try to eat a smaller amount of food every 3 hours, resigning both from large meals and frequent snacking (the latter doesn't facilitate weight loss or mood regulation).



Water is everything

Drink the recommended amount of water (2-3 litres), making sure that this amount is comfortable for you. Try to avoid carbonated water, which puts pressure on the walls of your stomach. How to recognise signs of dehydration? They include fatigue, headaches, brain fog, and dry skin.

Top nutrition tips:

- Eat your first meal less than 1h after waking up. Eat the last one 3h before going to sleep.
- Take long walks and exercise the way you like - alone or with a friend or partner.
- Avoid fried food. Instead, make sure that what you eat has been grilled, boiled or baked.
- Salads are great for you - but without the taste boosters such as mayonnaise-based dressings.
- Choose healthy polyunsaturated fats: avocados, olive oil.
- Fruit is great for replacing sweets whenever you crave sugar - but try to avoid them in the evenings.
- It's best to avoid carbohydrates in the late afternoon and evening (rice, potatoes, bread etc.)
- Take some time to take care of yourself.



What to do when resolutions fail?

New Year's resolutions aren't always easy to keep. A nutritional psychologist can help you stay on track and adjust your diet to your own unique needs and circumstances.

On behalf of the HearMe team, we wish you lots of strength and resilience to overcome any health challenges that may come your way. Here's to a healthy and happy new year!

You are reading this newsletter because your company gives you access to the HearMe app. You can schedule a consultation with a nutritional psychologist in the app - just ask the support to match you with the right specialist.

